

Hello Healthwatch members

We hope this newsletter finds you well.

We're sorry that St Helens has seen a rise in cases of CoVID-19 and we urge you to stay safe and follow guidance.

This newsletter contains information relating to COVID-19 as well as other information about health and care services that we hope you find useful.

Don't forget to visit our website and follow us on Facebook and Twitter for advice on how to keep safe.

An important message about COVID-19 from our Council Leader

"Our rate of infection has been increasing at an alarming rate in recent weeks. We do not want to find ourselves in a situation like we had in March where our NHS struggled to cope with the demand and far too many people lost loved ones to the virus.

We therefore understand the need to introduce extra measures to help slow the spread of the virus, and we ask all residents and businesses to play their part in keeping each other safe. We know it is difficult as people have just started to enjoy more opportunities to see loved ones again but we have to pull together. We saw the remarkable community spirit that got us through the national lockdown and I'm sure that the people of this borough will respond in the same way again.

#StHelensTogether is still here to support those who need help.

As a Council we are disappointed that we've had a week of rumour and speculation from government rather than clarity and engagement, and it's not ideal that they have decided to announce these measures on a Friday but not introduce them until Tuesday.

We ask all residents and businesses to be sensible and responsible in the days and weeks ahead, follow the new regulations and guidance, and we will continue to do all we can as a Council and with our partners to give support and share accurate information as often as possible."

Councillor David Baines, Leader of St Helens Borough Council

ST HELENS
BOROUGH COUNCIL



Do you or a member of your household normally receive a **flu vaccination each winter?**

If so, the way the vaccination is provided will be different this year due to Covid-19. For more information please call your Practice or visit their website.

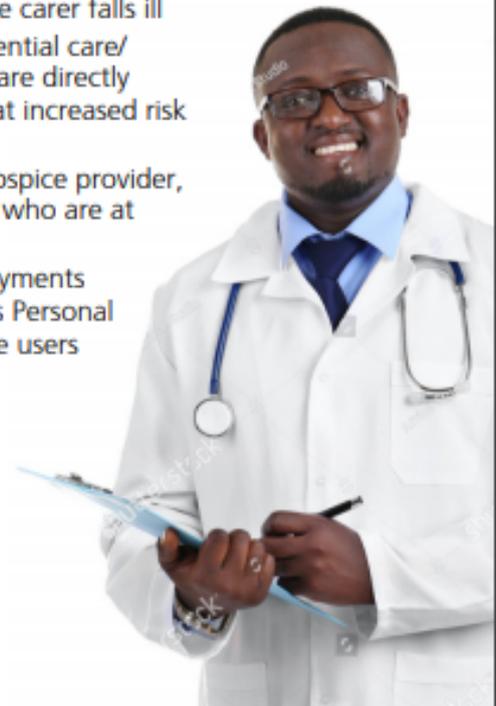
Summary of those who are recommended to have the flu vaccine:

- all children aged two to eleven (but not twelve years or older) on 31 August 2020
- people aged 65 years or over
- those aged from six months to less than 65 years of age, in a clinical risk group
- all pregnant women
- household contacts of those on the NHS Shielded Patient List or of immunocompromised individuals, specifically individuals who expect to share living accommodation with a shielded patient on most days over the winter and therefore for whom continuing close contact is unavoidable
- people living in long-stay residential homes or other long-stay care facilities
- those who are in receipt of a carer's allowance, or who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill
- health and social care staff, employed by a registered residential care/ nursing home or registered domiciliary care provider, who are directly involved in the care of vulnerable patients/clients who are at increased risk from exposure to influenza
- health and care staff, employed by a voluntary managed hospice provider, who are directly involved in the care of vulnerable patients who are at increased risk from exposure to influenza
- health and social care workers employed through Direct Payments (personal budgets) and/or Personal Health Budgets, such as Personal Assistants, to deliver domiciliary care to patients and service users
- all frontline health and social care workers

Additionally, in 2020/21, flu vaccinations might be offered under the NHS flu vaccination programme to the following groups:

- individuals between 50-64 years, following prioritisation of other eligible groups and subject to vaccine supply.

For advice and information about the flu vaccination, speak to your GP, practice nurse or pharmacist.



It is best to have the flu vaccination in the autumn before any outbreaks of flu. Remember that you need it every year, so don't assume you are protected because you had one last year.

NHS St Helens CCG is pleased to announce that our TALKFEST engagement sessions are back beginning w/c 5th October 2020.

This year, due to Covid-19 restriction, our TALKFEST events will run differently to previous sessions. All 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 TEAMS is able to dial in and listen.

We will be holding three events - taking place at different times of the day to enable as many people as possible to join us:

Wednesday 7th October - 1:30pm - 3pm

Thursday 8th October - 10am - 11:30am

Thursday 8th October - 5:30pm - 7pm



TALKFEST is a community engagement initiative led jointly by NHS St Helens Clinical Commissioning Group and the Council's Public Health team and its purpose 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:

- Primary care - changes to how your GP and practice staff are operating
- Covid-19 national and local updates
- Winter health - including the flu vaccination programme, NHS 111 and emergency and urgent care.

Talkfest is our way of engaging with as many different people and communities in St Helens as possible including schools, workplaces, community, partners and third sector and voluntary organisations. Please share this information with your groups so we can ensure as many people as possible can get involved.

If you are running Covid-secure face to face sessions and you would like us to come and talk to your group in person on the above topics, please get in touch by emailing communications.ccg@sthelensccg.nhs.uk or calling 01744 457212

To register for a place at the virtual sessions please click on one of the following links:

Wednesday 7th October - 1:30pm - 3pm <https://www.eventbrite.co.uk/e/nhs-st-helens-ccg-talkfest-7th-october-130-3pm-tickets-119910705147>

Thursday 8th October - 10am - 11:30am <https://www.eventbrite.co.uk/e/nhs-st-helens-ccg-talkfest-8th-october-10-1130am-tickets-119913026089>

Thursday 8th October - 5:30pm - 7pm <https://www.eventbrite.co.uk/e/nhs-st-helens-ccg-talkfest-8th-october-530-7pm-tickets-119913946843>

Once registered, a link to join the session on Microsoft TEAMS and phone number will be sent out by Friday 2nd October. If you have any further questions please don't hesitate get in touch at: communications.ccg@sthelensccg.nhs.uk

Concerned about COVID-19 and wondering if you should get a test?

Only people with symptoms should get a test.

The symptoms are:

- high temperature
- a new continuous cough
- loss or change to your sense of smell or taste.

If you have symptoms, remember to stay at home and isolate from others.

For more information visit <https://www.sthelens.gov.uk/covidtest>

Unable to access a test centre?

North West Boroughs Healthcare Trust have a home testing team, for the most vulnerable people in our communities, who cannot get to a test site. Referral is by a healthcare professional but in some cases self-referral or referral by a friend or relative might be possible.

If you would like to know how to access the home testing team, you should call your GP practice, or you can call us on: 0300 111 0007 or email info@healthwatchsthelens.co.uk.



Don't forget, 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

Email us at: info@healthwatchsthelens.co.uk

Call us on: 0300 111 0007 and leave your name and number so we can call you back.