

### August 2025 Newsletter

Hello Healthwatch members. Please sign and share our petition which all Healthwatch's have shared to save local Healthwatch and the independent patient voice, details are on the following page. Find out where we will be in September, collecting your experiences. September is Childhood Cancer Awareness month along with Blood Cancer Awareness month. International Day of Charity is on 5<sup>th</sup> September. 10<sup>th</sup> September sees World Suicide Prevention Day, please find all information enclosed, if you need it. Patient Safety Day is on 17<sup>th</sup> September and it is World Pharmacists Day on 25<sup>th</sup> September. Citizens Advice Bureau have teamed up with United Utilities Trust Fund to support expectant parents and parents with children under one and are struggling with bills or managing finances, see flyer enclosed. Please find dates for the Living Well bus and the mobile cervical screening bus.



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



## Help us save local Healthwatch and the independent patient voice.

Healthwatch St Helens has joined colleagues across England to promote a national petition to protect the independence of local voices in health and care, and we're encouraging as many people as possible to sign and show their support.

The petition, 'Review decision to abolish independent local Healthwatch', asks the government to:

- Re-think its decision to abolish local Healthwatch
- Work with the public to design a service that genuinely meets people's needs
- Invest in and strengthen these services, rather than dismantling them

Let's Keep Your Voice Strong – Sign and Share Today.

**You can read and sign it here:**  
**<https://petition.parliament.uk/petitions/732993>**

**healthwatch**  
St Helens



Healthwatch St Helens is out and about collecting your experiences of hospitals, GPs, pharmacies, dentists, opticians and adult social care.

We'll be at the:

28<sup>th</sup> Aug – Wellness bus, St Helens Hospital 1.30 – 7

30<sup>th</sup> Aug – Wellness Bus, Sutton Leisure Centre 10 – 4

2<sup>nd</sup> Sept – Wellness Bus, Chester lane Library 10 – 4

4<sup>th</sup> Sept – CPMP ADHD Support Group for carers,  
Millennium Centre 10.30 – 12.30

9<sup>th</sup> Sept – St Helens Fibromyalgia Support Group  
All Saints. Ellamsbridge Road 11 – 1

10<sup>th</sup> Sept – Wellness Bus Mossbank Children's Centre  
10 – 4

11<sup>th</sup> Sept – Wellness Bus Garswood Surgery 1.30 – 4

16<sup>th</sup> Sept – St Helens College Big Welcome 10 – 1

18<sup>th</sup> Sept – Mobile Food Pantry Park Farm 10 – 12

19<sup>th</sup> Sept – Wellness Bus Parr Children's Centre 10 – 4

check our website for more dates

# **Childhood Cancer Awareness Month – September 2025**



**Saving lives, every day**

**Over 1,000 children are diagnosed with cancer every day. In high-income countries, over 80% of children survive cancer. In low- and middle-income countries, survival rates can be as low as 20%. Find out more:**

**<https://worldchildcancer.org/?geo=uk>**



**September is Childhood Cancer Awareness Month. Every day in the UK, 10 children and young people will receive the devastating news that they have cancer.**

**You can help change that.**

**Donate, fundraise or help us raise awareness so every child and young person survives cancer. Find out more: <https://www.childrenwithcancer.org.uk/>**



## **Blood Cancer Awareness Month**

Blood Cancer Awareness Month is held every September to raise the profile of blood cancer, which doesn't get the attention of other cancers. Every year, our blood cancer community comes together to raise awareness.

**Find out more: <https://bloodcancer.org.uk/about-us/our-campaigns/blood-cancer-awareness-month/>**

## **World Patient Safety Day 17 September**



World Patient Safety Day calls for global solidarity and concerted action by all countries and international partners to improve patient safety.

The Day brings together patients, families, caregivers, communities, health workers, health care leaders and policy-makers to show their commitment to patient safety.

The resolution WHA 72.6 'Global action on patient safety' recognizes patient safety as a global health priority and endorses the establishment of World Patient Safety Day to be observed annually on 17 September.

**More information: <https://www.who.int/campaigns/world-patient-safety-day>**



UNITED NATIONS

# **International day of charity**

## **5<sup>th</sup> September 2025**

The International Day of Charity is observed every year on September 5th to raise awareness and mobilise people, NGOs, and stakeholders all around the world to help others through volunteer and philanthropic activities. Established by the United Nations, this day serves as a reminder of the critical role that charity plays in alleviating poverty, addressing humanitarian crises, and fostering solidarity and social cohesion. The day encourages everyone to participate in charitable efforts, whether through donations, volunteering, or simply spreading awareness.

### **What is the International Day of Charity?**

The International Day of Charity is a global observance dedicated to the promotion of charitable efforts aimed at alleviating poverty and suffering worldwide. The day honors the work of charitable organizations and individuals who contribute selflessly to their communities and beyond. It serves as a call to action, encouraging people to support charitable causes, engage in volunteer work, and advocate for social justice and equity.

**<https://www.un.org/en/observances/charity-day>**



## **World Suicide Prevention Day 2025**

### **Changing the Narrative on Suicide**

Suicide is a major public health problem with far-reaching social, emotional and economic consequences. It is estimated that there are currently more than 700,000 suicides per year worldwide, and we know that each suicide profoundly affects many more people. Suicide remains a critical global issue, affecting individuals and communities worldwide.

Changing the narrative on suicide aims to inspire individuals, communities, organizations, and governments to engage in open and honest discussions about suicide and suicidal behaviour. By initiating these vital conversations, we can break down barriers, raise awareness, and create better cultures of understanding and support.

**<https://www.iasp.info/wspd/>**





**Urgent support:** if you are having thoughts of suicide, are harming yourself or have thoughts about self-harm, it's important to tell someone. These thoughts and feelings can be complex, frightening, and confusing, but you do not have to struggle alone. You can speak to your GP. If you cannot wait to see a doctor and feel unable to cope or keep yourself safe, **contact NHS111 and press option 2 for mental health support.**

You can also contact any of the services listed in this document.

|  |  |
|--|--|
| <b>NHS 111 option 2</b><br>If you need urgent mental health support, please call the free 24/7 helpline.   | <b>Amparo</b><br>0330 088 9255<br>Amparo provides emotional and practical support for anyone who has felt the impact of suicide.   |
| <b>Samaritans</b><br>116 123<br>Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Talk to someone 24/7   | <b>Ok to Ask Suicide Prevention Campaign</b><br><a href="http://www.oktoaskcampaign.co.uk">www.oktoaskcampaign.co.uk</a><br>Lifelines, resources, and help. The campaign encourages St Helens residents to NOT be afraid to talk about Suicide Prevention  |
| <b>PAPYRUS/HOPELINE247</b><br>0800 068 41 41<br>For children and young people (under the age of 35) or anyone concerned about a young person. Available 24/7 throughout Festive period.  | <b>Mersey Care Children and Adolescent 24/7 Mental Health Crisis Response Team</b><br>Available 24/7 freephone- 01744 415 640 This service is available for children and young people up to the age of 18.   |
| <b>Shout</b><br>Text SHOUT to 85258 - 24/7 text support.<br>A free and confidential messaging support service for anyone who is struggling to cope.<br>Available through Festive Period.   | <b>Talking Therapies</b><br><a href="https://www.merseycare.nhs.uk/our-services/st-helens/talking-therapies">https://www.merseycare.nhs.uk/our-services/st-helens/talking-therapies</a> offer free NHS therapy for people registered with a St Helens GP with common mental health problems. Closed Bank Holidays. |
| <b>Stay Alive App</b><br><a href="https://www.stayalive.app/">https://www.stayalive.app/</a><br>An essential suicide prevention resource for the UK, packed full of useful information and tools to help people stay safe in crisis. | <b>St Helens Wellbeing Service</b><br><a href="https://www.sthelenswellbeing.org.uk/services/mental-wellbeing">https://www.sthelenswellbeing.org.uk/services/mental-wellbeing</a><br>Mental Health and Suicide Prevention Training.  |

**Get further support:**

**Find mental health support –**

**St Helens Borough Council:**

**<https://www.sthelens.gov.uk/article/1692/Find-mental-health-support>**

**OK TO ASK: <https://www.oktoaskcampaign.co.uk/>**

**The Live Well Directory for Liverpool City Region:**

**<https://www.thelivewelldirectory.com/>**







## **World Pharmacists Day 25 September 2025**

**“Think Health, Think Pharmacist”  
is this years theme**

**FIP, the global leader in advancing pharmacy, has been championing the pharmacy profession for over a century. As the world continues to face complex, interconnected health challenges—ranging from access to care and antimicrobial resistance to climate change and financial instability—ensuring strong, sustainable health systems is more vital than ever.**

**A key concern now confronting countries across all regions is how to maintain a well-equipped, qualified health workforce amid growing financial constraints from economic slowdowns, shrinking budgets, and rising healthcare demands.**

**More information: <https://www.fip.org/world-pharmacists-day>**

# Do you need advice?

**Are you expecting  
a baby?**

**Do you have a  
child under one?**

**Are you struggling  
to pay your bills  
or manage your  
finances?**

## WHAT WE CAN HELP YOU WITH

**Housing and Benefits**

**Family and  
Personal Support**

**Money and Debt Advice**

**Employment and  
Consumer Rights Advice**



**familyhubs@casthelens.org.uk**



**01744 371545**





# Living Well Bus timetable

## 10:00am – 4:00pm

### DATE

### LOCATION

|                                       |   |
|---------------------------------------|---|
| Tuesday, 2 <sup>nd</sup> September    | Chester Lane Library, Four Acre Lane            |
| Wednesday, 10 <sup>th</sup> September | Moss Bank Children's Centre,<br>Kentmere Avenue |
| Friday, 19 <sup>th</sup> September    | Parr Children's Centre, Ashtons Green<br>Drive  |
| Thursday, 25 <sup>th</sup> September  | Sutton Family Hub, Ellamsbridge Road            |

# Drop in cervical screening bus

## 10:30am – 4:00pm

### DATE

### LOCATION

|                                      |                                    |
|--------------------------------------|------------------------------------|
| Tuesday, 2 <sup>nd</sup> September   | Billinge Surgery, Recreation Drive |
| Thursday, 11 <sup>th</sup> September | Garswood Surgery, Billing Road     |
| Tuesday, 16 <sup>th</sup> September  | St Helens College, Water Street    |



# 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](mailto:info@healthwatchsthelens.co.uk)