

healthwatch

St Helens

December 2025 Newsletter



Hello Healthwatch members. This month we have information on dry January, information and advice included. World Braille day is held on 4th January. Cervical Cancer Prevention Week 2026 will be observed from January 22nd to January 28th. Stroke prevention day is held on 30th January. Chemist opening hours. Wellness bus and cervical screening dates.

Healthwatch St Helens Christmas opening hours

Our offices will be closed from Tuesday, 23rd December 2025 12 noon, and will re-open on Friday, 2nd January 2026 9am

🎄 Healthwatch St Helens wishes you a very Merry Christmas and a Happy New Year! 🎉 Thank you for your support throughout 2025. We look forward to continuing our work together in 2026.





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



Whether it's to give your fitness goals a boost, put a few pounds back in the bank account or to feel fresher as you boss that alcohol-free streak, the Dry January® challenge is your chance to reset your relationship with alcohol at the start of the year and beyond.

Find out more: <https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january>



World Braille Day **4th January**

World Braille Day 2026 highlights the power of literacy and education in transforming lives. For visually impaired individuals, braille is more than a reading system—it is a tool for empowerment, self-expression, and independence. By providing access to information, braille opens doors to education, employment, social interaction, and personal growth.

This day also serves as a platform to recognize the challenges faced by visually impaired communities. It emphasizes the need for greater accessibility in public spaces, digital platforms, and learning resources to ensure everyone can participate fully in society.

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



Stroke Prevention Day **29 January 2026**

Join us for Stroke Prevention Day 2026, as we shine a spotlight on the risk factors of stroke. We're encouraging you to review the choices you make every day, such as eating well, being active and keeping an eye on your blood pressure. These small steps can all help reduce your risk of a stroke. Read more on [how to manage your risk](https://www.stroke.org.uk/stroke/manage-risk):

<https://www.stroke.org.uk/stroke/manage-risk>

Stroke Association: [https://www.stroke.org.uk/stroke-](https://www.stroke.org.uk/stroke-prevention-)
[prevention-](https://www.stroke.org.uk/stroke-prevention-)

[day#:~:text=Stroke%20Prevention%20Day%202025%20will,do%20to%20reduce%20your%20risk](https://www.stroke.org.uk/stroke-prevention-day#:~:text=Stroke%20Prevention%20Day%202025%20will,do%20to%20reduce%20your%20risk)



the gynaecological cancers charity

Cervical cancer prevention week **January, 19th – 25th 2026**

Cervical Cancer Prevention Week is an annual initiative aimed at educating the public about cervical cancer, its prevention, and the importance of regular screenings. The week serves as a reminder to prioritize cervical health and take proactive steps to reduce the risk of cervical cancer, which is largely preventable through vaccination and regular screening.

We know that cervical screening isn't always easy, but there are some things you can do to help make yourself more comfortable. Cervical screenings are estimated to save 5000 lives a year in the UK, so we're here to remind you that you always have the power to ask for what you want. Whether it's playing music, bringing a friend, or changing position. After all, when cervical screening saves lives, do whatever gets you going.

Find out more:

<https://eveappeal.org.uk/campaigns/cervical-cancer-prevention-week/>



Cheshire and Merseyside

Extra urgent dental appointments available

Extra appointments are now available for people in Cheshire and Merseyside who need urgent dental care – including for those who don't have a usual dentist.

These appointments are part of the 700,000 extra urgent dental appointments being rolled out across the country, announced by the government in February 2025.

As part of this, NHS Cheshire and Merseyside was allocated funding for an additional 46,600 urgent appointments per year.

These additional appointments are now being made available across 124 different dental practices, which equates to around a third of all practices providing NHS dentistry within the region.

The appointments are for urgent dental conditions, including any of the following symptoms:

- Severe toothache: persistent, intense pain that can't be managed with over-the-counter painkillers
- Dental abscess (painful lump in the mouth): causing infection, pain or swelling
- Broken or knocked-out tooth causing pain
- Significant swelling in the mouth or face that could indicate infection
- Fractured, loose or displaced fillings
- Severe bleeding from the gums or mouth

People do not need to be registered to a dental practice in order to access this care. Anyone who requires urgent dental help can access an appointment by visiting NHS111 or calling the Cheshire and Merseyside dental helpline on **0161 476 9561**.



Pharmacies Directed to open Christmas 2025

Christmas Day – Thursday, 25th December

Millennium Pharmacy, 29–31 Shaw Street, St Helens, WA10 1DG

Chain Lane Pharmacy, The Shopping Centre, St Helens WA11 9HB

Jolley's Chemist, 77 High Street, Newton Le Willows

Heath Pharmacy, 18 – 20 Elephant Lane, Thatto Heath, WA9 5QW

Boxing Day – Friday, 26th December

Millennium Pharmacy, 29–31 Shaw Street, St Helens, WA10 1DG

Chain Lane Pharmacy, The Shopping Centre, St Helens, WA11 9HB

New Years Day – Thursday, 1st January 2026

Millennium Pharmacy, 29–31 Shaw Street, St Helens, WA10 1DG

Chain Lane Pharmacy, The Shopping Centre, St Helens, WA11 9HB

Living Well Bus timetable and cervical screenings.

10:00am – 4:00pm

CERVICAL SCREENING

DATE

LOCATION

Saturday, 10th January
Tuesday, 27th January

Queens Park Leisure Centre
Chester Lane Library



Your paragraph text

LIVING WELL BUS

DATE

LOCATION

Wednesday, 14th January
Tuesday, 27th January

Salvation Army,
1 Champions Court,
Appleton Road, St Helens
Town Centre, Church 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