

September 2019

E-bulletin

**healthwatch**  
Dorset



## Help new parents with their mental health say Healthwatch

Healthwatch Dorset is calling on local services to make more space for new parents in the county to talk about their mental health.

A new report exploring the experiences of women and their partners with mental health problems during the journey to parenthood has found that many people are not experiencing the consistent support they should expect if services were following NHS guidelines.

Published this week by Healthwatch England, the report - 'Mental health and the journey to parenthood' - focuses on a survey of 1,738 women and draws on the research undertaken by Healthwatch Dorset. [Read more...](#)

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## Have your say on A&E at Poole Hospital

Staff and volunteers from Healthwatch Dorset will be gathering feedback from patients and their families about their experiences of the accident and emergency department at Poole Hospital this month.



Healthwatch Dorset has been commissioned by NHS England to gather feedback about the department and is keen to hear from people who use or work in Poole Hospital A&E during September.

You can fill in our online form or get in touch on 0300 111 0102 or email [enquiries@healthwatchdorset.co.uk](mailto:enquiries@healthwatchdorset.co.uk). Healthwatch Dorset will publish a report on its findings later in the year.



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## Help improve sexual health services

Dorset Public Health would like to hear from people who have used the county's NHS Contraception and Sexual Health Services.

Patients views and experiences will help providers to provide the best service possible to meet the needs of our population. [Have your say...](#)

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## National campaign launches to get people moving

For the first time ever, 15 leading health and social care charities are launching a national campaign and movement to inspire and support people with health conditions to be active.

**WE ARE  
UNDEFEATABLE**

'We Are Undefeatable' features the real-life experiences of people with health conditions and aims to support people to build physical activity into their lives, in a way that's right for them.

Visit [LiveWell Dorset](#) website to check out an activity finder - there are thousands of activities listed throughout Dorset suitable for people of all abilities to get involved.



## New steering group about to take shape

Recruitment for the Healthwatch Dorset Steering Group has now closed. Manager Louise Bate explains: "Thanks to everyone who got in touch. We've had some great applications and we're shortlisting and holding interviews this month."

## Help spread the word about Healthwatch Dorset

Could you help display or distribute some of our new flyers and posters to help members of the public recognise Healthwatch Dorset and understand what we do? Please get in touch with [enquiries@healthwatchdorset.co.uk](mailto:enquiries@healthwatchdorset.co.uk) if you can help.



## Meet us this month!

Do you have an experience of local health and social care services to share with us? Then come along and meet us at the following places:

- Teenager 2 Adult event, **Kingston Maurward College**, on Thursday Oct 17, 12 noon - 6pm.
- **Royal Bournemouth & Christchurch Hospitals** Open Day 2019, Royal Bournemouth Hospital, Saturday 19 October, 10am – 3pm.

Read our Engagement Officer's [new blog](#) about a recent visit to the Melplash Show. Or find out more about other [events](#) we will be at soon.

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**Healthwatch Dorset** is the county's independent health and care champion.

We exist to ensure that people are at the heart of care.

Our dedicated team of staff and volunteers listen to what people like about local health and care services, and what could be improved.

These views are then shared with the decision-making organisations in the county, so together we can make a real difference.



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