

News and opportunities to get involved

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Healthwatch

Your voice in health and care

News from Healthwatch Cambridgeshire and Healthwatch Peterborough

Dear Merle,

Our volunteers' programme earns UK quality award



It's official: our volunteers are diverse, supported and appreciated!

Our volunteer programme has just been recognised with the Investing in Volunteers award - the UK quality standard for all organisations involving volunteers in their work.

It's awarded by the National Council for Voluntary Organisations and shows shows good practice in how we recruit, train, support and recognise our volunteers.

Our volunteers have a vital role listening to what local people have to say about health and care services.

Work on the award began in September 2019 but the assessment, which involved interviews with 19 volunteers and staff, took place during lockdown.

Says our Volunteer Manager Heather Lord: "The award demonstrates we are great place to volunteer as we value and support our volunteers.

"We are really proud of what our volunteers do and help us to achieve."

[Read more on the award](#)

Our Covid-19 survey - the latest findings

Our second briefing from our Covid-19 survey was published yesterday.

The report - [read it here](#) - highlights the views of over 250 people during the period 11 June to 1 July 2020 and who shared their experiences of health, social care and community support during the pandemic.

Most have had good healthcare, but people are worried about managing their health when treatment has been paused.

They also said it was harder to keep up to date with the changes to information and advice on how to keep safe.

Thank you messages to health and care workers show it's clear that people care enormously about the safety and wellbeing of key worker staff and they want them to have what they need to do their jobs safely.

Over 1000 people have now taken our survey. Have you? It takes just 10 minutes online.

Here's our Engagement Manager Miranda Knell talking about the survey which is open until the end of August.



There's still time to send your messages and tell us what it's been like managing your health and care during these difficult times.

[Take the survey](#)

Our next forum sessions

All our forums are meeting online due to social distancing. It's easy to get involved and have your say at these public meetings. Simply get in touch with us and we'll send you a link and details of how to join the sessions.



Greater Cambridge Health and Care Forum
Wednesday, 5 August, 10am

Live in and around Cambridge city? Join us tomorrow for updates on health and care in your district.

[Find out more](#)



Wheelchair Users' Forum
Monday, 10 August, 11am

Are you a wheelchair user? Join our forum and get involved in shaping better services across our area.

[Find out more](#)

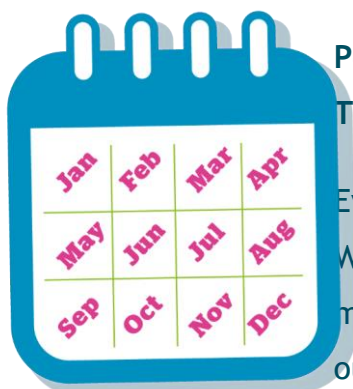


Fenland Health and Care Forum
Thursday, 13 August 10am

Find out what's happening with health and social care across Fenland.

Share your ideas and experiences at our public meeting, ask questions and get involved.

[Find out more](#)



Peterborough Health and Care Forum
Thursday, 27 August, 10am

Every month we talk about different topics. We invite local health and care decision makers along to answer your questions. Find out what's happening in and around the city and share your experiences to help improve services for everyone.

[Find out more](#)



Huntingdonshire Health and Care Forum

Tuesday, 1 September, 2pm

Do you live in Huntingdonshire? Join our online session and find out what's going in with health and care in the district. It's an opportunity for you to have your say and ask questions about services.

[Find out more](#)

The doctor will Zoom you now



The pandemic has changed the way many of us talk with GPs and other health professionals - with an increase in "virtual" consultations via telephone and video.

Our Healthwatch supported a national study into people's experiences of online and telephone consultations.

And the study report has top tips on how to help patients and health professionals get the most out of these appointments.

[Find out more](#)

Keep up to date on Covid information

Mandatory face coverings, the end of shielding, and a new 10-day isolation period for anyone with Covid-19 symptoms.

These are just some of the changes to Government guidance and rules over

the last few weeks.

Our websites have all the information you need to stay up to date and to keep you and your family safe.

- [Face Coverings](#)
- [Updated information on Coronavirus](#)
- [Shielding](#)
- [Care Home visits](#)

Read volunteer Rob's reflections on care

Like thousands of others in our area, Healthwatch volunteer Rob Guyton has been shielding for the last four months.

With shielding about to be paused, we caught up with him to find out what the experience has been like.

Head over to his blog to hear his reflections on care during that time and why he volunteers with Healthwatch.

[Find out more](#)

Healthy weight campaign to beat coronavirus

The Government has set out a new obesity strategy, urging people to achieve a healthy weight to beat Covid-19 and protect the NHS.

And in Cambridgeshire and Peterborough, people are being supported to eat well, sleep well and move more in a linked, healthy living campaign.

Last week, the local Clinical Commissioning Group launched **BMI Can Do It** - its most ambitious healthy living 'movement'. People can sign up to as individuals or as a group and are set challenges to make healthy changes and get regular tips and advice.

Health experts say that if you have a higher than recommended BMI, you are at a higher risk of developing Type 2 Diabetes, cancer, or having a stroke or heart attack. And that means a greater risk of serious health consequences if you contract COVID-19.

[Find out more](#)

Get in touch with us

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Visit our websites at www.healthwatchcambridgeshire.co.uk

and www.healthwatchpeterborough.co.uk

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