

Hello Healthwatch members

We've kept our newsletter short again this month as we know that many of you will be out and about, enjoying the warm weather.

Are you interested in joining our Board of Directors?

Healthwatch St Helens is looking for a dynamic person of the highest calibre to join our Board of Directors, someone who shares our passion for further developing Healthwatch St Helens as a trusted, challenging and publically accountable body for local people.

You will need to have ambition, drive and energy and will need to demonstrate that you have the skills, knowledge and experience to run a company, working with VCA and the Healthwatch St Helens support team to deliver a vibrant local Healthwatch, underpinned by robust corporate governance arrangements.

To express your interest and to find out more telephone us on: 0300 111 0007.

Would you like to volunteer with us?

We're always looking for people who want to help us spread the word about who we are and what we do as well as encouraging others to share their experiences with us, of using health and social care services.

Our volunteers can also get involved with the Enter & View team, visiting care homes and other health and social care venues across the borough.

For more information about volunteering, call us on: 0300 111 0007.

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.

Picnic in the Park - Working together to reduce suicide

Come along to Taylor Park on Saturday 8th September 2018. Fun for all the family, and it's free admission. It starts at 11am and goes on right through until 4pm.

Featuring:

- ✓ Healthy Living Team
- ✓ Family games
- ✓ Taster sessions
- ✓ 5 ways to wellbeing to keep you well

Services for people with autism who are over 19 years old

You might remember our work on services for people on the autistic spectrum, that focused mostly on younger people who wanted a diagnosis?

Following on from that we're now looking at service for over-19s with autism. Do you or anyone you know have autism and are in that age group? We want to hear from you.

We are gathering people's experiences of their journey along the autism pathway, what worked well and what didn't. Please help us to work towards improving service by telling us your story.

Contact us on: 0300 111 0007, or email Gail at: ghughes@healthwatchsthelens.co.uk

Advance care planning and end of life care.

Come along to our listening event around advance care planning and end of life care. Find out how you can plan for your future and share any experiences you have had around the end of life care of a loved one. We want to make things better in St Helens and this will be your chance to help. By telling us your views we can let service providers know what's working well and what isn't.

With support from our colleagues at Willowbrook Hospice and St Helens CCG there will be presentations about what's available in St Helens, advance care planning, and information about Do Not Attempt Resuscitation (DNAR) orders.

The event will take place on Thursday 27th September, 1-4pm at the Living Well, Borough Road, St Helens, WA10 3RN.



To find out more and to book your place please call us on: 0300 111 0007

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>