

Hello Healthwatch members

We hope this newsletter finds you all well. We know the weather is changeable at the moment so we hope you're taking care of yourselves.

Don't forget, COVID-19 hasn't gone away, so we hope you're all staying well, maintaining social distance where possible and wearing your masks over your nose and mouth when you're close to people. Don't forget to book your vaccinations and boosters if you are eligible and it's time to think about the flu jab, too.

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.



#### Let's do it Together

A campaign to help people to ensure they use the right services in the community for their health or care need is currently in the pipeline as we move towards winter.

Let's do it Together will launch shortly in St Helens and neighbouring areas including Halton, Warrington and Knowsley. With both flu and Covid-19 circulating together this year there are a number of things you can do to protect yourself and stay well ahead of Winter.

- Get your flu vaccine (free from your GP if you are eligible)
- Make sure you have had both Covid-19 vaccinations
- Book your Covid-19 booster appointment if you are eligible
- Ensure your medicine cabinet is stocked with essentials
- Use lateral flow tests twice weekly, especially if you are in contact with school age children or are going into work
- If you do have cold/flu symptoms, take a PCR test to rule out Covid-19
- Know where to get medical advice from when you need it - your pharmacist, GP or by calling 111. A&E and 999 should only be used in case of an emergency

[www.sthelensccg.nhs.uk](http://www.sthelensccg.nhs.uk)



# FOCUS EMPLOYMENT HUB LIMITED

## REACHING OUT PROJECT

### FREE TAILORED SUPPORT FOR INDIVIDUALS

### TO HELP YOU REACH YOUR PERSONAL AND PROFESSIONAL GOALS

Places are available for 40 people who need free support into employment/self-employment, education or training (informal or formal).

Subjects may include:

- CV writing
- Applying for a job
- Finding the right course for you
- Starting your own business
- Or support in areas that you identify yourself

Delivery

Will be by a range of interactive methods, and this may also include 1-2-1's and group sessions.

If you know of anyone who could benefit from this support, please refer them to us.

Eligibility:

As a Disability Confident organisation, we welcome enquiries from disabled people and from people who are covered by the Equality Act 2010, however this is open to all sections of the Merseyside community. ESF eligibility criteria are - aged 19 and over, unemployed, or economically inactive, legally resident in the UK and living in Merseyside. If you meet these criteria, then please get in touch.

Please contact John Perry on 01744 453696 or email [focusemploymenthub@gmail.com](mailto:focusemploymenthub@gmail.com)



# How was your experience of the hospital?

## NHS Inpatient Survey 2021

The hospital is conducting a survey to find out what patients think about their care here.

This is part of a national programme to **improve patients' experiences while in hospital**. Taking part in the survey is **voluntary** and all answers are **confidential**.

If you are selected to take part, you will receive a questionnaire in the post and text message reminders.

If you **do not** want to take part, or have any questions about the survey please contact the Patient Advice and Liaison Service (PALS) on:

- Telephone: 0151 430 1376
- Email: [pals@sthk.nhs.uk](mailto:pals@sthk.nhs.uk)
- Address: Whiston Hospital,  
Warrington Road, Prescot,  
Merseyside, L35 5DR



## ANIMATION SHARES HOPE ON WORLD SUICIDE PREVENTION DAY

This World Suicide Prevention Day, PAPYRUS has launched *Sinking Feeling* – our brand new animation created in collaboration with the BAFTA Award-winning animation studio, Blue Zoo.

*Sinking Feeling* tackles the heart-breaking reality that many children and young people are suffering in silence without the vital help and support they need, according to PAPYRUS Prevention of Young Suicide.

We hope this animation will encourage more people to spot the signs and reach-in to guide young people away from thoughts of suicide.

The animation signposts to PAPYRUS and its HOPELINEUK service which offers confidential help and support to young people and anyone who is concerned for a young person who may be thinking of taking their own life.

<https://www.papyrus-uk.org/sinking-feeling-animation-launch/>



## What do you think?

Do you like our monthly newsletter? What could we do to improve it?

We're keen to know what you think and we'd welcome any comments or suggestions.

Email us at: [info@healthwatchsthelens.co.uk](mailto:info@healthwatchsthelens.co.uk) or call us on: 0300 111 0007.

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.