

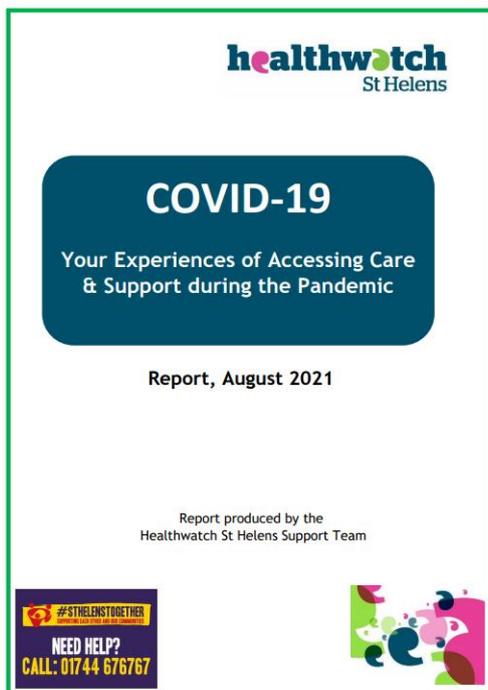
Hello Healthwatch members

We hope this newsletter finds you well and enjoying the surprisingly warm weather we've been having.

Just like last month, we're still hearing about people catching COVID-19, so we hope that 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 visit our website and follow us on Facebook and Twitter for information about what services are out there to support you.

Have you read our report about people's experiences of accessing services during the COVID-19 pandemic?



Thanks to everyone who completed our survey about your experiences of accessing services during the pandemic and how you and your family have been affected.

Follow the link below to find out what people across St Helens told us.

<https://www.healthwatchsthelens.co.uk/useful-info>

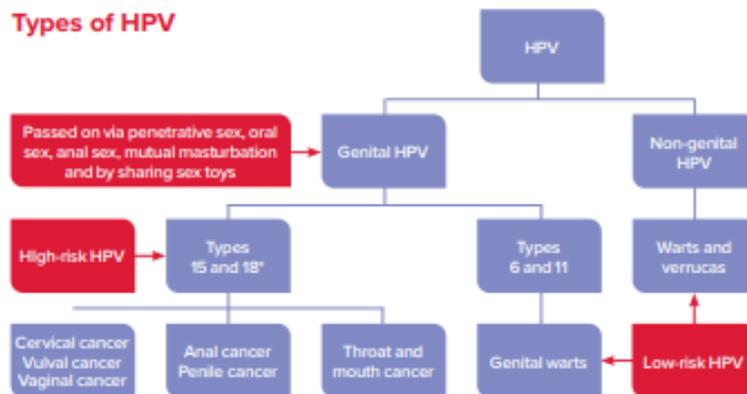
Human papillomavirus (HPV): media briefing

What is HPV?

The human papillomavirus (HPV) is a virus that affects skin tissue. There are more than 100 types, some of which are 'high risk' and can lead to certain types of cancer. However, this is rare.

Only some types of HPV affect the genitals and can be passed on via any skin-to-skin sexual contact.

Types of HPV



Who is affected by HPV?

HPV is very common and can affect anyone, regardless of their gender or sexuality.

In most cases HPV is harmless, has no symptoms, and will usually be cleared by the immune system without causing

any problems. The virus can also remain dormant for many years, so HPV infection does not mean someone's partner has been unfaithful.

80% of us will get HPV in our lifetime



How can you reduce your risk of HPV and HPV-related cancers?

Barrier methods of contraception, like condoms and dams, are recommended to reduce the risk of genital HPV infection – however, these methods do not offer complete protection. Any genital or anal skin not covered by the barrier method can still be infected.

A vaccine protecting against some types of HPV is offered to young people aged 12-13, which helps to prevent genital warts and some types of cancer. Men aged 16-45 who have sex with men are also eligible for a free HPV vaccine from sexual health and HIV clinics.

Cervical screening is recommended for any women, trans men, non-binary and intersex people with a cervix, between the ages of 25 and 64 – even if they have had the HPV vaccine.

During cervical screening, a sample is taken from the cervix (the entrance of the womb) and sent off to be tested for high-risk types of HPV. If any are found, the sample will then be checked for early cell changes that, if left untreated, could lead to cervical cancer.

There is no screening programme for vulval, vaginal, anal, penile, throat or neck cancers, so it's important that each person knows the signs and symptoms relevant to their anatomy and gets anything unusual checked out by their doctor.

For more information see eveappeal.org.uk

Chrysalis Centre for Change

Supporting
Empowering
Inspiring



Chrysalis Centre for Change (CCC) is a mental health and domestic abuse support charity for adults who identify as female. Our mission is to support, empower and inspire women to reach their full potential through a wide range of services offered in a warm and safe environment.

Our services include Counselling and CBT, a Journey Through Grief bereavement program for anyone who has lost a significant adult and our Transform Your Life Program, a range of courses and groups which offer you the tools to create the life you want. Courses include Brave Women (anxiety management); Uplifted Women (managing depression) and Confident Women (confidence and assertion) – groups include Supported Women (mental health support); Empowered Women (domestic abuse support); Thriving Women (domestic abuse survivor group) and Creative Women (therapeutic arts and crafts). We now have remote services available to anyone in the UK, by phone and Zoom meaning we do not have a postcode restriction

Sian Thomas, who is now Chief Executive, began her journey at the Chrysalis Centre as a service user in great need of support. She says "In 2004 I was in the most difficult period of my life, and I made the decision to reach out to the Chrysalis Centre for help. I will never forget how daunting that first step was, and how grateful I am for the life-changing support I received which propelled me into making lasting, positive changes, and enabled me to go on to become part of the wonderful Chrysalis organisation. The whole team at Chrysalis all have personal as well as professional experience, and this gives us a unique empathy and insight into the issues faced by our service users."

If you or someone you know would like to talk to us, women can refer themselves or be referred by an organisation by going to our website and completing a form. We aim to contact you within 2 weeks of receiving your referral to complete an assessment and talk to you about how we can best help and support you. <https://www.chrysaliscentreforchange.co.uk/referrals>

The St Helens CCG annual general meeting (AGM) will take place on Tuesday 28 September both in person at The World of Glass and virtually.

NHS St Helens Clinical Commissioning Group's (CCG) AGM will take place at World of Glass on Tuesday 28 September at 10am and will also be streamed live on Microsoft Teams for anyone who prefers to attend virtually.

The AGM is a public meeting and anyone with an interest in how healthcare for the people of St Helens is commissioned is invited to attend.

The CCG's annual report and accounts for 2020-21 and review of the year will be presented at the meeting and we will be showing a short film highlighting our four Primary Care Networks in St Helens and explaining how these GP-led networks are putting care at the heart of communities and the people they serve.

All questions to our Chair, Accountable Officer and Chief Finance Officer should be submitted in advance by emailing: communications.ccg@sthelensccg.nhs.uk

Please book a place by selecting one of the links below. Those choosing to attend virtually will be sent a link to join the meeting nearer the time.

[virtual attendance](#)

[face to face attendance](#)

Macmillan are pleased to announce their Money Matters Surgery.

This new service incorporates the following:

- Dealing with fuel debt/poverty by accessing trust funds
- Applications for grants from a number of organisations
- Budgeting and debt advice

If you, or anyone you know, are interested, please contact Macmillan at the email address below and they will book an appointment for you.

This service is for St Helens residents only.

COMING SOON

**MONEY
MATTERS**



Get help with your finances from
St Helens Citizens Advice Bureau
every Wednesday

Email macmillansupport@sthk.nhs.uk to book your appointment



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

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.