

August 2026 Newsletter

Hello Healthwatch Members. Welcome to our August update. We are pleased to share the latest news, events, and opportunities from across St Helens and the wider community

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Healthwatch St Helens Talking Therapies Survey

Healthwatch St Helens is currently running an independent survey on **Talking Therapies**. If you have used this service, we would be grateful if you could spare five minutes to complete the survey and share your experiences.

September Awareness Days and Campaigns

September marks both **Childhood Cancer Awareness Month** and **Blood Cancer Awareness Month**. There are also several important awareness days taking place throughout the month:

- **5 September** – International Day of Charity
- **10 September** – World Suicide Prevention Day
- **17 September** – World Patient Safety Day
- **25 September** – World Pharmacists Day

Healthier Together Through Research Event

The NHS University Hospitals of Liverpool Group and **The Clatterbridge Cancer Centre** are hosting a free "**Healthier Together Through Research**" event at **The Liner Hotel, Liverpool**. Please see the enclosed flyer for further details.

Carers Café

The Carers Café at **Hollins Park** takes place on the **second Monday of every month**, providing an opportunity for carers to meet, access support, and connect with others.

Bereavement Services Open Day

A Bereavement Services Open Day will be held on Sunday 13 September.

Living Well Bus and Cervical Screening Information

The latest **Living Well Bus timetable** and upcoming **cervical screening dates** are attached for your information.

Women's Health and Wellbeing Day

September 17th Womens Health and Wellbeing Day at **Haydock Conservative Club 10am to 2pm** with 3 GPs surgeries: **Haydock Medical Centre , Patterdale Lodge and Vista Road**. Lots of other services will be attending.

Share Your Experience

If you have any patient experiences you would like to share with us, please visit our website and complete the "**Have Your Say**" webform at: **www.healthwatchsthelens.co.uk**

Thank you for your continued support. We hope you find this newsletter informative and useful.





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



Share Your Experience of Talking Therapies in St Helens

Have you used the Talking Therapies service in St Helens? If so, Healthwatch St Helens would like to hear about your experience.

Talking Therapies providers are continually looking for ways to improve and develop their services, and your feedback can help shape future support for local people. Whether your experience was positive or there were areas where you feel improvements could be made, we want to hear from you.

By taking a few minutes to complete our survey, you'll be helping us to understand what is working well and where changes may be needed.

Your views matter and all feedback will be treated confidentially.

👉 Complete the survey today and help improve Talking Therapies services in St Helens.

<https://www.smartsurvey.co.uk/t/PPHGNH/>

Have you used the Talking Therapies service in St Helens?

Your experience can help shape and improve mental health support in our community.

Share your views
Your voice matters.

healthwatch
St Helens

Thank you!



Childhood Cancer Awareness Month

Childhood Cancer Awareness Month is observed every September to raise awareness, support affected families, and promote research for better treatments. This month highlights the challenges faced by children diagnosed with cancer, emphasising the need for continued support and research to improve outcomes for these young patients. Organisations like Children with Cancer UK and Solving Kids' Cancer UK work together to amplify the voices of affected families and advocate for better treatments and research funding.

Find out more: <https://www.childrenwithcancer.org.uk/about-us/childhood-cancer-awareness-month/>

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



Blood Cancer Awareness Month

Blood Cancer Awareness Month is observed every September to raise awareness about blood cancers, including leukemia, lymphoma, and myeloma.

Blood Cancer Awareness Month in 2026 will take place throughout September. This month-long campaign aims to educate the public about the signs and symptoms of blood cancers, promote early detection, highlight advances in research and treatment, and honor the courage of patients, survivors, and their families. Despite being the third leading cause of cancer deaths, blood cancers often receive less public attention, making awareness efforts crucial.

More information: <https://bloodcancer.org.uk/about-us/our-campaigns/blood-cancer-awareness-month/>



International Day of Charity

5th September 2026

International Day of Charity highlights the impact of charitable work and volunteering across the globe. It's an opportunity to celebrate local organisations, recognise volunteers, and encourage acts of kindness that help build healthier, stronger communities.

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



World Pharmacists Day

25 September 2026.

World Pharmacists Day is observed every year on 25 September to highlight the vital role pharmacists play in global health systems. The 2026 theme, "Empowering pharmacists for healthier futures," focuses on strengthening pharmacists' skills, recognition, and integration within healthcare systems.

Key Theme Messages

- **Strengthening competencies:** Emphasizes improving pharmacists' clinical knowledge and professional skills to meet evolving health needs.
- **Full system integration:** Calls on governments and policymakers to support pharmacists through enabling policies and education.
- **Health system resilience:** Highlights pharmacists' role in prevention, access to care, and sustainable health systems.
- **Digital transformation & innovation:** Encourages adoption of innovative pharmacy services and digital tools.

Find out more: <https://www.fip.org/world-pharmacists-day>



♥ World Suicide Prevention Day 10 September 2026

This annual awareness day encourages us all to start conversations, challenge stigma, and support people experiencing mental health difficulties. The 2026 theme, "**Changing the Narrative on Suicide**", reminds us that open and honest discussions can help save lives.

The current campaign theme, "Changing the Narrative on Suicide", focuses on creating a more compassionate and understanding society where people feel able to talk about their mental health without fear of judgement. By raising awareness and promoting early intervention, we can help reduce the impact of suicide on individuals, families and communities.

Every one of us can play a role in suicide prevention. Taking the time to check in with a friend, colleague, family member or neighbour, listening without judgement, and encouraging people to seek support can make a real difference.

If you or someone you know is struggling, support is available. Reach out to a trusted friend, family member, GP or a mental health support service. Remember: you are not alone, and help is available.

Useful support services:

Samaritans (UK): 116 123 (free, 24/7)

NHS 111

Emergency services: 999 in an immediate crisis

Together, we can help create a community where conversations about mental health are encouraged, support is accessible, and hope is always within reach.

Find out more: <https://www.iasp.info/wspd/>



World Patient Safety Day

17 September

World Patient Safety Day is a global public health observance established by the World Health Assembly in 2019 to raise awareness of patient safety, engage stakeholders, and reduce avoidable harm in healthcare. The 2026 edition focuses on noncommunicable diseases (NCDs), which include cardiovascular diseases, cancers, diabetes, and chronic respiratory conditions, affecting people of all ages and accounting for a significant proportion of global deaths

Theme and Objectives

The 2026 theme, “Safe care for noncommunicable diseases”, emphasizes the importance of reducing preventable harm across the full continuum of NCD care—from prevention and diagnosis to treatment, long-term management, and self-care. People living with NCDs often require continuous care across multiple settings, which increases the risk of safety incidents such as diagnostic delays, medication errors, healthcare-associated infections, and gaps in follow-up.

. The campaign highlights the need for:

- Strengthening health systems through a primary health care approach
- Addressing broader determinants of health that may increase the risk of harm
- Engaging patients and communities in co-developing solutions and improving care delivery
- Promoting continuous, coordinated, and patient-centered care.

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

Healthier together through research

Join us at an event connecting
the public with researchers
and clinical trials experts
to make healthcare better
for you, your family and
your community...



WHEN

Thursday, September 17th
9.30am to 3pm



WHERE

The Liner Hotel, Lord Nelson
Street, Liverpool



SIGN UP

To book a FREE
ticket, scan this
QR code or ring
0151 706 4863



The NHS University Hospitals of Liverpool Group and The Clatterbridge Cancer Centre are hosting a free 'Healthier Together Through Research' event at The Liner Hotel in Liverpool. Lunch and refreshments are provided.

This community-focused day brings together patients, the public, and clinicians to discuss how medical research can better serve the Merseyside region. It is an open, inclusive environment where communities can learn about healthcare studies and share lived experiences - no prior research or medical background is needed.

The free event takes place on:

When: Thursday, 17 September 2026

Time: 9:30 AM to 3:00 PM

Where: The Liner Hotel, Lord Nelson Street, Liverpool

Register here: <https://www.eventbrite.com/e/healthier-together-through-research-tickets-1991042463606#location>

Carers Cafe

at Hollins Park Hospital

Come and join us for the opportunity to meet other carers, take time out for yourself and get information and advice to support you in your caring role.

- Spend time with other carers
- Chat to staff from the Carer Engagement Team and Warrington Carers Hub
- Take part in an art and craft activity
- Enjoy a hot drink and a slice of cake.

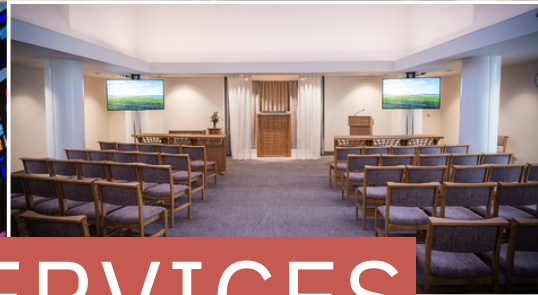
**Second Monday of every month
1pm until 3pm**

Creative Therapy Room, Hollins Park Hospital,
Hollins Lane, Winwick, WA2 8WA

For further information please contact
the Carer Engagement Team on
01925 972 801 or carers@merseycare.nhs.uk

Scan the QR code to give feedback about your role as a carer.
If you require a paper copy please speak to a
member of the Carer Engagement Team.





BEREAVEMENT SERVICES OPEN DAY

ST HELENS CEMETERY & CREMATORIUM
SUNDAY 13TH SEPTEMBER 2026
10.00AM - 2.00PM

Ever had a question on bereavement, direct cremation, cremation or burial, or future planning of your funeral that you would like answering? Would you like to understand more about how our services operate? Or have a guided tour of the Crematorium.

Now is your chance!

StHelensBereavementServices are holding an open day to help raise public awareness on bereavement and the local services available to you.

Why not come along to our open day

Meet with the Bereavement Services Team, The Friends of St Helens Cemetery community group, local Funeral Directors and other partners. Take part in a tour of the Crematorium & Cemetery, hear about the history of St Helens Cemetery & Crematorium and also browse the exhibits and stands available on the day.

Living Well Bus

10:30am - 4:00pm

DATE

LOCATION

7th September

Victoria square, Town hall

18th September

Peter Street Community Centre, WA10 2EQ



Cervical Screening

10:30am - 4:00pm

DATE

LOCATION

19th September

Parr Sports and Community Centre,
Derbyshire Hill Road, St Helens, WA9 2LH

Pharmacies directed to open over the August Bank Holiday



Asda Pharmacy 10:00am - 4:00pm

Boots, Ravenhead Retail Park 9:00am - 5:00pm

Milenium Pharmacy 10:00am - 4:00pm

Tesco, Linkway 10:00am - 4:00pm

Women's Health and Wellbeing Day

Women across the community are invited to attend a **Women's Health and Wellbeing Day** on **Thursday 17 September**, from **10am to 2pm**, at **Haydock Conservative Club**.

The event is being delivered in partnership with three local GP practices: **Haydock Medical Centre**, **Patterdale Lodge Medical Centre**, and **Vista Road Surgery**.

A wide range of health, wellbeing, and community organisations will be attending, offering information, advice, and support on services available locally. Visitors will have the opportunity to speak with healthcare professionals, find out about local support groups, and access resources designed to help improve their health and wellbeing.

Whether you're looking for advice, information, or simply want to discover what's available in your area, everyone is welcome to come along and meet the many services on offer.

Event Details



Date: Thursday 17 September



Time: 10am to 2pm



Venue: Haydock Conservative Club, 3 Bellerophon Way, Haydock, WA11 0GT

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