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healthwatch
York

Your spotlight on local services

Hello,

Welcome to the June 2025 edition of Healthwatch York's monthly e-bulletin. Here's what's coming up in this month's bulletin:

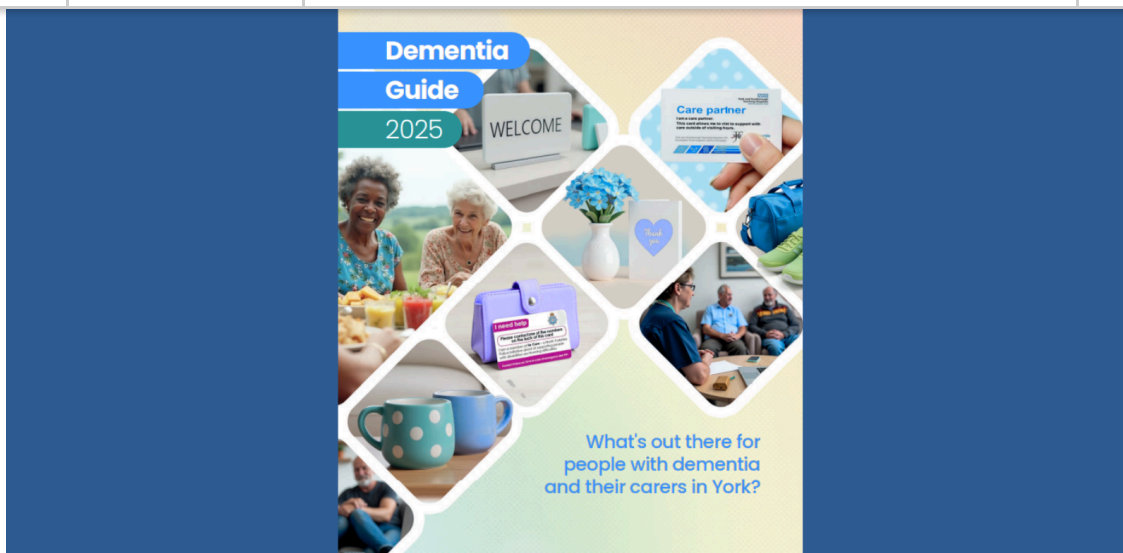
- [Healthwatch York News](#)
- [Health and Social Care News](#)
- [Local Health and Social Care News](#)
- [Local Projects](#)
- [Training and Resources](#)
- [Key Dates](#)

If you would like to include an update in the July edition, please email healthwatch@yorkcvs.org.uk.

If at any time you would like to stop receiving these bulletins, please use the unsubscribe link below or email us direct.

Many thanks,
Healthwatch York Team

Healthwatch York News



New Dementia Guide now available!

Healthwatch York's new guide to services and support for people with dementia and their carers in York is now available. The new edition contains a wealth of information about local services and support, both within the community and in hospital.

Copies are available on our website (link below) or get in touch if you would like a printed copy.

Healthwatch York Dementia Guide

Next care home visit - The Oaks at Hartrigg Oaks, New Earswick, Monday 30th June

Healthwatch York volunteers will be visiting The Oaks at Hartrigg Oaks, New Earswick, on Monday 30th June. They would be delighted to talk to you as either a staff member or family member or friend of a resident. If you are working or visiting on that day, please do talk to our volunteers about what you think and your experiences.

If you will not be there on the 30th June, but have feedback to give on the care home, we have two online surveys, one for staff members and one for family and friends of residents, the links are below.

The surveys are anonymous and the closing date for responses is 14th July.

The Oaks staff survey

The Oaks family & friends survey

Healthwatch York is your way to influence local health and social care services – hospitals, GP surgeries, home care services and many others. Here are some key issues we are hearing about in York:

Poor communication about rehabilitation

We received feedback from a person who had a large bleed on the brain. They were transferred from York Emergency Department to Hull where they had emergency surgery. They later returned to York hospital for rehabilitation. Instead of being sent to a neuro ward, they were sent to a respiratory ward with a respiratory consultant who tried to discharge them. The family were upset by the lack of care and communication.

Difficult diagnosis by letter and no follow up

We heard about a person who had some blood tests arranged by the GP practice. They didn't hear anything back and then received a letter informing them they had stage 3 kidney disease. There was no option for a conversation or information about support, just the letter. The person said that they needed an appointment where they could talk about the diagnosis and get their questions answered.

If you have an experience you would like to share, please get in touch.

[Share your experiences with us here](#)

Things we are aware of and would like to hear more about...

The feedback we receive covers a wide variety of themes and issues, but sometimes we start to hear more about new issues that we would like to examine further. If you have any experience to share about the following, please get in touch:

- Reports of perceived differences in treatment for men and women
- Support for men's mental health
- Accessing gender identity clinics
- Waiting for social care
- Experiences of seeking adult ADHD and Autism assessments

Contact us through our website (link below) or by email: healthwatch@yorkcvs.org.uk.

[Share your experiences with us here](#)

adult social care

The Chancellor has announced that the NHS budget will increase by 3% a year for the next three years. This is said to equate to an extra £29m a year in real terms for running costs and is intended to ensure the government meets its manifesto pledge to cut elective waiting times to 18 weeks for 92% of referred patients. Overall, the NHS budget would total £266bn by 2028-29.

The Spending Review allocations show that the NHS will receive a generous increase compared to other government departments. However, many analysts have warned that funding will be swallowed up by NHS staff pay rises and rising demand. They also caution that the NHS will struggle to meet a new Treasury productivity target.

There are also many unknowns, such as expectations of the 10-year Health Plan due out in the next month, how much will be saved by the abolition of NHS England and job cuts at the Department of Health and Social Care, after redundancy costs have been taken into account, and whether NHS resident doctors or nurses will go on strike again.

Read the Spending Review in full on the GOV.UK website, link below.

GOV.UK

Cervical screening to change frequency for women

NHS England have announced that most women aged 25-49 will only need to attend cervical screening every five years, instead of three as they do currently.

The change follows research from King's College London which has shown that 5-yearly screening is as safe as 3-yearly, with the same number of cancers being found for both intervals.

This will take effect from July. Most women aged 25-49 who get a negative result for HPV (the main virus that can cause cervical cancer) will not need to attend routine screening for another five years. Women who test positive for HPV from July, or who have a recent history of HPV before this date, will continue to be invited for more frequent checks.

For more information, see the NHS England website, link below.

NHS England

Men's Health Strategy for England - share your views

The Government launched a call for evidence to inform the development of a men's health strategy for England. Share your views by 17 July 2025.

professionals, academics, employers, and stakeholder organisations.

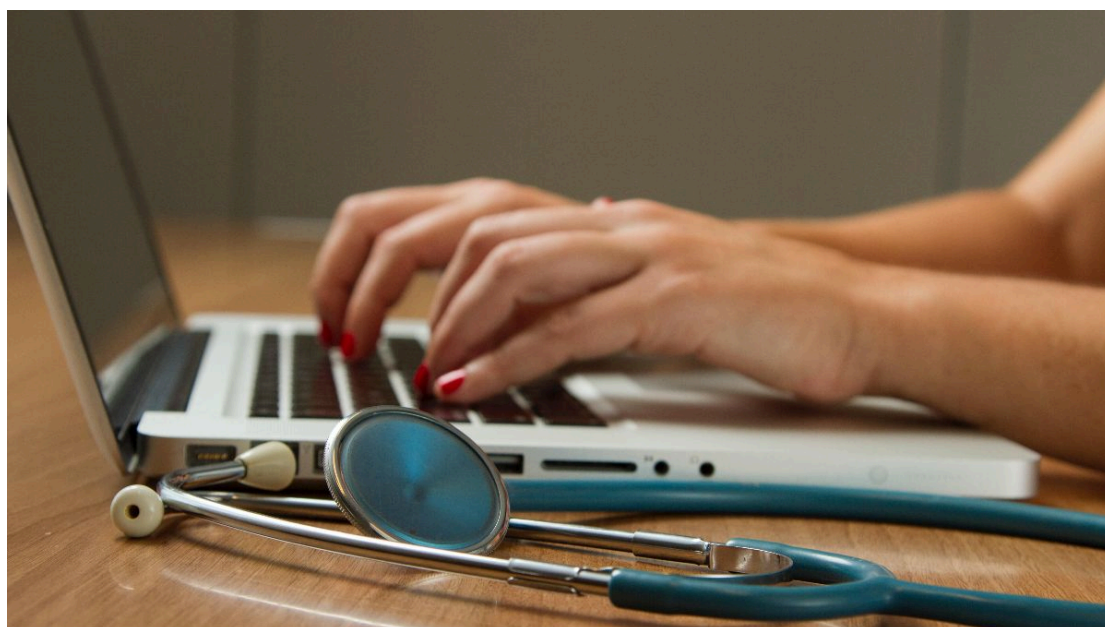
Men face unique challenges throughout their lives:

- Men are disproportionately affected by a number of health conditions, including cancer, cardiovascular disease and type 2 diabetes.
- Life expectancy data also shows that men live on average four years fewer than women (79.1 versus 83.0 years in England, respectively).

The Government will use your ideas and evidence to help inform the strategy.

Read more on the GOV.UK website.

GOV.UK



healthwatch

Fewer people in England are waiting for NHS care

NHS England have published waiting times data which shows that the number of people waiting for planned treatment has fallen. According to the NHS, an estimated 6.23 million patients were waiting for treatment at the end of April 2025, down from 6.25 million patients at the end of March 2025.

Responding to the news, Chris McCann, Deputy Chief Executive of Healthwatch England said:

“It is encouraging to see that NHS waiting times are improving, but with over six million people on the list, they remain at a level many patients find unacceptable. The NHS has a plan to cut waiting times for tests and treatments and is receiving extra investment. But,

incomes often experience longer waits. Therefore, we are urging the NHS to publish data on waiting list health inequalities so it's clear who is waiting the longest and more resources can be focused on supporting them."

Full story on the Healthwatch England website, link below.

Healthwatch England

Local Health and Social Care News

CYC domestic abuse prevention initiative

Shannon Cole, domestic abuse engagement officer within City of York council's public health team, invites you to get involved in the current domestic abuse prevention initiatives.

Domestic abuse awareness sessions: Supporting those that help others (staff or volunteers in a professional or non-professional capacity) become increasingly aware of what domestic abuse is, how to spot the signs of abuse amongst the people they are supporting, how to appropriately respond to a disclosure of domestic abuse and what local support is available.

If you would like to book an awareness session for your organisation or as a group of helpers from different organisations, or find out more information about the sessions please email Enquiries.publichealth@york.gov.uk.

Survivor voice survey: Hearing from domestic abuse survivors themselves in a new survivor voice survey. The survey is anonymous and asks questions about survivor's experiences of disclosing their abuse as well as their experience of specialist services within York. Results from the survey will be used to understand pinch points in referral pathways and gaps in service provision to inform future decision making.

You can participate within the survivor voice survey (or share the survey with anyone you think may be interested) by:

- clicking on the link below
- picking up a paper copy, with a pre-paid envelope, from any Explore library or Family Hub
- by attending an upcoming drop in to discuss the survey or fill it in with Shannon, the location of each drop in changes quarterly.

The next drop in will be at the Tang Hall community centre on the following dates and times:

- Friday 4th July 09:30am – 10:30am
- Friday 1st August 09:30am – 10:30am
- Friday 5th September 09:30am – 10:30am

Are you the parent or carer of an autistic young person who has been referred to mental health services?



What is the project about?



We're interested in hearing the views of autistic young people about NHS Mental Health Services (CAMHS). We are not asking young people about their mental health difficulties, just their views about services.

We are a team of autistic and non-autistic researchers and young people who are **passionate about the mental health and well-being of autistic young people.**

Who can share their views?

Autistic young people aged 11-18 years in the UK who have been referred to NHS mental health services. Your child does not need to have had an appointment and could be still waiting.



There are different ways to share your views



There is a short anonymous link where your child can share their views in different ways - drawing, voice note, emojis or typing via the QR code.

The survey will take about 15 minutes and you can share as much or as little information as you like.



For more information or if you need the survey in a different format please email Claire on C.A.Hanlon@ljam.ac.uk

Parent/Carer Flyer v3 28/01/25 REF: 24/PSY/037



Free Cancer Champion awareness sessions

Would you recognise the signs and symptoms of cancer?

Humber and North Yorkshire Cancer Alliance's free cancer awareness sessions can teach you about what to look for, about cancer prevention and the national cancer screening programmes.

Sign up for a free virtual awareness session via the link below. They can also provide bespoke sessions for your team, group or organisation.

For more information visit their website: <https://hniecanceralliance.org.uk>, email the team at hny.cancerchampions@nhs.net or call 07519 120809.

Dates for sessions – virtual part one (one and a half hours)

- Thursday 3 July at 09:30am
- Monday 14 July at midday
- Friday 25 July at 3:00pm
- Friday 8 August at 1:00pm
- Tuesday 19 August at 10:00am
- Thursday 28 August at 2:00pm

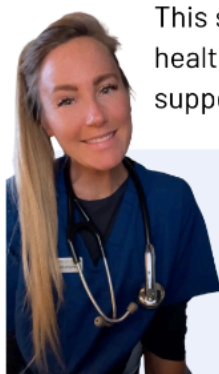
Eventbrite

in the Intensive Care Unit

Do you have experience of receiving care on an adult Intensive Care Unit, either as a patient or family member?

Hello, my name is Stephanie, I am a researcher at Hull York Medical School and a doctor specialising in palliative medicine.

CAN YOU HELP?



This study is part of a project working with patients, families, and healthcare staff to develop tools to help Intensive Care Units support patients and families.

Right now, we are looking for people with lived experience as:

- A patient in the Intensive Care Unit who was at high risk of dying
- A family member of a patient in the Intensive Care Unit who was at high risk of dying
- Or a family member of a patient who died in the Intensive Care Unit

We invite you to consider taking part in a small number of online focus groups to tell us about your experience getting the support you needed in the intensive care unit.
(There is the option to discuss a one-to-one online/telephone interview if preferred)

It is important to us that we include everybody who would like to take part and have interpreters ready to support

If this isn't right for you, we would appreciate your help later in the project with:



Workshops working with other patients and family members, and healthcare professionals. You will create materials to help ICUs action the changes that need to be made to improve care for patients and families.

(You can take part in both options if you like)

For more information email:

stephanie.meddick-dyson@nhs.net

(You may also ask for a video advert of the study, or scan this QR code to the project information page)



Latest CQC Reports

We publish all the CQC reports for the month as they are released on our website. Follow the link for the most recent reports.

[Visit our website](#)

You're Invited! ✨



Warm Welcome Energy Advice

The Gateway Centre, Front Street, York, YO24 3BZ

July 8, 2025 | 10am - 12noon

Join us for our FREE practical community energy advice event for individuals and families—especially households with children under 5 or expectant parents..

What to Expect:

- Expert, friendly energy advice
- Support with bills and suppliers
- Learn more about carbon monoxide
- Help to sign up for the Priority Services Register, if you're eligible
- See if you can access additional financial support

Drop-in or book at
WarmHomesEnergyAdvice.
eventbrite.co.uk





Come join
us at

Event: Warm Homes, Healthy Futures - energy advice

Venue: Marjorie Waite Court Community Cafe

Date: July 8, 2025

Time: 1:00 PM – 3:00 PM

Warm Homes, Healthy Futures is a free community energy advice event to support individuals and families—especially those living with health conditions or disabilities worsened by cold, damp, or poor-quality housing.

What to Expect:

- Expert, friendly energy advice
- Support with bills and suppliers
- Help to sign-up for the Priority Services Register, if you are eligible
- Carbon Monoxide awareness
- See if you can access additional financial support

Whether you're looking to save money, stay warm, or just learn more—this event is for you!

Don't miss out—come along, get support, and giveaways.

See you there!

Drop-in or book at

WarmomesHealthyFutures.eventbrite.co.uk





**FAIRNESS
YOU CAN
BANK ON**

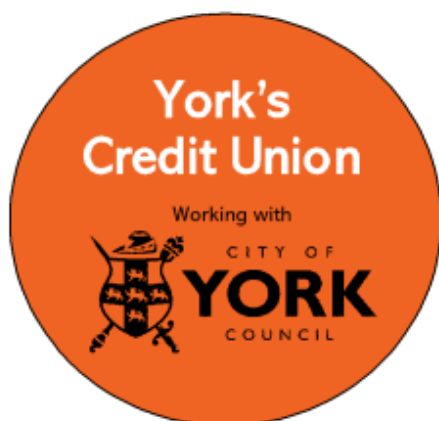
Call us on
03030300010
Making life that little bit easier
www.communityfirstcu.co.uk

SAVINGS including
back to school and
Christmas accounts
Affordable and fair
LOANS, budgeting
accounts.

Drop in

June - August 25
Tuesdays

Clements Hall
Nunthorpe Road
YO23 1BW
9:15 - 10.45am
or
Marjorie Waite Court
Evelyn Crescent,
Clifton, YO30 6DX
1:00 - 3.00pm



[York Credit Union website](#)

**Celebrate life, connections and creativity at York's
only festival dedicated to the over 50s!**

York Older People's Assembly and Age UK York announce plans for York 50+
Festival - Saturday 20 September to Wednesday 1 October 2025

social activities. The only festival in York dedicated to those over 50, it's a fun social event where 50+ individuals, along with their friends and families, can explore available offers and enjoy free or low-cost activities.

This year's festival theme is Celebrating and Connecting. With 77,030 residents aged over 50 in York, our goal is to highlight the evolving and diverse experience of growing older. Since YOPA's inception in 2001, views around ageing have changed significantly - people are living longer, spanning multiple generations, and redefining what it means to be 50+. Twenty years ago, no one was playing walking football or pickleball. Expectations of later life are shifting dramatically.

For more information, see their website, link below.

50+ Festival



Take the Green Route



Enjoy our **FREE** Summer Nature Programme!

You'll enjoy a healthy outdoor lifestyle and learn about nature in small friendly groups from 24 June to 13 August 2025



Nature in the Week

Tuesday Nature Rides at 12.30

**Tuesday Cycling Without Age
All Ability Rickshaw Rides**

**Wednesday Nature Walks at 12.30
from the Millennium Bridge**

Nature on Weekends

**Saturday 26 July
My Nature Journal Workshop**

**Saturday 9 August
Evening Nature Walk and Social**



We offer joining support for all ages and abilities, including bike hire.
Booking needed for all rides and weekend events.

Talk to us at: takethegreenroute@gmail.com
07493 692490 | yorkbikebelles.community

**Everyone
welcome!**




**Take the
Green
Route**




YBB
York Bike Belles





Let's Walk and Talk in York





2025 Dates

Last Saturday of the month from 11:30am - 1:30pm:
Acomb Garth Community Care Centre, Oak Rise, YO 24 4LJ

Sunday Walks 2025

- 16 February: Acomb
- 23 March: Bootham Bar to walk the walls
- 13 April: Poppleton
- 18 May: Tower Gardens in York City Centre
- 22 June: Pool Bridge Farm
- 20 July: **NEW WALK** - Stockton on the Forest
- 17 August: Knapton to Rufforth
- 21 September: Shipton Road, Rawcliffe
- 19 October: **NEW WALK** - Heslington
- 16 November: Museum Gardens
- 14 December: New Earswick

Menopause Cafe's are open to all regardless of age or gender. There is no agenda or need to book. Just turn up, grab a cuppa and chat away.

For further information, contact Kirsty on 07871 183939 or see Eventbrite collection

22 February: Nutrition*

29 March: Decluttering*

26 April

31 May

28 June

26 July

30 August

27 September: Nutrition*

25 October

29 November

27 December

*Indicates guest speaker after the Cafe

Training and Resources



York VCSE Assembly - Health and Care

Wednesday 2nd July 9.30-11.30am

The next York VCSE Assembly meeting will take place online on Wednesday 2 July at 9.30am – 11:30am in the Main Hall at the Priory Street Centre.

and to engage and connect with the [Humber and North Yorkshire Health and Care Partnership](#) and the [NHS Integrated Care Board](#), in order to be a key partner in the design and delivery of health and care in York.

Book a place via the link below.

Eventbrite

VCSE Workshop: Exploring AI tools for your organisation

Wednesday 16th July 1- 3.30pm, Clementhorpe Room, Priory Street Centre

A free, practical workshop introducing how AI tools can support the work of voluntary, community, and social enterprise (VCSE) organisations in York.

Delivered in collaboration with York CVS and led by Master's students from the University of York's AI programme, this interactive session will cover:

- Automating routine tasks
- Enhancing communication
- Supporting outreach

Book a place via the link below.

Eventbrite

Key Dates

City of York Council Health and Wellbeing Board - 16th July 2025

The purpose of the Health and Wellbeing Board is to bring together key partners from the NHS, public health and local government, including Healthwatch York as the patient's voice, to jointly plan how best to meet local health and care needs.

The next meeting is on 16th July 2025 at 4.30pm. For more information, see the City of York website, link below.

CYC

Get in touch

Healthwatch York

FREEPOST RTEG-BLES-RRYJ

15 Priory Street

YO1 6ET

Telephone: 01904 621133

Email: healthwatch@yorkcvs.org.uk

Website: www.healthwatchyork.co.uk



We've moved to Bluesky!

Come join us [@healthwatchyork.bsky.social](https://bsky.app/profile/healthwatchyork.bsky.social)

<https://bsky.app/profile/healthwatchyork.bsky.social>

We will no longer be posting on or using X.



Facebook Instagram

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