

Hello Healthwatch members

We're happy to bring you our March 2020 newsletter. We're keeping it short this time as the events and other activities we would usually tell you about are being cancelled due to Covid-19.

Important information about Covid-19

We know that this is a worrying time, especially for those who are elderly or have underlying health conditions, but we all need to play a part in helping to stop the spread. You should look for information and advice about Covid-19 from an official source. Go to: www.111.nhs.uk/covid-19 or www.gov.uk/coronavirus

If you have any symptoms, even if they are mild, such as a new, continuous cough and a high temperature, you should self-isolate for 7 days. You don't need to call NHS 111, unless your symptoms get worse or you can't cope. Please don't go in to your GP surgery, Urgent Treatment Centre or A&E.

There are some simple steps you can take to avoid catching and spreading the virus, such as:

- Washing your hands with soap and water, often, and for at least 20 seconds
- Always washing your hands when you get home or into work
- Using hand sanitiser gel if soap and water are not available
- Covering your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Putting used tissues in the bin straight away and washing your hands afterwards
- Trying to avoid close contact with people who are unwell

Please note that the Healthwatch St Helens team are now working from home. The best way to contact us is by email, or you can go to our website or social media pages for information about local services.

- ✓ E-mail us at: www.healthwatchsthelens
- ✓ Website: www.healthwatchsthelens.co.uk
- ✓ Follow us on Twitter @HWStHelens



'Who Can Help Me?' listening events

We want to do our best to keep our staff, volunteers and members of the public as safe as possible and help stop the spread of Covid-19. In order to do this we've made the decision to postpone our next 'Who Can Help Me?' listening event until further notice.

The next listening event will be around the Urgent Treatment Centre, what's available there and when you should use it.

We'll let you know when we rearrange, in this newsletter, on Facebook and on Twitter.

Who Can Help Me?



Can you help?

The team at Halton & St Helens Voluntary & Community Action are working hard to offer support to people in Halton and St Helens, affected by the Covid-19 virus.

Would you like to volunteer to help people in your community? It could be helping to deliver much needed supplies to people who are vulnerable and self-isolating, providing telephone support, or being a 'street champion', sharing information and updates among many other tasks.

[Please click here to register as a volunteer](#)

Or maybe you're already involved in looking after people in your community and you need more volunteers. Halton & St Helens VCA can help with that too.

[Please click here to register your organisation and opportunities](#)

You can also look out for the latest information and guidance about Covid-19 as well as other volunteering opportunities, by following Halton & St Helens VCA on Facebook and Twitter.



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

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