

Hello Healthwatch members

We hope you're staying home and staying safe in these difficult times. We're keeping our newsletter short again as many of the events we would usually promote are on hold and we're focusing on important information around the Covid-19 situation.

The Healthwatch St Helens support team are all working from home to stay safe during the Covid-19 situation but we're still available to listen to your experiences and signpost you to local services.

See below for the best way to contact us. Don't forget to visit our website and follow us on Facebook and Twitter for advice on how to keep safe.

COVID-19 Notice

healthwatch
St Helens

We are all working from home just now, due to COVID-19.

Please browse our website on ways to keep safe during these difficult times:

Please continue to share experiences about the health and social care services you have used by visiting our website at:

www.healthwatchsthelens.co.uk

The best way to reach us is by email...

Jayne: jparkinson@healthwatchsthelens.co.uk

Janet: jroberts@healthwatchsthelens.co.uk

Gail: ghughes@healthwatchsthelens.co.uk

General enquiries:

info@healthwatchsthelens.co.uk

For **advocacy support** please email:

advocacy@sthelenshealthwatch.co.uk

If you need to telephone, please leave a message and we'll call you back.

Phone: **0300 111 0007 / 01744 457119**



Visit our Facebook page: facebook.com/Healthwatchsthelens



Follow us on Twitter @HWStHelens

Keep Well, Stay Safe from all the team at Healthwatch St Helens

The Beacon Nursery

High quality
childcare in the
centre of St Helens

YMCA



If you're a key worker and need childcare in St Helens, the Beacon Nursery in the town centre is still open.

Call: 01744 750848 to find out about available places.



NEED HELP? CALL: 01744 676767

CAN YOU GIVE HELP TO THOSE IN NEED AS A STREET CHAMPION?

Register at: volunteering.haltonsthelevca.org.uk or call: 01744 676767

#STHELENSTOGETHER

We've had the privilege of working with our amazing colleagues at Halton & St Helens Voluntary & Community Action (VCA) to help to mobilise a team of incredible volunteers who are offering their time to support the most vulnerable people in our communities; those people who are unable to shop for food or walk their dogs while they are isolating.

The commitment of VCA staff and the volunteers has been incredible and has made a massive difference to local people.

If you, or someone you know, is at risk from, or experiencing domestic abuse, isolation rules do not apply. Police response and support services are still available.

Go to: www.gov.uk/domestic-abuse for more details.

If you are in immediate danger call 999.

At home should not mean at risk



The use of Ibuprofen and COVID-19

The latest Government advice is that there is not enough scientific evidence to suggest that ibuprofen can worsen the symptoms of Covid-19. Patients can take paracetamol or ibuprofen when self-medicating for symptoms of COVID-19, such as fever and headache, and should follow [NHS advice](https://www.nhs.uk) if they have any questions or if symptoms get worse.

Patients should always read the patient information when taking over-the-counter medicines, such as ibuprofen and paracetamol, and follow the instructions on how to take the medicines.

For further information visit: <https://www.gov.uk/government/news/commission-on-human-medicines-advice-on-ibuprofen-and-coronavirus-covid-19>