



Find the information you need



Sometimes it is difficult to know where to go to get the help you need.



Healthwatch is here for you.



We are an independent organisation.



There is a local Healthwatch in every area of England.



We listen to the views of local people.



We share these views with professionals to improve services.



We encourage services to involve people in deciding how they should improve.



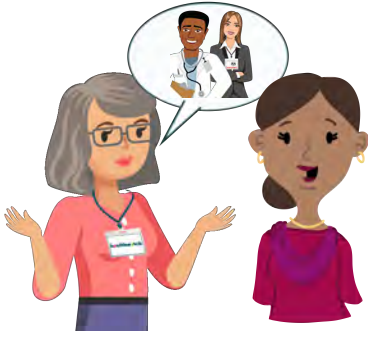
We speak up for people who use health and **social care** services and help them find out the support options that are available.



Social care is help when it is difficult to look after yourself.



We do not charge for our information or advice.



We will help you:

- Find information about different health services



- Find information about different social care services



- Find information about different types of extra care services that can provide you with support



- If you ever need to make a complaint about any NHS or social care service

Contact your local Healthwatch



Website:
www.healthwatchmiddlesbrough.co.uk
www.healthwatchredcarandcleveland.co.uk



Email:
general@healthwatchsouthtees.org.uk



Telephone: 0800 989 0080