

Hello Healthwatch members

We hope this newsletter finds you all staying safe and well. As the restrictions have lifted a little bit we hope you're able to enjoy some of this nice weather.

In this newsletter we've included some of the information from last month's as we thought it was useful for you to see it again.

Don't forget to visit our website and follow us on Facebook and Twitter for advice on how to keep safe.

### Experts give reassurance on the COVID-19 vaccine in relation to fertility and pregnancy.

We know that some of you have some concerns around the safety of the COVID-19 vaccination, maybe some of you because you're pregnant or trying to conceive.

Two experts from Liverpool Women's Hospital have put a [short video](#) together to provide some reassurance about issues relating to fertility and pregnancy.



Your GP will also be able to answer questions you might have about the COVID-19 vaccination and whether you should have any concerns.

## Can you or someone you know help to improve maternity services in your local area?

You might remember that last year we ran a survey to find out what local women's experiences were of using maternity services during the COVID-19 pandemic.

At the request of the St Helens Maternity Voices Partnership, we're running the survey again, to give more women the chance to tell us what they think.

The Maternity Voices Partnership is committed to improving maternity services and it's important that they know what local mums and mums-to-be think of the services they are using.

Please follow this link to tell us your experiences.

<https://healthwatchsthelens.co.uk/have-you-used-maternity-services-during-covid-19>

To find out more about the Maternity Voices Partnership you can find them on Twitter: @MvpSthelens or email: [Voices.MVP@gmail.com](mailto:Voices.MVP@gmail.com)

For a copy of our Report, 'Accessing Maternity Services during the COVID-19 Pandemic' call us on: 0300 111 0007 or you can email: [info@healthwatchsthelens.co.uk](mailto:info@healthwatchsthelens.co.uk) to request a copy.

### Changes to Maternity Restrictions at Whiston and St Helens hospitals

  
St Helens and Knowsley  
Teaching Hospitals  
NHS Trust

From Monday 12th April 2021, the following will apply:

One nominated adult may attend with mum for:

- **All scan and antenatal appointments**
- **Induction.** 9am - 9pm, they must remain on the ward at all times and if they need to leave the ward, they cannot return until the next day. No overnight stays are permitted. Please bring with you any refreshments you may require.
- **Labour.** They must stay within the delivery room at all times.
- **Visiting.** They may attend for 3 hours maximum between the hours of 1pm - 8pm. Visits must be booked in advance by mum via the ward staff and they must remain on the ward at all times. If they need to leave the ward they cannot return until the next day. No overnight stays are permitted. Please bring with you any refreshments you may require.

It **MUST** be the **same nominated adult** for all attendances.  
No other visitors will be permitted to attend the Maternity Unit.

**ALL** women and their nominated partner will be required to take a lateral flow COVID test on entering the unit, and must abide by the Infection Prevention procedures in place.  
Appropriate PPE must be worn **AT ALL TIMES**.

Children are not allowed to attend any appointments, scans or visiting.

Restrictions are in place to protect the safety of all patients, visitors and staff.

More information can be found on the [Important Information about the Coronavirus](#) page on the STHK website.

## Give your feedback about Sexual Health Services in St Helens.

Have you used the Sexual Health service during the past year?

If you have please could you spare 5 minutes to complete an anonymous survey.

You can complete the survey here by following the link:



WE WANT  
**YOUR**  
FEEDBACK  
"Tell us what  
you think"



<https://getiton.org.uk/Pages/contactus.asp>



**IT'S HARD TO TELL  
HOW SOMEONE  
IS FEELING BEHIND  
THEIR MASK,  
SO JUST ASK.**

Ask the question and ask it again.

Talking about suicide won't put  
the idea in someone's head.

Start a life-saving conversation today.

[www.oktoaskcampaign.co.uk](http://www.oktoaskcampaign.co.uk)



## Feel better, live better

St Helens Wellbeing service makes it easier to access a wide range of healthy living and wellbeing support.



Healthy Eating



Getting Active



Weight Management



Stop Smoking



Health Checks



Social Wellbeing



Infant Feeding



Mental Wellbeing



Oral Health



Volunteering

## Get in touch with the team:

Call: 01744 371 111 Email: [chcp.sthelens@nhs.net](mailto:chcp.sthelens@nhs.net)

Website: [www.sthelenswellbeing.org.uk](http://www.sthelenswellbeing.org.uk)

Follow us on our social media pages:



@StHelensWellbeing



@StHWellbeing

Remember, we're all working from home but the team at Healthwatch St Helens still want to hear your experiences of using health and social care services.

Visit our website: [www.healthwatchsthelens.co.uk](http://www.healthwatchsthelens.co.uk)

Email us at: [info@healthwatchsthelens.co.uk](mailto:info@healthwatchsthelens.co.uk)

Call us on: 0300 111 0007 and leave your name and number so we can call you back.