

Hello Healthwatch members

We're happy to bring you our June newsletter and thank you for signing up to the new GDPR regulations. We've updated our privacy policy and you can request a copy from us or go to: www.healthwatchsthelens.co.uk.

Our event, 'Making the Right Choice for your Healthcare Needs' was a great success, with over 100 people in the room. We've had great feedback from people who came along and we know from the evaluation forms that people learned a lot. Look out for our report in the coming weeks.



Thank you to Louis McCarthy-Scarsbrook, Saints Rugby Player, for giving up his time to come along and support this event.

The Hope Centre Training Provision for July 2018 is now out. For more information on the courses being run please ring: 01744 26414 or go to: www.hopecentre.org.uk

Don't forget that you can call us on 0300 111 0007 to tell us anything about health & social care in St Helens, compliments or concerns, in confidence - we need your views and experiences! Also please contact us if you would like our Outreach Officer to come out and speak to your group.

Follow us on Twitter @HWStHelens or log on to our website, www.healthwatchsthelens.co.uk, for more information.

Did you know that smear tests provide the best protection against cervical cancer?

Cervical screening is not easy for everyone and there are many different reasons why some women find it difficult.

Have you received your smear test invitation? Don't ignore it.

A smear test lasts 5 minutes. The impact of cervical cancer lasts a lifetime. Reduce your risk by going for your smear test.

3 out of 4 women take up their smear test invitation. Don't delay in booking yours
#SmearTestsSaveLives

Join @jotrust to spread the message:
Find them online - jostrust.org.uk/csaw
Call their helpline - 0800 802 8000



Parents Meeting Parents St Helens ADHD Support Group

Clair's Parents Meeting Parents ADHD Support Group was founded in 2015 by Clair Hodgson. The group supports parents and carers who care for children and young people who have Attention Deficit Hyperactive Disorder (ADHD).

The group currently holds a day and an evening meeting once a month, where parents and carers get together to share experiences. They have speakers who cover a range of topics that affect the members and their families such as sleep issues, dental hygiene, understanding ADHD and stress reduction.

They help promote confidence and independence and show people who deal with ADHD that they are not alone.

The group is run by a motivated committee, head by the founder, Clair. They all have experience of ADHD through caring for children with ADHD and/or personally having ADHD.

Contact them on:
Mobile: 07480 824868
Email: Clairsparentsmeetingparents41@gmail.com



Therapy Services Review - Have Your Say

Have you used the Occupational Therapy, Physiotherapy, and Speech & Language Therapy (SALT) services provided for the people of St Helens?

You can call us on 0300 111 0007 to complete this survey over the phone.

If you prefer to complete online please go to:

<https://www.surveymonkey.co.uk/r/TherapyServicesReview>

Please be quick as all comments need to go to the NHS St Helens Clinical Commissioning Group (CCG) by 30th June 2018 at the latest.

Taking care of yourself in the warm weather

While we are lucky enough to be enjoying some lovely weather, it's important to keep yourself hydrated.

Make sure you drink plenty of water and eat foods with a high water content such as cucumber, tomatoes, pears, melon and grapefruit.

If you are dehydrated you might:

- Feel thirsty
- Notice that your pee is darker or stronger smelling than usual
- Feel dizzy or lightheaded
- Feel tired
- Have dry mouth, lips and eyes
- Pee less than usual, and fewer than 4 times a day

You might get dehydrated because you've had too much sun, drank too much alcohol, sweated a lot after exercise or have diabetes, among other things.

Babies, children and older people are most at risk of becoming dehydrated.



For more information around dehydration and how you can avoid it please visit: <https://www.nhs.uk/conditions/dehydration/>

Your Cancer Awareness Hub

Nurses and volunteers from Your Cancer Awareness Hub will now be based at The Hardshaw Centre on Thursday between 10am and 4.00pm on 21st June, 5th July, 19th July, 2nd August, 16th August and 30th August.

Shoppers will be able to access health information while they pick up their groceries. Visitors can turn up on the day without an appointment or attend fortnightly for up to six repeat visits to get ongoing support or talk about cancer and pick up information. The team is dedicated to helping people know how to reduce the risk of cancer and help spot it early. Nurses also encourage people to go to their GP with any concerns. Picking cancer up at an earlier stage means treatment is more likely to be successful.

The Hub is part of Cancer Research UK's continued programme to make health information as accessible as possible to the public.

To find out more about how to reduce the risk of cancer and detect it early, visit www.cruk.org/spotcancerearly. To find out more about the Your Cancer Awareness Health Hubs visit www.cancerawarenessroadshow.org.uk or follow the Your Cancer Awareness Hub team on twitter on @CRUKroadshow_NW

The Hope Centre Breathe: Mental Health and Well-being



Fantastic course, with like-minded people, they are able to share and support each other within the group.

Their course is perfect for you if you are 18 years or older and are struggling with depression and anxiety or have confidence and self-esteem issues.

Over 8 weekly sessions they'll explore what Confidence and Self-Esteem means and practice Assertiveness and Effective Communication.

They'll also look at Ambition and Goal Setting.

If you feel you would benefit from this course, or have any questions about this or any other courses available, please get in touch with them. Ask for Sarah or the Training Team on 01744 26414.

Mamafit

Pregnancy and Mum's health, fitness and wellbeing. There are a number of free classes available in St Helens.

Why it is important that you are active during pregnancy:

- Give your baby the best start in life
- Control weight gain
- Improve sleep
- Improve mood
- Get fit for birth



For more information ring 07866 160659 or email: info@diversehealthandfitness.com

Do you have an email address but still receive our monthly newsletter by post? Sharing your email address with us means you can get information quicker and it helps cut down on our costs too.

Sometimes we receive information about events and consultations at the last minute and we can get it out to you in time for you to take part if we can contact you by email. We can also send out information and surveys that are only accessible online.

To tell us you want to receive information in future by email please get in touch at: <https://www.haltonsthelensvca.org.uk/healthwatch-st-helens-newsletter-sign>

Remember the law is changing. If you do not sign up to receive Healthwatch St Helens emails or postal mailings, then you will not receive this newsletter and could be missing out on something that is important to you!