

Hello Healthwatch members

We're happy to bring you our November newsletter.

'Light up a Life'

Once again Willowbrook Hospice will be holding their 'Light up a Life' services to celebrate the turning on of the lights on the Christmas trees, both at the Hospice itself and at the services. The services include a selection of readings and Christmas carols during which they symbolically turn on the lights on their Christmas tree at the Hospice.

The services are being held at:

Prescot Parish Church, Prescot on Monday 10th December 2018 at 7.00pm

Refreshments 6pm in the Church Hall; and

St Mary's Lowe House, St Helens on Wednesday 12th December 2018 at 7.00pm

Refreshments 6pm in the Church Hall

Please contact Catherine Hutton at catherineh@willowbrookhospice.org.uk to confirm whether you will be attending and which service you require, no later than Friday 30th November 2018 so that they can finalise catering arrangements.

Out and about in your communities

Don't forget that our team members, Janet and Gail would like to come out to your community centres and groups 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 to talk to us about it.

The Hope Centre Training Provision for November 2018 is now out.

For more information on the courses being run please telephone: 01744 26414

or go to: www.hopecentre.org.uk

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, for more information.

Need URGENT Dental Care?

Local dental providers offer NHS Urgent Dental Clinics across Cheshire & Merseyside, with urgent appointments for patients who need urgent treatment, advice and support on dental queries, or referral to other services.

If you need help with an urgent dental problem, call the NHS England helpline, available from 9am to 9.30pm every day, including weekends and Bank Holidays.

The service is provided according to strict clinical criteria, and when you call you will be assessed by a member of our clinical team to make sure your problem comes under either:

- Trauma - this is usually caused by a blow to the face, a lost filling is not classed as trauma.
- Swelling of the face.
- Bleeding - uncontrolled, such as after an extraction.
- Pain that can't be controlled by pain relief medicines.

If you're given an appointment and your problem doesn't fit any of the above, you'll still have to pay the NHS fee but may receive advice and not treatment.

Clinic times vary, and at busy times or when your local clinic's not available you may be offered an appointment at an alternative location.

Please note: this is an appointment-only service - there is no Drop-in service at any of the surgeries.



Dental Telephone: 0161 476 9651 (local rate)

Men join together this Decembeard and raise money for Bowel Cancer UK



More than 23,000 men are diagnosed with bowel cancer in the UK every year, making it the third most common cancer in men. That's why we're pledging our support for Bowel Cancer UK's Decembeard fundraising campaign.

Dads, brothers, sons, nephews, granddads, uncles - you can help the charity in the fight against bowel cancer this December.

All you need to do is clean shave on 30 November and let your facial fuzz grow throughout December. Already bearded? No problem. Dye, ditch or decorate your beard and join the campaign.

Bowel cancer is the UK's second biggest cancer killer. However it shouldn't be, as it's treatable and curable, especially if diagnosed early.

Join us this December, get growing a beard and raise as much as you can to support Bowel Cancer UK's vital services and lifesaving research. Save lives. Grow a beard: bowelcanceruk.org.uk/decembeard

For more information email: community@bowelcanceruk.org.uk or call: 020 7940 1769

Festive Faith Fair

A celebration of the impact of the church in our communities. Discover the work of over 20 faith organisations and groups serving in St Helens whilst enjoying free festive entertainment and refreshments!

Wednesday 5th December 2018 at 3.30pm - 6.30pm
St Helens Town Hall, Victoria Square, WA10 1HP
Free Entry



An Opportunity to Give

This event is a fantastic opportunity for you to donate any items that can be used by the organisations represented. We can accept donations for the following items:

The Hope Centre - Donations of food items, in particular UH milk, long life fruit juice, sugar, coffee and instant mash. Donations of baby clothing, gifts for new mums, moses basket sheets and donations towards Hope House Homeless Centre.

The Restore Project - Donations of tools, paint or any other small DIY items.

Salvation Army, St Helens - The Salvation Army would welcome donations of toys/ gifts for children in their locality.

St Helens Baptist PJ Appeal - Donations of new pyjamas - aged newborn to 16 years and small selection boxes to be given out to children who need them, on Christmas eve.

UniCycle - Uniform Recycling - Donations of good condition school uniforms - in particular coats and winter clothing, to help families as the cold starts to creep in!

For more information about the event, please visit our Facebook (facebook.com/prayerforsthelens) or website prayerforsthelens.org.uk

MS Society - Physical Activity Specialist

The role of the MS Physical Activity Specialist is to support people with MS to have a better quality of life. We know moving more decreases the risk of heart disease and it can: alleviate or reduce symptoms, keep the body working at its best, improve mood, give you more energy, reduce the knock-on effects of deconditioning (this is when your muscles lose strength after a time of not being used), help control weight, and for those with severe MS, it can help you stay as mobile and active as possible and improve walking mobility.

Who can use this service?

Anyone who is affected by MS and would like support in managing their MS.



What to do next!

Contact the MS Helpline on 0808 800 8000, Monday - Friday 9am to 7pm, excluding bank holidays. Ask to be referred to the MS Physical Activity Specialist or email helpline@mssociety.org.uk and ask for a referral.

November is Lung Cancer Awareness Month

Lung cancer is one of the most common and serious types of cancer. Around 46,700 new lung cancer cases are diagnosed in the UK every year - that's nearly 130 every day.

The North West has one of the highest rates of lung cancer in the UK, so it is vital that people are aware of the symptoms. Lung cancer is often detected once it has reached stage four, so in order for people to get effective treatment, early diagnosis is crucial.

The main symptoms of lung cancer include

- A cough that does not go away after two or three weeks
- A long-standing cough that gets worse
- Persistent chest infections
- Coughing up blood
- An ache or pain when breathing or coughing
- Persistent breathlessness
- Persistent tiredness or lack of energy
- Loss of appetite or unexplained weight loss

If you have any of these symptoms, you should see your GP.

For more information please visit www.lcam.org



November is Lung Cancer Awareness Month

Whatever question you want to ask, the Macmillan team is here to help - pop along to our information centre, call our free Macmillan Support Line on 0800 808 00 00 or visit macmillan.org.uk

Making The Rainbow Together

Are you aged 13-25 and identify as LGBT*? Why not join our social support group? We meet on the 1st Wednesday of each month.

Over the Rainbow is a part social, part support group for young people aged 13-25 years who identify as Lesbian, Gay, Bisexual or Trans*, questioning or unsure of their sexuality or gender identity. We run a closed confidential youth group based in St Helens, Merseyside. At Over the Rainbow, you will find a group of likeminded young people that you can socialise with safety.

We offer information, advice and guidance on a range of issues relevant to young people in general and LGBTQ young people in particular, including coming out, bullying, sexual and emotional and mental health and well-being.

For more information contact shealth.improvement@sthk.nhs.uk or call 01744 457242 and ask for Emma.



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

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

or call us on 0300 111 0007.