

healthwatch

St Helens

April 2025 Newsletter

Hello Healthwatch members. Healthwatch St Helens (Halton & St Helens Voluntary and Community Action) has been awarded the contract to continue to act as your local watchdog for health & social care services. To kickstart our work for the next 5 years, we have undertaken a review of governance and would now like to invite expressions of interest from members and local people interested in becoming a Chair. If you have an interest in local health & care services, find out more here: <https://www.healthwatchsthelens.co.uk/advice-and-information/2025-04-15/healthwatch-st-helens-chairperson>

We are also holding a lunch & learn event on 22nd May, where you will learn about our past successes and our priorities for 2025. Follow the link to book your place.

There is also information on Maternal mental health week, deaf awareness week, international midwives' day and mental health awareness week. St Helens Wellbeing Service are holding a picnic in the park (see flyer). We have information on World blood cancer day and World MS day. The NHS have a National Cancer Patient Experience Survey for completion, please follow the link.

The timetable for the Living Well Bus is also included.

Volunteers

Needed!



We have a number of voluntary roles that support our team in helping to improve the health and social care services in St Helens.

Some of the roles include becoming a Healthwatch Champion, an Enter & View Representative and a Healthwatch Representative.

For further information, you can give us a call
0300 111 0007

Could you be the next Chair of
Healthwatch St Helens?



Click here for more details:

<https://www.healthwatchsthelens.co.uk/advice-and-information/2025-04-15/healthwatch-st-helens-chairperson>



Halton & St Helens
Voluntary and Community Action

healthwatch
St Helens

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Lunch & Learn Event

Join us for our LUNCH & LEARN event ! LEARN about our previous successes – current priorities – volunteer opportunities

You're invited to join us to find out about our past successes, our volunteering opportunities and have the opportunity to shape our priorities for the coming year. Enjoy lunch and the chance to meet our team, volunteers and other people involved with our work.

**To be held on 22nd May, 2025
from 10:00 AM to 3:00 PM**

Location:

**St Helens R.F.C.
The Totally Wicked Stadium
McManus Drive
St Helens, WA9 3AL**

**All attendees will be entered into a draw for
a signed Matt Whitley shirt!!**

Book your place now at:

<https://www.haltonsthelensvca.org.uk/civicrm/event/info?id=578&reset=1>

The next Maternal Mental Health Awareness Week will take place from Monday 5 to Sunday 11 May 2025.



This year's theme and activities (2025)
PMHP UK – official organisers of
Maternal Mental Health Awareness
Week – has chosen the theme 'Your
voice, your strength' for 2025.

FIND OUT MORE:

<https://perinatalmentalhealthpartnership.com/>

Deaf Awareness Week

Celebrate Deaf Awareness Week (5 to 11 May 2025) and help make everyday life more deaf-friendly for children and young people.

COMMUNICATING WITH DEAF CHILDREN

Every deaf child has different levels of deafness and ways of communicating.



Find out how they like to communicate.



Try waving or tapping their shoulder lightly to get their attention.



Speak one at a time and make the topic clear.



Make sure your face is visible and in the light. Speak clearly and don't shout.



Try to reduce background noise.



Try writing your message down or texting on your phone if you're struggling.



Use gestures and facial expressions and don't give up!



www.ndcs.org.uk/communicationtips

The National Deaf Children's Society is a registered charity in England and Wales no. 1016532 and in Scotland no. SC040779. J11294



National
Deaf Children's
Society

International Midwives' Day - Monday, 5th May 2025



The theme for this year is "Midwives: Critical in Every Crisis," highlighting the essential role midwives play in ensuring maternal and newborn health, especially during challenging situations.

Find out more:

<https://nationaltoday.com/international-midwives-day/>

Mental Health Awareness Week



This year, Mental Health Awareness Week will take place from 12 to 18 May 2025.

The theme for 2025 is 'Community', and we want to use Mental Health Awareness Week to celebrate the power and importance of community.

Find out more:

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>



World Blood Cancer day 28th May 2025

On 28 May people around the world show their support for people with blood cancer. Make your mark and become a stem cell donor!

Every 27 seconds someone somewhere in the world receives a devastating diagnosis: blood cancer. Blood cancer is the general term for malignant defects in the blood-forming system.

Find out how to register: <https://www.dkms.org.uk/> as a blood stem cell donor.

Contact details

**Find more about World Blood Cancer Day:
<https://www.dkms.org.uk/>**



World MS Day 2025 will be celebrated on 30 May 2025.

The theme for the 2024-2026 campaign is "My MS Diagnosis", focusing on the importance of early and accurate diagnosis for those living with Multiple Sclerosis (MS). Activities related to this day will take place throughout May and early June.

Find out more: <https://worldmsday.org/about/>



National Cancer Patient Experience Survey

The NHS wants to make sure patients have a good experience of care. Getting feedback from patients helps us improve and give patients what they need. The National Cancer Patient Experience Survey (NCPES) asks cancer patients (16 years and older) about their experiences of care. Their feedback helps us to improve cancer services across England.

If you had treatment for cancer in the hospital as an inpatient or day-case and leaves between April and June 2025, you may be invited to take part in the survey later in the year.

If you are invited, you will get a letter with more information. Please take part and share your experiences of cancer care. You may get other surveys about your cancer care, but we hope you will also take part in the NCPES. Your answers will help the NHS make cancer care better.

The survey takes around 20 minutes. You can take part online, on paper, or over the phone. If you need help or want to take part in another language, you can call the free helpline at 0800 103 2804.

The NHS and cancer charities use the results to find out what is working well and what needs to improve. National and local NHS teams can then work with patients to make changes.

The survey is anonymous. Your personal data will be kept safe.

For more information, visit www.ncpes.co.uk.

Living Well Bus timetable

DATE

Friday, 2nd May

Tuesday, 6th May

Thursday, 8th May

Thursday, 15th May

Tuesday, 20th May

Wednesday, 21st May

Friday, 30th May

LOCATION

Salvation Army (1 Champions Court,
Appleton Court, WA9 3EJ

Morrisons, Baxters Lane

Park Farm Community Centre

Park Farm Community Centre

Chester Lane

Tesco, Earlestown

Foudary Wharf

Want to share an experience with us?

Have you accessed health and social care services in St Helens lately? Have your say about your experience by completing our survey.

Patient and service user stories help us to find out what local people think of the services they use - what's going well and what's not so good.

Information - We give you information about the care choices you have and help you to navigate the health and care system.

Scrutiny - What's good or not so good about the services you use? We gather the views and voices of local people and hold services to account.

Advocacy - If you need help to resolve a complaint about a health service, Healthwatch Advocacy could help.

Telephone: 0300 111 0007

Email: info@healthwatchsthelens.co.uk