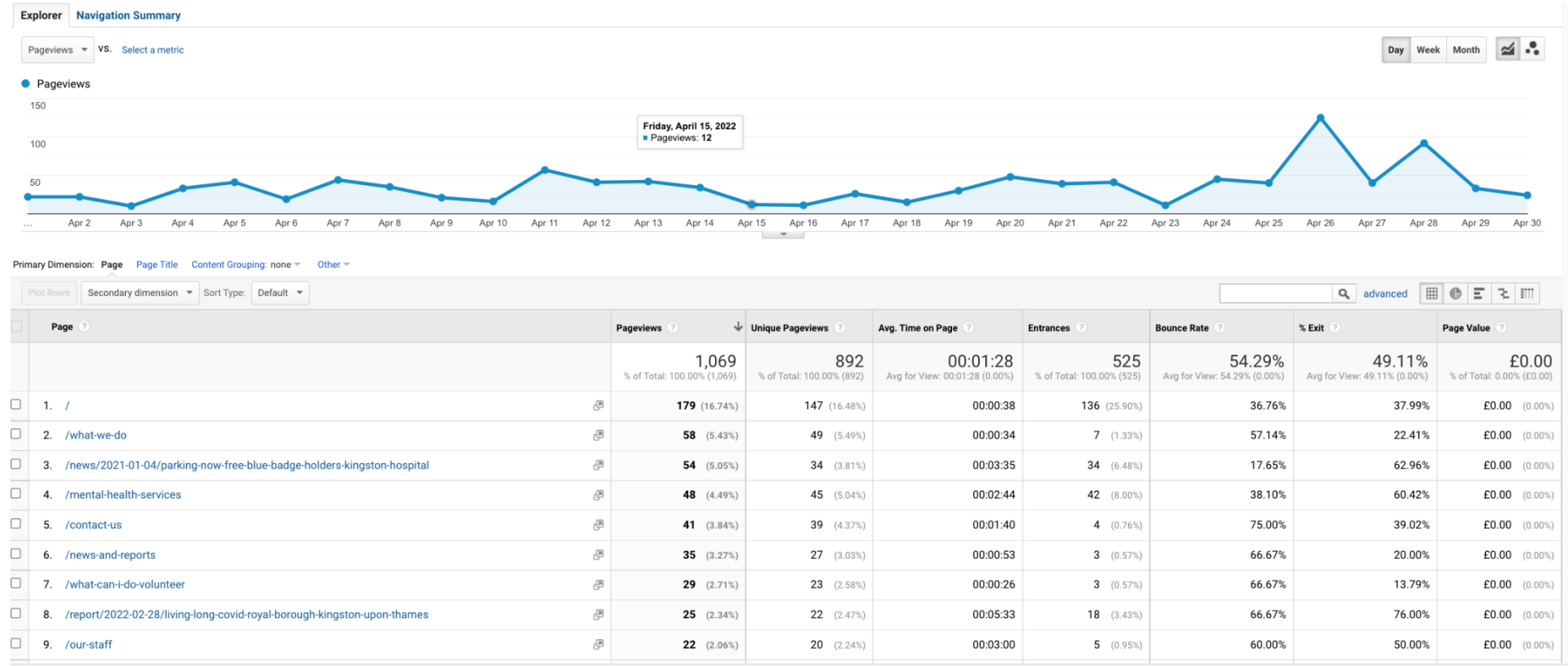


HW Kingston Monthly Website and Facebook Traffic 2022-23

APRIL 2022



In April the page with the highest number of unique views (49) was the one about 'What we do'. This was followed by the 'parking now free for blue badge holders at Kingston Hospital' (34), then then 'Mental Health services' (45).

Top Facebook post (organic) – reach: 35



Healthwatch Kingston

11 April 2022 · 🌐



Check out this weeks vaccination clinics.

No need to book. Just walk in!

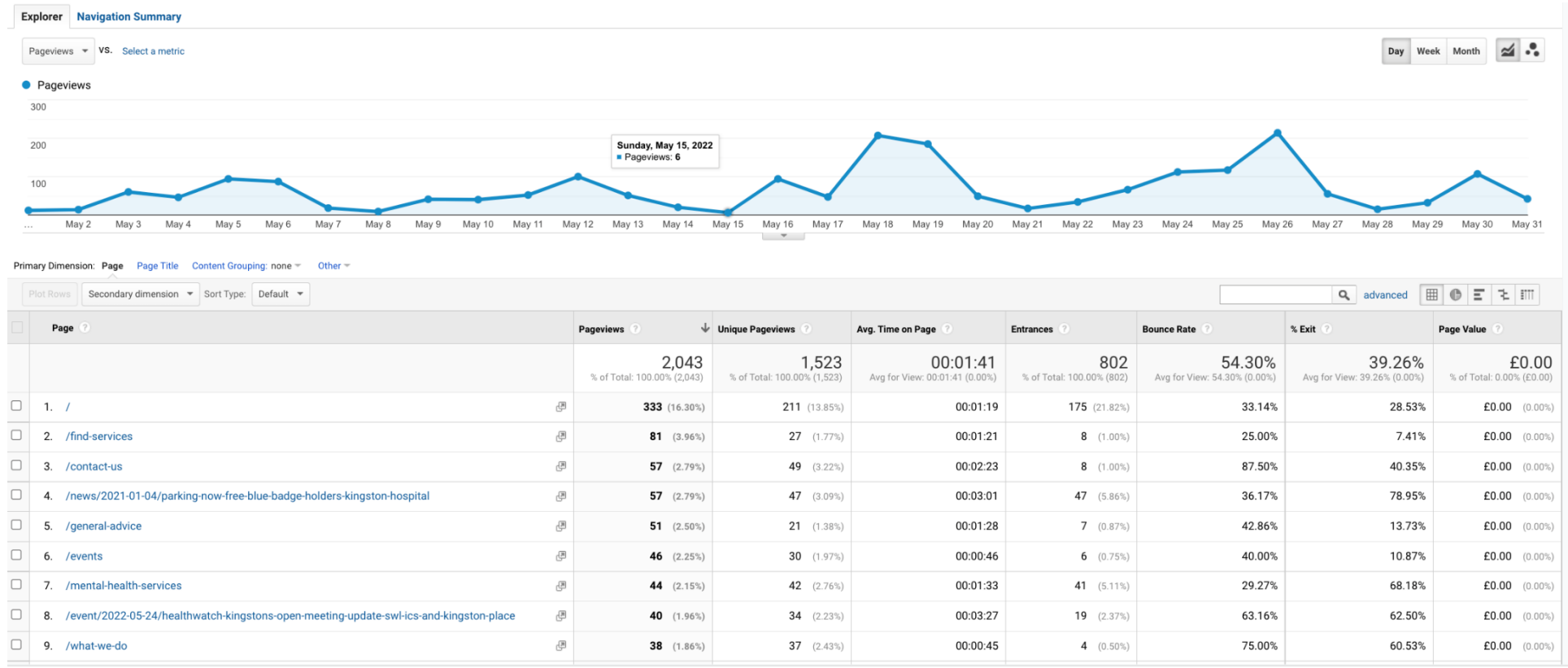
More information and locations in South West London here:

<https://swlondonccg.nhs.uk/.../vaccination-walk-in-clinics/>

The poster features a purple background with a white dotted pattern. On the left, a blue speech bubble contains the text 'POP IN!' in large white letters, with 'KINGSTON' written below it in white. To the right, the NHS logo is at the top, followed by 'COVID-19 Vaccination Centre'. The main title 'COVID-19 vaccine walk-ins' is in large white letters. Below this, a light blue box contains the following text: 'Boots, Union Street, Kingston', '16+ 1st and 2nd doses booster walk-in', 'Monday 11 and Saturday 16 April, 9am to 1pm', '18+ for booster doses only walk-in', 'Monday 11 April, 2pm to 5.15pm', 'Friday 15 April, 9am to 1pm and 2pm to 5.15pm', 'Saturday 16 April 2022, 2pm to 5.15pm', '18+ for 1st and 2nd doses only walk-in', 'Monday 11 April 2022, 9am to 1pm'. At the bottom, white text reads: 'For times & full details visit swlondonccg.nhs.uk/covid-walk-in-clinics', '12+, 1st, 2nd & booster doses available.', and 'No appointment needed or book at nhs.uk'.

HW Kingston Monthly Website and Facebook Traffic 2022-23

MAY 2022



In May the page with the highest number of unique views (27) was the 'find services page'. This was followed by the 'Contact us" (49), then 'parking now free for blue badge holders at Kingston Hospital' (47)

Top Facebook post (organic) – reach: 1,700 (shared 4 times)



The image shows a Facebook post from Healthwatch Kingston. The post includes a profile picture, the name 'Healthwatch Kingston', and a publication date of '24 May 2022'. The main text of the post asks for views on local pharmacy services and mentions a survey by NHS South West London. Below the text is a green promotional banner for a 'Pharmacy Survey' with a £100 prize.

Healthwatch Kingston
Published by Hootsuite · 24 May 2022

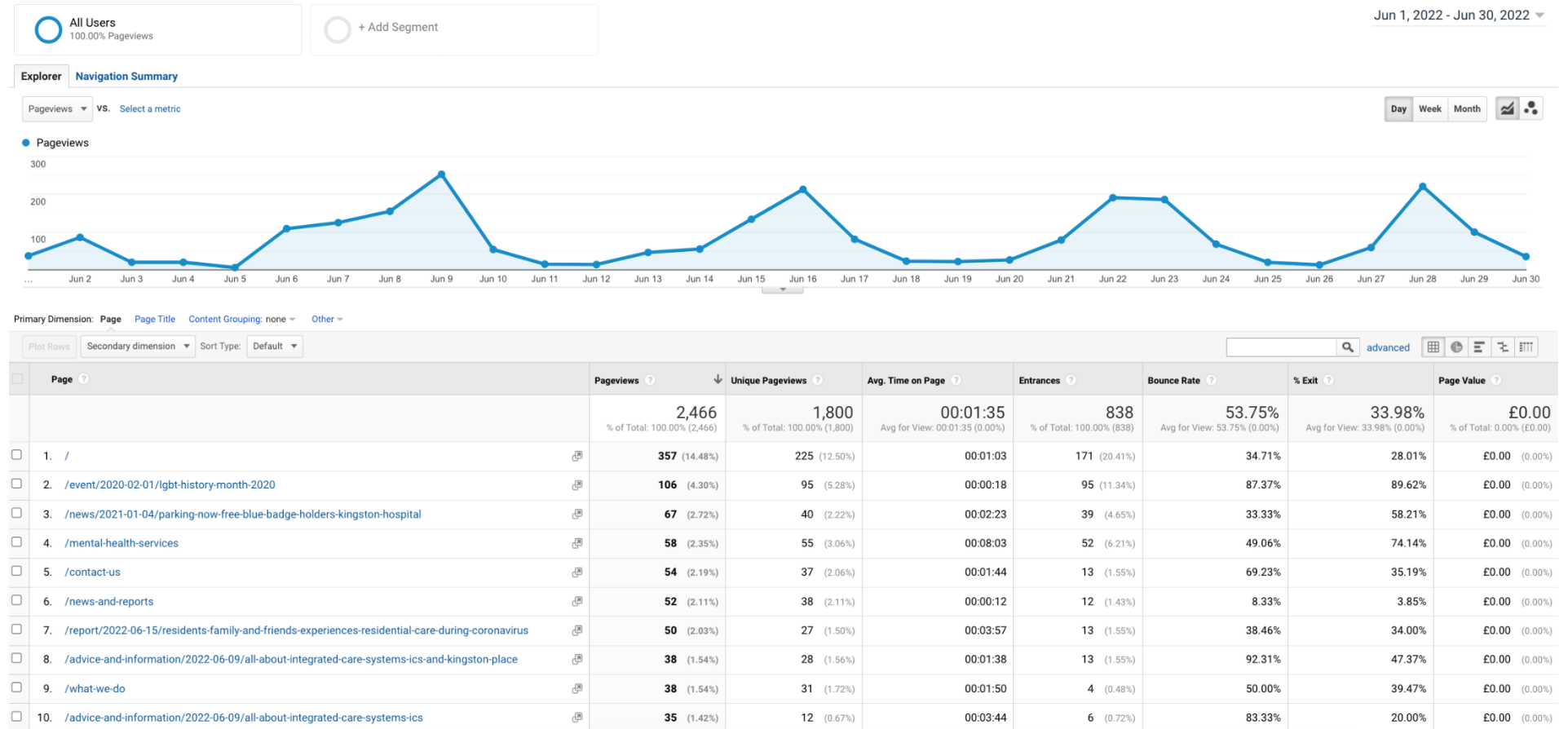
Share your views on local pharmacy services!
If you live, work, or study in South West London, the NHS would like to hear from you.

They want to know why people visit pharmacies, and whether people know about the range of services on offer. ... [See more](#)


Complete our Pharmacy Survey
for a chance to win £100

HW Kingston Monthly Website and Facebook Traffic 2022-23

JUNE 2022



In June the page with the highest number of unique views (95) was the 'LGBT History Month 2020'. This was followed by the 'Mental health services' (55), then 'parking now free for blue badge holders at Kingston Hospital' (40).

Top Facebook post (organic) – reach: 2,100 (shared 3 times)

 **Healthwatch Kingston**
Published by Hootsuite · 1 June 2022 · 🌐

The Jubilee Bank Holiday Weekend is coming up from Thursday 2nd to Sunday 5th June.

Here is a summary of NHS services available so you can get the right care.



NHS services over the Platinum Jubilee bank holiday weekend

Thursday 2nd and Friday 3rd June are bank holidays

Many local pharmacies will be open over the weekend and are able to help with minor health concerns – although they may be running at reduced opening hours. Find your local pharmacy and check opening days and times, by searching **'find a pharmacy NHS'**

For urgent medical help, search **'NHS 111'** online, 24/7
Call **0333 332 6570*** from 8am to 8pm for an urgent appointment with a GP

If you have a life-threatening emergency, then call 999

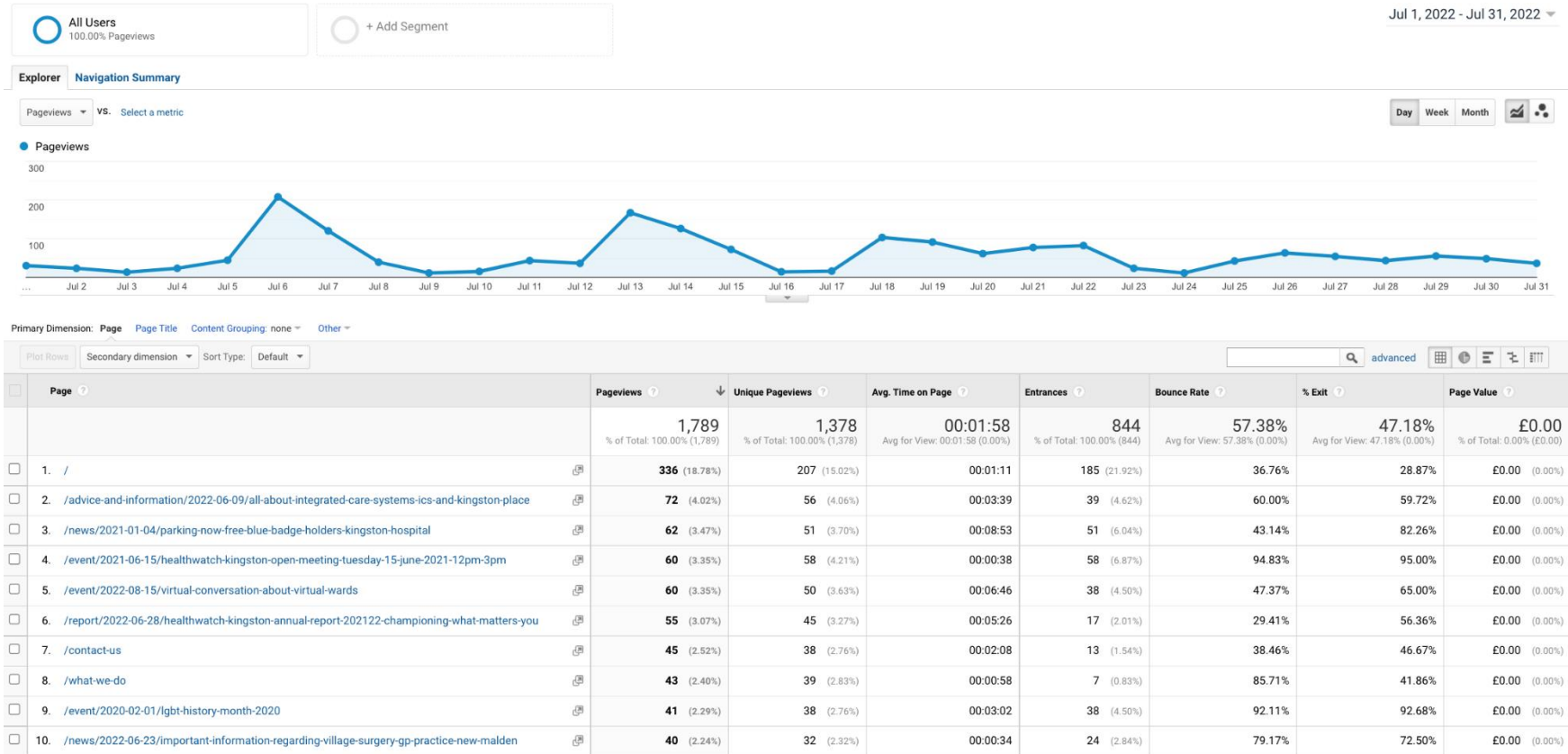
Free urgent mental health support is available 24/7
Call **0800 028 8000** or visit
www.swstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line

Mental Health support for young people
If you are 11-21 years old visit www.kooth.com for free confidential support online

*Charges may apply

HW Kingston Monthly Website and Facebook Traffic 2022-23

JULY 2022



In July the page with the highest number of unique views (58) was the one about the ‘Open Meeting – June’. This was followed by ‘All about: ICS’ with 56 unique page views, and then the ‘virtual conversations about virtual wards’ with 50 unique page views.

Top Facebook post (organic) – reach: 1,200 (shared 2 times)



Healthwatch Kingston

Published by Hootsuite · 29 July 2022 ·

Come along to our virtual event for an opportunity to talk about Kingston Hospital's virtual wards on 15 August at 9.45. More info and how to book → <https://bit.ly/VirtualWardsConvoEvent>

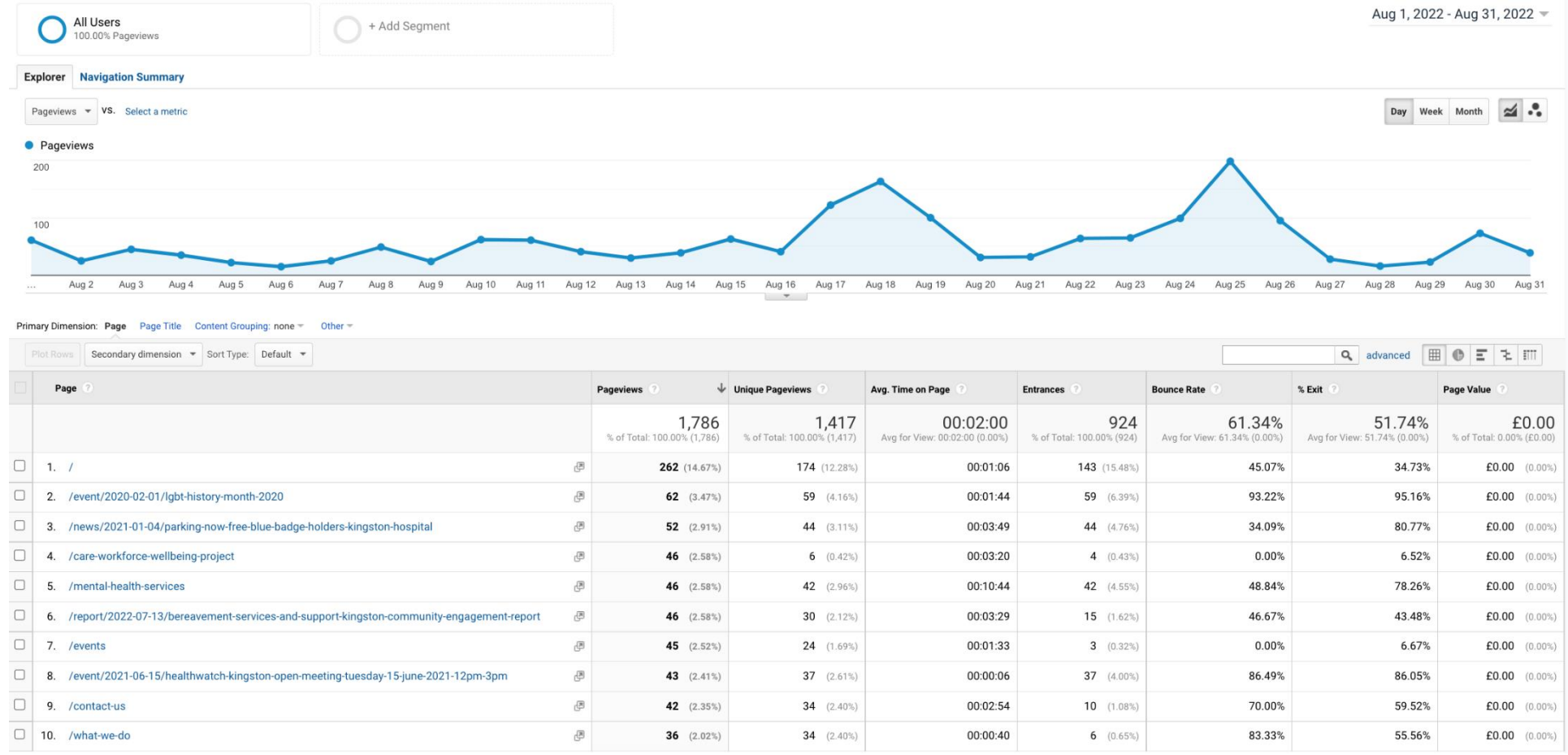


HEALTHWATCHKINGSTON.ORG.UK

A Virtual Conversation About Virtual Wards | Healthwatch Kingston

HW Kingston Monthly Website and Facebook Traffic 2022-23

AUGUST 2022



In August the page with the highest number of unique views (59) was the one about 'LGBT History Month'. This was followed by the 'Parking for blue badge holders at Kingston Hospital' (44), then then 'Mental Health services' (42).]

Top Facebook post (organic) – reach: 3,100 (shared 10 times)

Healthwatch Kingston
Published by Hootsuite · 18 August 2022 ·

Come along to the All Age Learning Disability Partnership Board Health and Wellbeing Community Event!

Try out new activities and get information on what's on offer for people with learning disabilities in Kingston.

Friday 2nd September 2022 ... [See more](#)

ALL AGES LEARNING DISABILITY PARTNERSHIP BOARD
HEALTH AND WELLBEING COMMUNITY EVENT

FRIDAY 2ND SEPTEMBER 2022 2PM- 5PM

MENCAP, SEARCHLIGHT CENTRE, KT3 3RX

LEARN ABOUT LOCAL SERVICES

JOIN IN DRUMMING, NEW AGE KURLING

SING AND SIGN, PLAY SPORTS WITH FULHAM FC

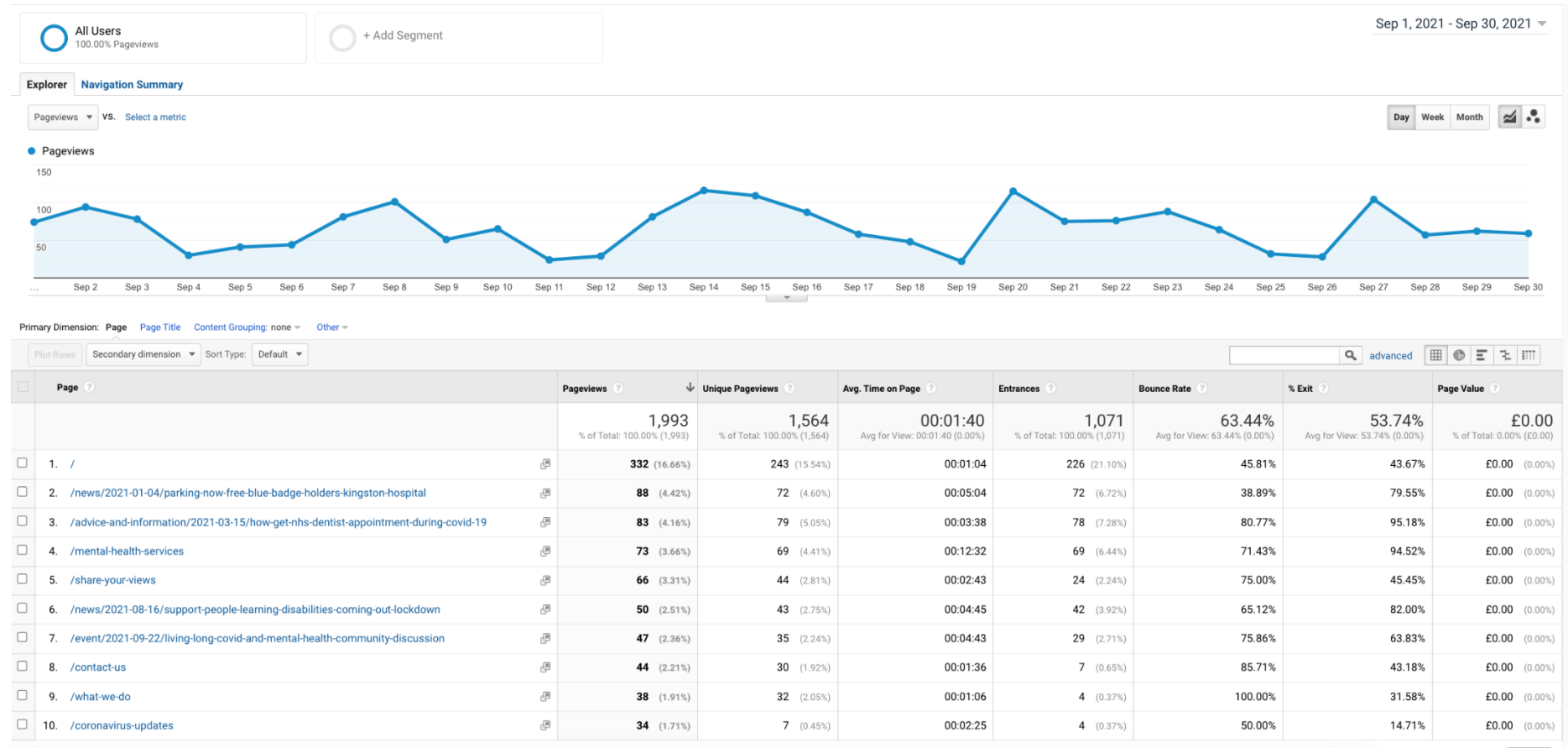
AND LEARN ABOUT HEALTHY EATING

KINGSTON
ALL AGES LEARNING
DISABILITY PARTNERSHIP BOARD

0203 326 1255 | info@healthwatchkingston.org.uk | Searchlight Centre, New Malden, KT3 3RX

HW Kingston Monthly Website and Facebook Traffic 2022-23

SEPTEMBER 2022



In September the page with the highest number of unique views (79) was the 'How to get an NHS dentist appointment' news item. This was followed by the 'Blue badge parking' (72), then 'mental health services' (69)

Top Facebook post (organic) – reach: 463



We are looking forward to the Kingston All Age Learning Disability Partnership Board Health and Wellbeing Event tomorrow!

Come along and say hello!

[Try Kurling... See more](#)

HEALTH AND WELLBEING COMMUNITY EVENT
2ND SEPTEMBER 2022 2PM - 5PM
SEARCHLIGHT CENTRE, KT3 3RP

ABOUT LOCAL SERVICES

- DRUMMING, NEW AGE KURLING
- SIGN, PLAY SPORTS WITH FULHAM FC
- LEARN ABOUT HEALTHY EATING

KINGSTON ALL AGE LEARNING DISABILITY PARTNERSHIP BOARD

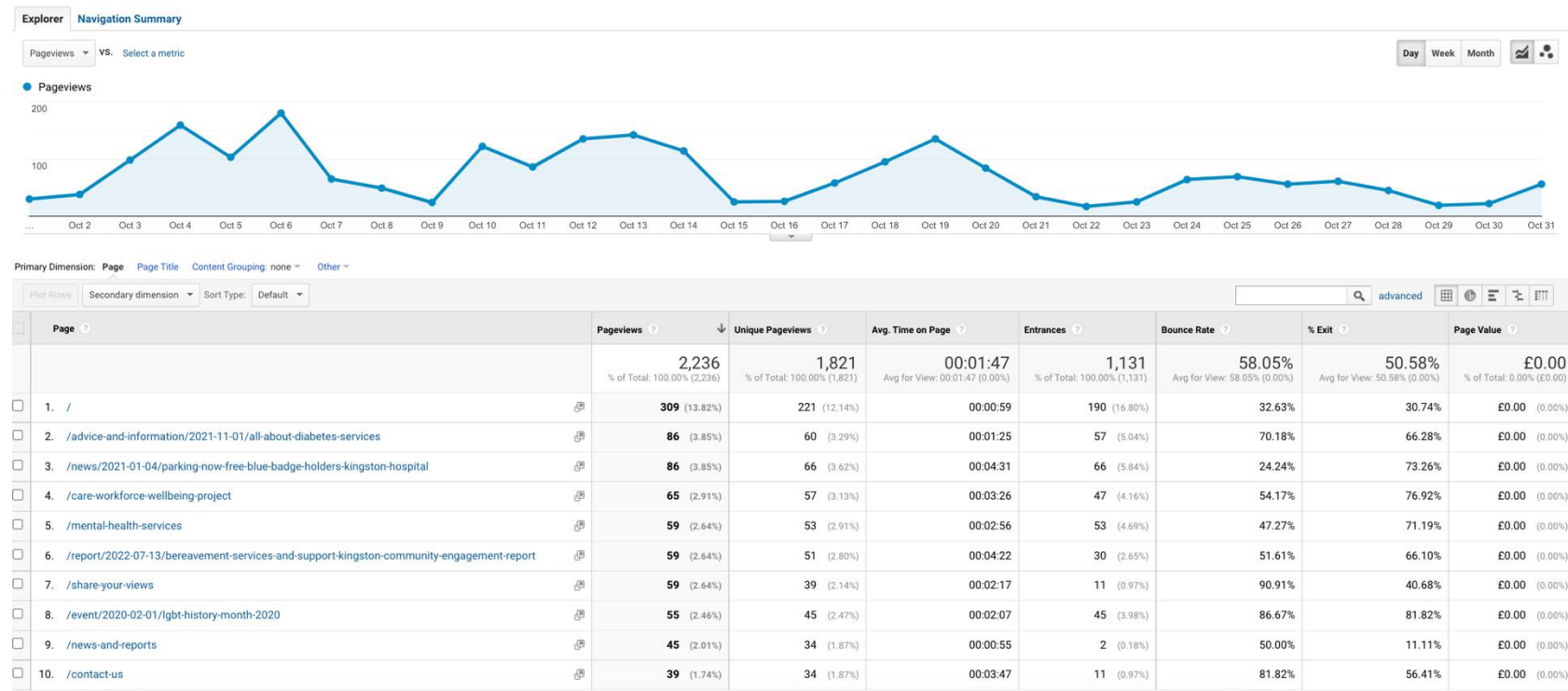
Activity Timetable - 2nd September 2022

what	where	when
Sing and Sign with Your Healthcare	Main Hall	1.00pm - 3.00pm
Healthy Eating with Kingston Council	Meeting Room	1.45pm
Score Goals with Fulham FC	Outside	3.00pm - 4.30pm
Plant Seeds with Balance	Main Hall	3.00pm - 5.00pm
Drumming with Eco-Op	Main Hall	1.00pm - 3.00pm
New Age Kurling	Main Hall	1.00pm - 3.00pm
Have your say on Health and Social Care	Main Hall	1.00pm - 3.00pm

026 1255 | info@healthwatchkingston.org.uk | Searchlight Centre, Maidenhead

HW Kingston Monthly Website and Facebook Traffic 2022-23

OCTOBER 2022



In October the page with the highest number of unique views (66) was the one about Blue Badge Holders at Kingston hospital, then it's 'Diabetes Services' with 60 views, followed by the Care Workforce Wellbeing project with 57 views.

Top Facebook post (sponsored) – reach: 724 (4 shares)



Healthwatch Kingston

Published by Hootsuite · 6 October 2022 ·



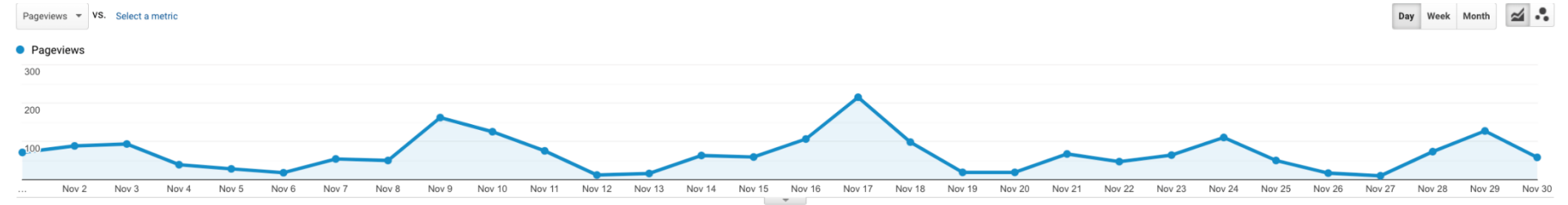
Are you a Kingston resident who suffers with ME, Fibro, or both? If so, we want to hear from you. We want to find out about your the experiences of living with these long term conditions and feedback on health services. Take the survey →

<https://bit.ly/HWKPulseCheckMEandFibro>



HW Kingston Monthly Website and Facebook Traffic 2022-23

NOVEMBER 2022



Page	Pageviews	Unique Pageviews	Avg. Time on Page	Entrances	Bounce Rate	% Exit	Page Value
	2,033 % of Total: 100.00% (2,033)	1,643 % of Total: 100.00% (1,643)	00:02:18 Avg for View: 00:02:18 (0.00%)	1,075 % of Total: 100.00% (1,075)	63.83% Avg for View: 63.83% (0.00%)	52.88% Avg for View: 52.88% (0.00%)	£0.00 % of Total: 0.00% (£0.00)
1. /	344 (16.92%)	229 (13.94%)	00:01:55	192 (17.86%)	50.52%	38.95%	£0.00 (0.00%)
2. /news/2022-11-09/london-safeguarding-adult-board-conference-21-25-november	97 (4.77%)	61 (3.71%)	00:06:03	55 (5.12%)	52.63%	54.64%	£0.00 (0.00%)
3. /news/2021-01-04/parking-now-free-blue-badge-holders-kingston-hospital	56 (2.75%)	52 (3.16%)	00:04:46	52 (4.84%)	39.62%	85.71%	£0.00 (0.00%)
4. /news/2022-11-17/help-shape-london-ambulance-services-strategy-2023-2028	56 (2.75%)	30 (1.83%)	00:04:14	17 (1.58%)	35.29%	37.50%	£0.00 (0.00%)
5. /mental-health-services	51 (2.51%)	45 (2.74%)	00:05:29	45 (4.19%)	44.44%	72.55%	£0.00 (0.00%)
6. /contact-us	45 (2.21%)	39 (2.37%)	00:02:43	10 (0.93%)	80.00%	55.56%	£0.00 (0.00%)
7. /what-we-do	43 (2.12%)	43 (2.62%)	00:00:55	7 (0.65%)	85.71%	44.19%	£0.00 (0.00%)
8. /care-workforce-wellbeing-project	38 (1.87%)	31 (1.89%)	00:03:53	21 (1.95%)	76.19%	55.26%	£0.00 (0.00%)
9. /report/2022-07-13/bereavement-services-and-support-kingston-community-engagement-report	37 (1.82%)	34 (2.07%)	00:13:22	31 (2.88%)	67.74%	91.89%	£0.00 (0.00%)
10. /advice-and-information/2022-01-10/all-about-safeguarding	33 (1.62%)	29 (1.77%)	00:00:12	24 (2.23%)	91.67%	72.73%	£0.00 (0.00%)

In November the page with the highest number of unique views (61) was the one about the 'LSAB Conference'. This was followed by the 'Parking for blue badge holders at Kingston Hospital' (52), then 'Mental health services' (45).

Top Facebook post (organic) – reach: 795 (6 shares)



The image shows a Facebook post from Healthwatch Kingston. At the top left is the Healthwatch Kingston logo, a colorful circle with the text 'healthwatch Kingston' below it. To the right of the logo is the name 'Healthwatch Kingston' in bold, followed by 'Published by Hootsuite' and the date '24 November 2022'. The main text of the post reads: 'Come along to our next All Age Learning Disability Partnership Event which will have a focus on the cost of living crisis. It is on 9 Dec at 2.30pm at The Kingston United Reform Church. More details' followed by a blue link: 'https://www.healthwatchkingston.org.uk/.../all-age...'. Below the text is a composite image featuring a shopping basket filled with fresh produce like apples, bananas, and vegetables, a stack of British coins, and a row of colorful gas pump nozzles. At the bottom of the image is the URL 'HEALTHWATCHKINGSTON.ORG.UK' and the event title: 'All Age learning Disability Partnership Board Event: "The impact of the cost of living" | Healthwatch Kingston'. A small 'i' icon is visible in the bottom right corner of the image area.

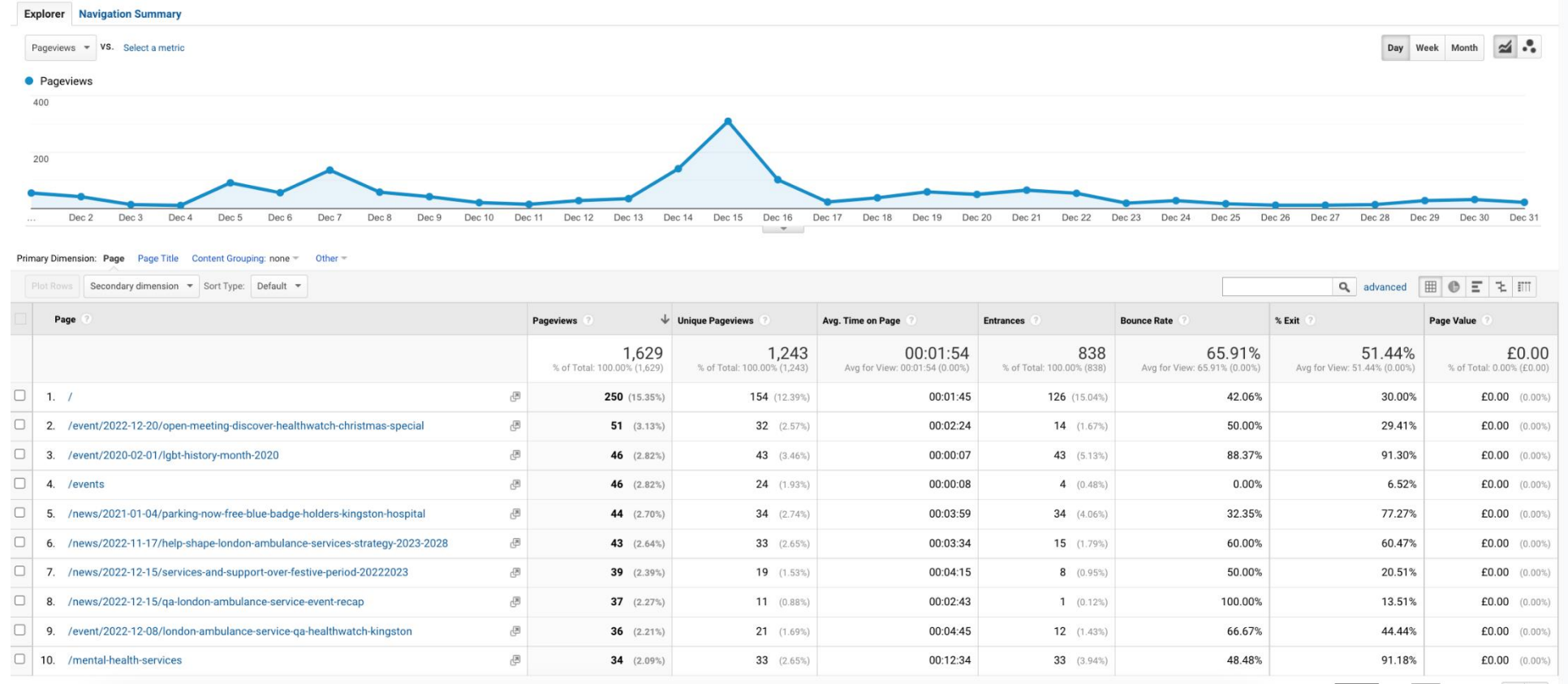
Healthwatch Kingston
Published by Hootsuite · 24 November 2022 ·

Come along to our next All Age Learning Disability Partnership Event which will have a focus on the cost of living crisis. It is on 9 Dec at 2.30pm at The Kingston United Reform Church. More details <https://www.healthwatchkingston.org.uk/.../all-age...>

HEALTHWATCHKINGSTON.ORG.UK
All Age learning Disability Partnership Board Event: "The impact of the cost of living" | Healthwatch Kingston

HW Kingston Monthly Website and Facebook Traffic 2022-23

DECEMBER 2022



In December the page with the highest number of unique views (43) was about LGBT history month 2020. This was followed by the 'Blue badge holders' (34), then 'LAS survey' (33).

Top Facebook post (sponsored) – reach: 4,000 (5 shares)

 **Healthwatch Kingston** 15 December 2022 · 🌐 ⋮

Could you help shape the London Ambulance Strategy for 2023 - 2028? We are looking for your views on how to improve the service. Fill in the survey: <https://www.surveymonkey.co.uk/r/S528YJT>

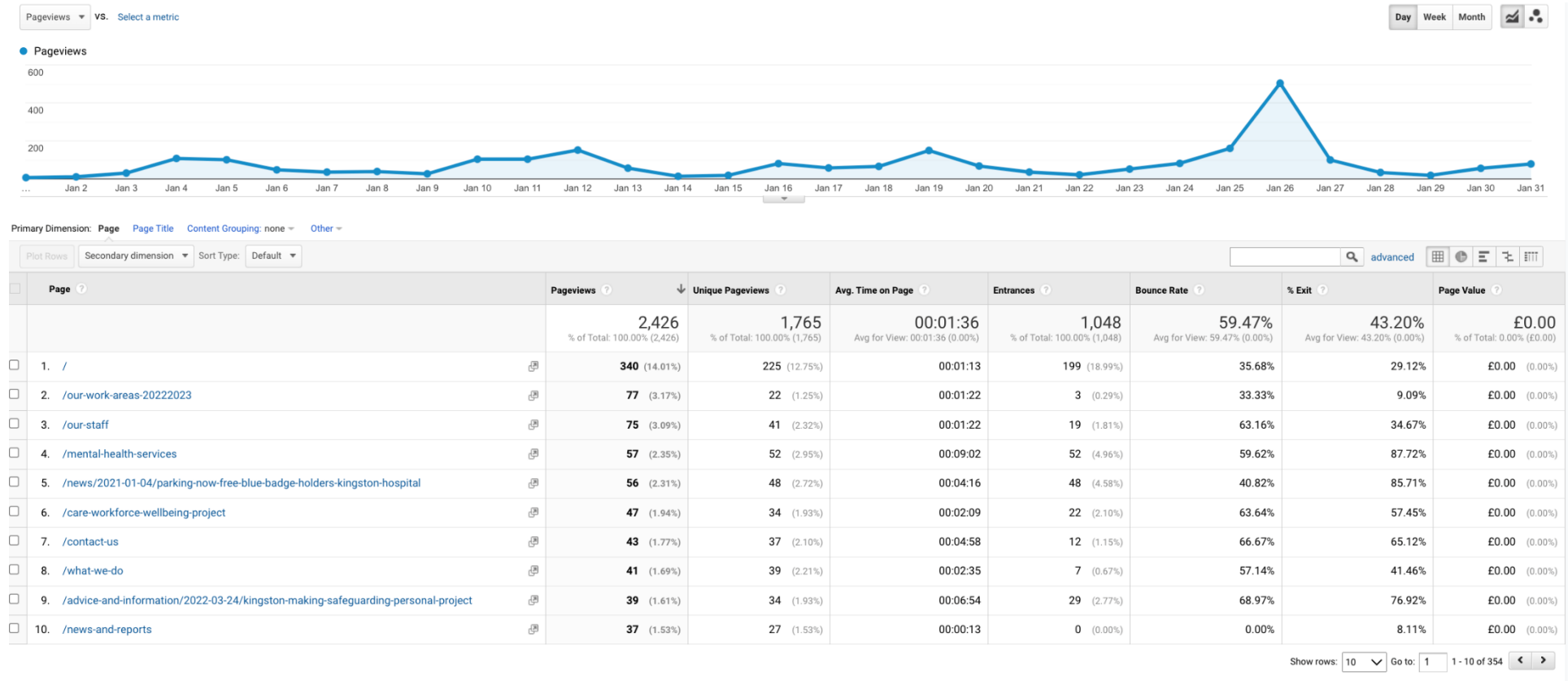


[SURVEYMONKEY.CO.UK](https://www.surveymonkey.co.uk) 📘

Healthwatch Kingston Pulse Check - London Ambulance Service Learn more

HW Kingston Monthly Website and Facebook Traffic 2022-23

JANUARY 2023



In January the page with the highest number of unique views (52) was the one about Blue Badge Holders at Kingston hospital, then it's 'Mental health services' with 48 views, followed by the What we do with 39 views.

Top Facebook post (organic) – reach: 689 (2 shares)

 **Healthwatch Kingston**
24 January · 🌐

Find out more about the risks of liver disease.
Show your liver some love by taking the liver screener test and find out about your risks and how to improve the health of this vital organ
<http://ow.ly/OwUG50MqnBM>

 **Kingston,
Love your liver!**

Show your liver some love with a free scan and confidential chat with local NHS experts as part of Liver Week 2023.

The liver is your body's largest solid organ and it's just as important as other organs, like your heart and lungs, but liver disease is on the rise.

The three major preventable causes are drinking too much alcohol, being overweight, and suffering from a condition like viral hepatitis, type 2 diabetes or fatty liver disease.

Scan appointments take less than 10 minutes and will let you know how healthy your liver is and what you can do to keep it happy and healthy for life!

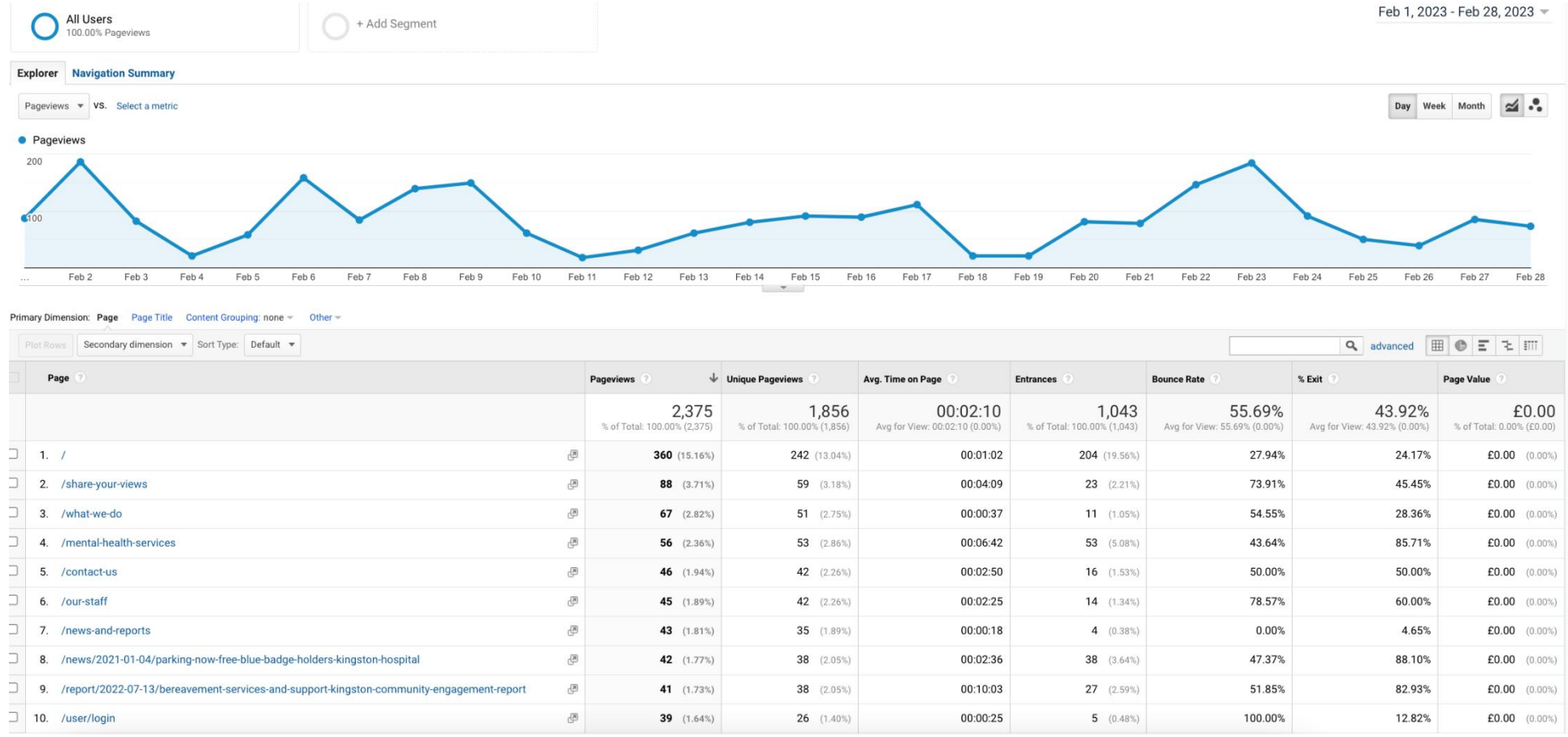
Come along to find out more:

Date and time	Venue
Wednesday 25 January 2023 9am - 1pm	Merritt Medical Centre, 60 Merritt Gardens, Chessington, KT9 2GY (St George's bus)
Wednesday 25 January 2023 2pm - 5pm	Kingston Wellbeing Service, Surbiton Health Centre, Ewell Road, Surbiton, KT6 6EZ (St George's bus)
Thursday 26 January 2023 9am - 4pm	United Reformed Church, Malden Road, New Malden, KT3 6DR (St George's bus)
Friday 27 January 2023 10am - 2pm	Kingston Churches Action on Homelessness, St Peter's Church Hall, London Road, Kingston, KT2 6QL (St George's bus)

25-27 January 2023


HW Kingston Monthly Website and Facebook Traffic 2022-23

FEBRUARY 2022



In February the page with the highest number of unique views (59) was the 'Share your views' page which had the ME survey on there at the time. This was followed by the 'Mental health services' (53), then 'What we do' (51).


Top Facebook post (sponsored) – reach: 875 (7 shares)

 **Healthwatch Kingston** 23 February · 🌐 ⋮

Last chance to have your say - survey deadline 28 February 2023!

As a carer working in Kingston, how have the challenges in the past couple of years affected your work? Have you been impacted by the cost of living crisis? Has the pandemic and other challenges impacted your mental health? If you needed support, would you know where to go? Please tell us your experience 🗨️

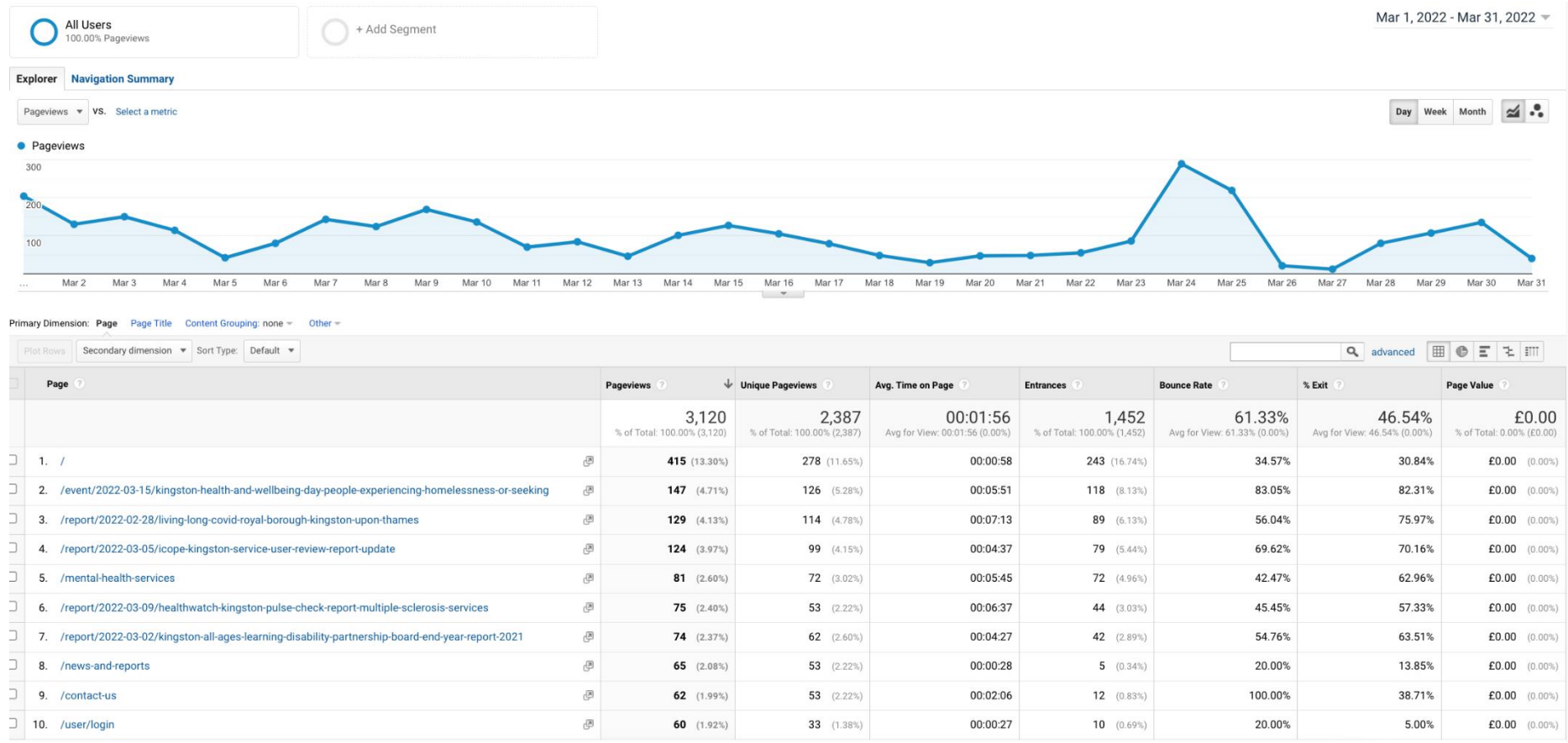
<https://www.surveymonkey.co.uk/r/7G6NNPM>



Healthwatch Kingston
Charitable organisation 📩 Send Message

HW Kingston Monthly Website and Facebook Traffic 2022-23

MARCH 2023



In March the page with the highest number of unique views (126) was 'People experiencing homelessness'. This was followed by the Living with Long Covid (114), then 'iCope service review update' (99)

Top Facebook post (organic) – reach: 1,100 (1 share)



Healthwatch Kingston
Published by Hootsuite · 9 March ·

If you live in Kingston and suffer from ME, CFS or Fibro - come and talk to us. We are hosting an online event on Wednesday, 15 March 6.30pm - 7.30pm. More details here 🙌
<https://www.healthwatchkingston.org.uk/.../healthwatch...>

**ME, CFS, Fibro
Let's Talk Event** ? ? ?

Online: Wednesday, 15 March - 6.30pm
www.healthwatchkingston.org.uk/events

What we have heard so far:

- "It all seems to be a big mystery"
- "I had to see 5 consultants over several years before getting a diagnosis"
- "It's hard not to live life as before"
- "I have been on medication since. Nothing seems to work anymore"
- "I developed anxiety and depression since getting ill"

Come and tell us your experience!

healthwatch
Kingston upon Thames

