

Hello Healthwatch members

We hope this newsletter finds you enjoying the warmer weather but staying hydrated as well.

We know that everyone is pleased to have restrictions lifted but we urge you to still think of others who might be vulnerable and make sure you follow the recommendations.

Don't forget to visit our website and follow us on Facebook and Twitter for information about what services are out there to support you.

## Annual Health Checks for People with a Learning Disability

As part of our work this year around health inequalities, we're looking at annual health checks for people with a learning disability.

Every person with a learning disability should be offered an annual health check with their GP, from the age of 14.

At Healthwatch St Helens we would like to find out more about what local people's experience of annual health checks has been and help to make things better. We've designed a short survey that can be filled in by someone with a learning disability, their parents, carers or someone who support them.

You can follow the link below or request an email version at:  
[info@healthwatchsthelens.co.uk](mailto:info@healthwatchsthelens.co.uk).

Complete the survey at: <https://www.healthwatchsthelens.co.uk/annual-health-checks-people-aged-14-learning-disability>

If you would like to speak to someone about your experiences you can call us on: 0300 111 0007

Meet new people, learn new things, keep active and have fun

**Social Variety Groups \* Tea Dance \* Line Dancing \***

**Men's Group \* Mixed Crafts \* Tai Chi**



All sessions MUST be pre-booked on 4 week block booking basis.

Places are limited so book now to avoid disappointment! Transport not Provided.

For more details please contact our Wellbeing Team on:

**0300 003 1992**

**enquiries@aukmm.org.uk**



Registered charity number 1003476

## Here to help

If you are aged 50+ and need information, advice or support, our Wellbeing Team are here to help.

**HELP** →

**Call: 01744 417440**

**Email: enquiries@aukmm.org.uk**

When our lines are busy or unattended, you'll hear a recorded message...please leave us your name and number and the reason for your call and we will call you back.

# Virtual Coffee Morning

If you're aged 50+, why not grab a cuppa and join us on Whatsapp for one of our virtual coffee mornings?



(We also hold virtual coffee mornings for veterans. Ask us for details)



Contact us for more information and details of how to reserve your place:

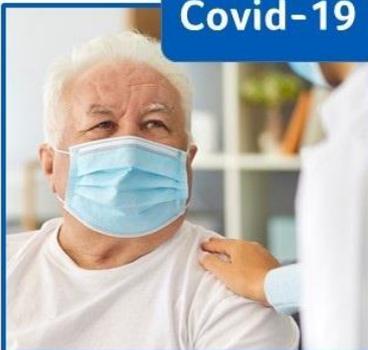
**0300 003 1992 enquiries@aukmm.org.uk**

Registered Charity Number: 1003476

In partnership with:



## Covid-19 Wellbeing Support for Older People



We can help those aged 50+ with:

- Accessing Covid-19 testing/vaccination
- Attending routine health appointments
- Hospital discharge support
- Transport to/from healthcare settings
- Shopping and prescription collection
- Wellbeing and social support



Call: 0300 003 1992  
Email: enquiries@aukmm.org.uk

Registered charity number 1003476.



## A message to all women from the Dianne Oxberry Trust.

When the much-loved broadcaster Dianne Oxberry died suddenly from ovarian cancer in January 2019, people from across the North West showed an incredible outpouring of love and grief.

Overwhelmed by the public response, Dianne's husband Ian decided to join forces with some of her closest friends and harness the amazing positivity that surfaced following her death, to form the Dianne Oxberry Trust - a charity that aims to raise awareness of the signs and symptoms of ovarian cancer with local women.

In order to improve outcomes for women, it's vital that more people - especially those in the most at-risk categories - know how to spot the symptoms that could be ovarian cancer, and when to see their doctor. Speed is of the essence, and early diagnosis can lead to a more positive outcome.

Taking action quickly really could make a difference and give families the time together that Dianne and her loved ones simply didn't have.

**Read on to find out more.**



## The Symptoms:

**A quick guide:**

**Bloating:** do you feel persistently bloated, the feeling doesn't go away?

**Pain:** do you have pain in your pelvis or tummy?

**Appetite:** do you feel full more quickly than usual, or have you lost your appetite?

**Bladder:** do you need to wee more often or more urgently than usual?

If you have an upset tummy, feel really tired, have lost weight, or have bleeding after the menopause, they could also be signs of ovarian cancer. It's important to see your GP as soon as possible, but don't worry - these symptoms can also be related to lots of other conditions.

There's more about the symptoms of ovarian cancer on the Dianne Oxberry Trust website: [www.dianneoxberrytrust.org](http://www.dianneoxberrytrust.org)

## The Power of Three:

Throughout 2021, the Dianne Oxberry Trust is asking people across the north west to help them to raise awareness of the signs and symptoms of ovarian cancer in a very simple way.

Please could you take a moment to follow the Trust on Facebook or Twitter, and ask three friends to do the same? By following and liking, and sharing posts, you could help the trust reach the hundreds of thousands of women in the north west that are most at risk of ovarian cancer.

Please make the simple clicks now on social media, and ask three others to do the same.

It's an easy, quick gesture, but the **Power of Three** really could make a difference and save someone's life.

[www.dianneoxberrytrust.org](http://www.dianneoxberrytrust.org)

## **NHS St Helens CCG is pleased to announce that our TALKFEST engagement sessions are back, week beginning 26th July 2021.**

This year due to COVID-19 restrictions, our TALKFEST events will take place virtually using Microsoft Teams and we have also set up a freephone telephone number so that anyone who isn't able to use Microsoft Teams is able to dial in and listen.

We will be holding two events, a morning and an evening session, to enable as many people as possible to join us:

- Tuesday 27th July 6:00pm
- Thursday 29th July 10:00am

The purpose of TALKFEST is to inform local communities about changes and developments to health and social care in St Helens. We also use it as an opportunity to engage with local communities about various topics and listen to views and feedback from those who use our services. The topics at these sessions will cover:

- COVID-19 update from Public Health
- Preparing for Autumn and beyond
- Saving lives during winter
- Communities update from Halton and St Helens VCA

TALKFEST is our way of reaching as many people in St Helens as possible including schools, workplaces, communities, partners and third sector and voluntary organisations. Please share this information with others so as many people as possible join in.

**There is still time to register, using the following links:**

Tuesday 27th July 6:00pm - <https://www.eventbrite.co.uk/e/talkfest-tickets-162693878771>

Thursday 29th July 10:00am - <https://www.eventbrite.co.uk/e/talkfest-tickets-162694602937>

During the session we will be using Menti which allows us to capture real time feedback from participants (please have [www.menti.com](http://www.menti.com)) ready in your browser to answer questions throughout the summit (a unique code will be shared on the day) **If you are unable to access Menti you will still be able to participate in the sessions and have your say.**

If you have any further questions, please don't hesitate to get in touch with St Helens CCG at: [communications.ccg@sthelensccg.nhs.uk](mailto:communications.ccg@sthelensccg.nhs.uk)

**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.**