

Hello Healthwatch members

We're happy to bring you our April 2019 newsletter. We hope you enjoy the long weekend coming up.

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### NHS Long Term Plan

Thank you to everyone who has already filled in a survey about the NHS Long Term Plan. Now is your chance to find out more about what it means for people living in St Helens.

We've enclosed a flyer with details of 2 listening events. The first one is open to anyone who wants to come along, and the second is focusing on people who have used mental health services.

We'll be joined by colleagues from St Helens Clinical Commissioning Group who will tell you all about how things are changing in St Helens and we'll be asking you what you would do to make services better. Come along and help the NHS invest in the right support for people in St Helens.

We want to know how you think the NHS can help people live healthier lives, what would make local services better, and how care for people with specific conditions could be better.

Don't forget to let us know if you have any special dietary needs.

To book your place email: [info@healthwatchsthelens.co.uk](mailto:info@healthwatchsthelens.co.uk) or phone: 0300 111 0007

It is not too late to fill in a survey. Please follow the link below to make sure you have your say.

<https://network.healthwatch.co.uk/guidance/2019-02-27/nhs-long-term-plan-survey-questions>

If you need a paper copy please contact one of the support team on 0300 111 0007.

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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!

Follow us on Twitter @HWStHelens or log on to our website, [www.healthwatchsthelens.co.uk](http://www.healthwatchsthelens.co.uk), for more information.

## Patient Engagement Event

All welcome!

Tuesday 23<sup>rd</sup> April 2019 at 2pm-4pm

Lecture Theatre, Education and Training Centre, Whiston Hospital

Tea and coffee available on arrival.

- Find out about new initiatives
- Tell us your thoughts
- Contribute to developments
- Go and learn about the Trust Quality Priorities for the year

## Apex Trust's Women's HUB

Starting Wednesday 6<sup>th</sup> March 2019

Women of St Helens, join them every Wednesday from 10.00 am - 3.30pm as they launch their Women's HUB from their base in Century House, St Helens Town Centre.

Their activities will begin with:

am sessions 10.00 - 12.00 - Arts & Crafts

pm sessions 1.00 - 3.00 - Health & Wellbeing

For information call them on 01744 612898

or email: [sthelens@apextrust.com](mailto:sthelens@apextrust.com)

Apex Charitable Trust, Suite 2, First Floor, Century House,  
Hardshaw Street,  
St Helens, WA10 1QU



## Do you have diabetes or know someone who does? We'd like to hear from you.

Healthwatch St Helens are working with Diabetes UK to find out what local people's experiences are around managing their condition.

Do you have regular checks for diabetes-related complications such as problem with your eyes and feet?

If you've had a stay in hospital, how easy was it to manage your diabetes while you were in there?

Get in touch with us to tell us about your experiences. Everything you tell us will be treated in confidence and could help to improve services.

Call us on 0300 111 0007 or email [info@healthwatchsthelens.co.uk](mailto:info@healthwatchsthelens.co.uk) to tell us your story.

## FIT 4 YOU - Get Healthy for FREE!

- FREE Fitness sessions for everyone
- FREE fitness trackers
- FREE healthy refreshments
- FREE Healthy Prize Draw - £100 of health related prizes to be won!



Every Thursday at St Michaels & All Angels Church, 225 Gartons Lane, Sutton Manor, St Helens, WA9 4RB - Everyone welcome!

9.30am - 10.30am: Intermediate Fitness  
11am - 12pm: Beginners fitness

## Walk & Talk

Starting Friday 26<sup>th</sup> April 2019.

Get fit, have fun and make new friends.



Every Friday, meeting at St Michaels & All Angels Church, 22 Gartons Lane, Sutton Manor, St Helens, WA9 4RB - 9.30am - 12.30pm.

Wear comfortable shoes and dress for all weather.  
FREE and everyone welcome! Plus FREE healthy snack!

## Buggy Walks

Starting from Wednesday 24<sup>th</sup> April 2019.

Get fit, have fun and make new friends.



Every Wednesday, meeting at St Michaels & All Angels Church, 22 Gartons Lane, Sutton Manor, St Helens, WA9 4RB - 9.30am - 12.30pm.

Everyone welcome! FREE healthy snack for parents and toddlers.

For further information on any of the above contact Torus: Nikki Bonner on 07747 473789 or Cath Brooks on 07525 766351



## The Hope Centre

The Hope Centre Training Provision for April 2019 is now out.

For more information on the courses being run please telephone: 01744 26414  
or go to: [www.hopecentre.org.uk](http://www.hopecentre.org.uk)



## Community Talkfest

Go along to one of the Community Talkfest sessions and keep up to date with all the latest changes in health and social care.

All sessions are taking place during Mental Health Awareness Week, and will have a specific focus on mental health and wellbeing.

The sessions will last approximately 2 hours and will be held as follows:

- Monday 13<sup>th</sup> May 2019 - Woodside Medical Centre, Woodside Road, Haydock, WA11 0NA - 1.30pm arrival for a 2.00pm start
- Wednesday 15<sup>th</sup> May 2019 - Thatto Heath Library, Thatto Heath Road, WA10 3QX - 1.00pm arrival for 1.30pm start
- Thursday 16<sup>th</sup> May 2019 - Garswood Medical Centre, Billinge Road, Garswood, WN4 0XD - 9.30am arrival for a 10.00am start

If you would like to attend an event, please email [engagement@sthelensccg.nhs.uk](mailto:engagement@sthelensccg.nhs.uk) or call 01744 627596 to book your place stating your name, organisation (if applicable) and the session you would like to attend.



## Don't forget April is Bowel Cancer Awareness Month

Bowel cancer is the fourth most common cancer and second biggest cancer killer in England. It affects both men and women and it is more common in the over 60s but can affect anyone of any age.

Bowel cancer is treatable and curable, especially if diagnosed early. Nearly everyone diagnosed with bowel cancer at the earliest stage will survive.

For more information on the symptoms or how to reduce your risk contact 020 7940 1760 or go to [bowelcanceruk.org.uk](http://bowelcanceruk.org.uk)



## Out and About in your communities

Don't forget that our team members, Janet and Gail would like to come out to your community centres and groups to find out what people think of the health and social care services they use.

Telephone us on 0300 111 0007 or email us at: [info@healthwatchsthelens.co.uk](mailto:info@healthwatchsthelens.co.uk) to talk to us about it.



If you still receive our newsletters by post but would like to receive information in future by email please get in touch at:

<https://www.haltonsthelensvca.org.uk/healthwatch-st-helens-newsletter-sign>

or call us on 0300 111 0007.