

Hello Healthwatch members

We're happy to bring you our August 2019 newsletter.

Read on to see what's happening locally and how you can get involved with the work that Healthwatch St Helens is doing.

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### Calling all members who wish to be an Enter & View Volunteer

Healthwatch St Helens is looking for people with an interest in making services better. Would you like to join our Enter & View team and visit care homes within the borough? Your role will be to look around the premises, chat to residents and staff and offer a layperson's view of how the service appears to be running.

We'll give you training and full support.

For more information and to get hold of an application form you can telephone us on: 0300 111 0007 or email: [jroberts@healthwatchsthelens.co.uk](mailto:jroberts@healthwatchsthelens.co.uk)

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The Hope Centre Training Provision for August 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)

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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.

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## The Staying Home Service

As we get older, we often need a little more help and assistance to remain independent in our homes. If you need support at home, the Staying Home Service is here to help.

Are you a homeowner or someone who lives in a privately rented property? The Staying Home Service provides a variety of services, tailored to individual needs that help people over the age of 55 remain independent, stay in control and enjoy a better quality of life.

How they can help.

At Home:

- Help with housing advice and welfare benefits.
- Help arranging for mobility aids and property adaptations.
- Help filling in forms.
- Help finding support with everyday household tasks.

Health & Wellbeing:

- Registering with a GP or dentist.
- Help taking up new hobbies, skills or socialising.
- Arranging for volunteer support.

Contact the Staying Home Service for more information on: 01744 418118 or at: [stayinghome@torus.co.uk](mailto:stayinghome@torus.co.uk)



**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 problems 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.

## NHS St Helens Clinical Commissioning Group Annual General Meeting and Film Premiere

'St Helens - Dream to Reality' - 12.30pm - 2pm  
Cineworld St Helens, Chalon Way West, St Helens, WA10 1BF



For more information or to book contact: [engagement@sthelensccg.nhs.uk](mailto:engagement@sthelensccg.nhs.uk)

## Your Cancer Awareness Roadshow is in town

Where:

St Helens Town Centre, Church Square, St Helens, WA10 1AF

When:

Tuesday 17<sup>th</sup> September 2019 and Wednesday 18<sup>th</sup> September 2019

What time:

10am - 4pm

### What's it all about?

The Cancer Awareness Roadshow goes into the heart of communities, talking to people about the importance of early diagnosis, and steps they can take to live more healthily and reduce their risk of cancer. Since 2006, our Roadshow nurses have reached around half a million people. We are literally on the road to beating cancer!

### What do they offer?

They provide a welcoming environment for people to:

- Talk to one of our Roadshow nurses, no appointment needed.
- Discuss how leading a healthy lifestyle can reduce your risk of getting cancer.
- Learn about screening and where to get more information.
- Talk about the importance of spotting cancer early by going promptly to your GP with any concerns.
- Find out about local and national health services.
- Have a free BMI or Smokerlyzer test.
- Help yourself to a wide range of useful leaflets.

Their Roadshow nurses tailor information to each visitor. It's all about informing, motivating, signposting.

Their key messages:

- Be smokefree.
- Drink less alcohol.
- Eat healthily.
- Keep a healthy weight.
- Be active.
- Be sunsmart.

For a full list of the locations that they're due to visit go to [www.cruk.org](http://www.cruk.org) and search for Cancer Awareness Roadshow.



## Out and about in your communities

Don't forget that our team members, Janet and Gail would like to come out to any groups you're involved with, 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.

## It's time to get changed!

Revamp your wardrobe while raising money to beat dementia by hosting a Get Changed party. Gather your friends, get in the drinks and snacks, pick out some pre-loved clothes and start swapping! On the night, exchange clothes for donations and make a change: to your wardrobe, to dementia and to the world.

Sign up today and we'll give you top tips on how to plan your Get Changed party.  
<https://www.alzheimers.org.uk/get-involved/events-and-fundraising/getchanged>

Alzheimer's Society's Get Changed is a sustainable and affordable way to switch clothes with friends in exchange for donations. It's a guilt-free swapping spree where every penny counts towards a better future whilst having a great evening of fun with friends.

For more information contact: 0330 333 0804 or email:  
[info@contact.alzheimers.co.uk](mailto:info@contact.alzheimers.co.uk)



## St Helens Shared Care Record

Things are changing in St Helens. Health and social care organisations are working more closely together to make your care even better.

Whether you are visiting your GP, attending hospital, or being seen in your own home by a community nurse or social worker, the NHS want you to get the best care. They can only do this if all the people who work to care for you can see the information they need.



Your shared health and social care information will include test results, medications, allergies, immunisations, social and community information.

By sharing some of the information included in your health and social care records they can provide you with better care. But you can say no on 01744 646868 or [SharedCareRecord.Admin@sthk.nhs.uk](mailto:SharedCareRecord.Admin@sthk.nhs.uk)

## Summer Bank Holiday Pharmacy Opening Times

- ASDA Pharmacy, Kirkland Street, St Helens, WA10 2EF - 9am to 6pm
- Boots, 8 Church Street, St Helens, WA10 1BD - 10am to 4pm
- Boots, Ravenhead Park, Milverney Way, St Helens, WA9 1JF - 10am to 4pm
- Millennium Centre Pharmacy, Corporation Street, St Helens, WA10 1HJ - 7.30am to 10pm
- Tesco in Store Pharmacy, Linkway, St Helens, WA9 3AL - 12pm to 4pm



If you still receive our newsletters by post but would like to receive information in future by email please get in touch at: 0300 111 0007 or go to:

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