

February 2026 Newsletter

Hello Healthwatch members,

We have lots of information to share with you this month. Please take a few moments to read through the updates below. We still have **two surveys running**, and we would appreciate your support in completing them and asking family and friends to take part as well.

Key Awareness Days – March 2026

Ovarian Cancer Awareness Month - Throughout March, we raise awareness of ovarian cancer, its symptoms, and the importance of early diagnosis.

1st March

International Wheelchair Day

Zero Discrimination Day

International Day for the Elimination of Racial Discrimination

• Valley Brass invites you to an event featuring brass band music and performances from around the world to mark this important day.

3rd March – World Hearing Day

8th March – International Women’s Day

11th March – Young Carers Action Day

Please see the attached flyer for details.

Local Events & Support

Listen 4 Change – Coffee Evening

A relaxed session for parents/carers of children and young people aged 0–25 with special educational needs or disabilities in St Helens.

(Please see the attached flyer.)

Warm Connections Community Café

A full list of upcoming dates and times is attached.

Health Services Information

Attached in this newsletter:

- Living Well Bus timetable
- Cervical Screening timetable

We Want Your Views

We welcome your feedback on any recent health or care experiences, including:

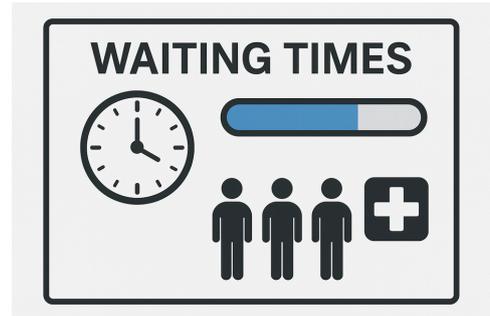
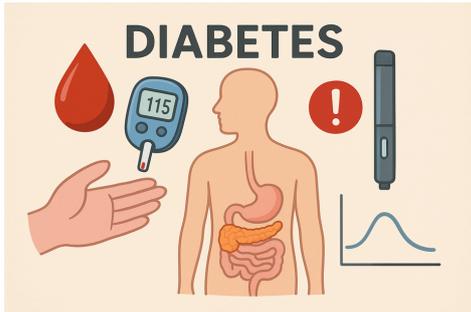
- GP practices
- Pharmacies
- NHS eye care
- Any other health or social care services

Both positive and negative experiences help us highlight what works well and what could be improved.

Thank you for your continued support and engagement with Healthwatch St Helens.

Your involvement helps us ensure local health and care services meet the needs of our community.

Please take 5 – 10 minutes to complete our surveys on diabetes in St Helens and waiting times from referral to first appointment



We are conducting a survey to better understand the availability, accessibility, and effectiveness of diabetes support services in St Helens. Your feedback will help us identify gaps, improve services, and advocate for better resources. This survey is anonymous and will take approximately 5–10 minutes to complete. Eligibility: You can take part if you live in St Helens and either have diabetes or care for someone who does.

<https://www.smartsurvey.co.uk/s/livingwithdiabetesSTH/>

Have you or someone you know have or have had a health related referral? Do you live in St Helens? If so, we want to hear from you. We are conducting a survey to learn more about referral waiting times in St Helens. Your feedback will help us identify gaps, improve services, and advocate for better resources. This survey is anonymous and will take approximately 5 - 10 minutes to complete. Eligibility: You can take part if you live in St Helens or care for someone who does.

Complete via link:
<https://www.smartsurvey.co.uk/s/SQARBL/>



Ovarian Cancer Awareness Month

Ovarian Cancer Awareness Month, observed every March, shines a vital spotlight on one of the most under-recognised and deadliest forms of cancer affecting women. The month is dedicated to raising awareness of the symptoms, promoting early detection, and supporting those impacted by ovarian cancer.

What is Ovarian Cancer Awareness Month?

Ovarian Cancer Awareness Month aims to educate the public about the signs and symptoms of ovarian cancer, which can often be subtle and easily overlooked. Through campaigns, fundraising, and community events, organisations like @TargetOvarian work to ensure more women are diagnosed earlier, when treatment is more effective. The month also honours those living with the disease and remembers lives lost.

Find out more: <https://targetovariancancer.org.uk/get-involved/ovarian-cancer-awareness-month>



March 1st, 2026 International Wheelchair Day

International Wheelchair Day will be celebrated on March 1, 2026, highlighting the importance of accessibility and the achievements of wheelchair users worldwide.

Significance of International Wheelchair Day:

International Wheelchair Day is an annual event dedicated to celebrating the positive impact that wheelchairs have on the lives of millions of people around the globe. It serves as a platform to raise awareness about the challenges faced by wheelchair users and to advocate for accessibility and inclusivity in society. The day encourages individuals and organizations to share stories, promote understanding, and engage in activities that support the rights of people with disabilities.

Celebrations and Activities:

On international Wheelchair Day, various events are held, including community gatherings, educational campaigns and social media initiatives. Participants are encouraged to share their experiences, advocate for disability rights, and highlight the importance of creating barrier-free environments. Organisations often host activities that promote mobility, resilience, and inclusion, making it a day of celebration and awareness.



Valley Brass invites everyone to

Together St Helens

An opportunity to listen to Brass band music and music
from across the globe

St Helens Parish Church

Church Street, Saint Helens WA10 1AF

21st March 2026

Main concert starts at 7.00pm.

Doors open at 5.30pm

This is to champion
for international vegetarian food provide by Cafe Laziz



**United
Nations**

International Day for the Elimination of Racial Discrimination

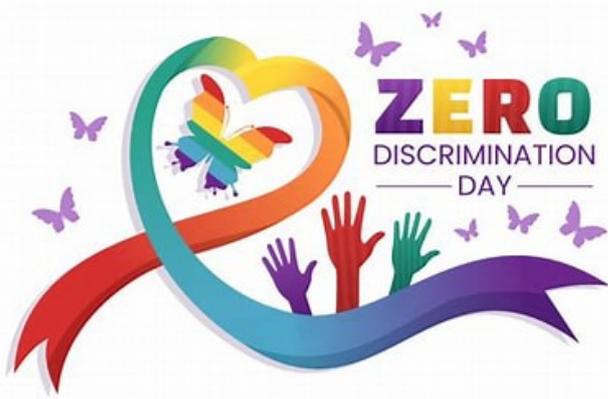
Tickets: £9

<https://bit.ly/valley-brass-love-music-hate-racism>



Supported by





1st March Zero Discrimination Day

Zero Discrimination Day is observed on March 1 annually. Primarily celebrated by the United Nations along with other international organizations, it aims to end all forms of inequality and discrimination. This can only be achieved by the cooperation and contribution of individuals, to create an unstoppable movement advocating for change and peace.

Find out more: <https://www.unaids.org/en/zero-discrimination-day>



World Hearing Day 3rd March

World Hearing Day is an annual global advocacy event for raising awareness regarding hearing loss and promoting ear and hearing care, and calling for action to address hearing loss and related issues. Each year, this event is celebrated on 3 March, covering a specific theme on which the World Health Organization and its partners carry out activities based on this theme.

Find out more: <https://worldhearingday.org/>



International Women's Day 8th March

International Women's Day (IWD) is celebrated on 8 March, commemorating women's fight for equality and liberation along with the women's rights movement. International Women's Day gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women.

More information:

<https://www.internationalwomensday.com/>





JOIN OUR COFFEE EVENING

Are you a Parent Carer of a child or young person with Special Educational Needs and/or a Disability (SEND) aged 0–25 in St Helens?

Tuesday 27th Jan 6.30-8pm

Free Financial Foundations Workshop

Join us in person or online:

<https://us06web.zoom.us/j>

Tuesday 24th Feb 6.30-8pm

A relaxed and friendly evening for parent carers, with time to share feedback, ask questions and help shape local SEND services.

Tuesday 24th Mar 6.30-8pm

A relaxed and friendly evening for parent carers, with time to share feedback, ask questions and help shape local SEND services.



Wonderland
Community
Centre
WA10 3JQ

CONTACT US 

Join us
we'd love to
see you

Email
listen4change@outlook.com

FREE
PARKING

Website:
listen4change.uk

YOUNG CARERS ACTION DAY

Wednesday 11th March

Young Carers Action Day 2026 takes place on Wednesday 11 March and focuses on the theme 'Fair Futures for Young Carers'. The day calls for action to ensure young carers have the same opportunities to learn, grow and thrive as their peers, with the right recognition, support and chances to reach their potential.

More information: <https://carers.org/young-carers-action-day/young-carers-action-day>

Young Carer Action Day celebration

Come and join us
for our free Young
Carer Action Day
celebration event!

Monday, 16 March 2026
from 5pm to 6.30pm
The Florrie, 377 Mill Street,
Liverpool, L8 4RF

- Spend time with other Young Carers
- Interactive activities
- Buffet
- Prize bingo
- Photobooth pictures.

Please note that all guests under the age of 18 must be accompanied by a parent or guardian.



Email carers@merseycare.nhs.uk or call 01925 972 801 with how many places you require, names of guests and any dietary or access requirements by **Monday, 2 March 2026 at 4pm.**

Warm Connections Community Cafe



If you have suffered a bereavement, come along for a chat with people who have similar experiences. Refreshments provided.

Make connections in your community. Free event - all welcome!

<i>Sat 3rd January 2026</i>	<i>11.00am – 12.30pm</i>
<i>Sat 7th February 2026</i>	<i>11.00am – 12.30pm</i>
<i>Sat 7th March 2026</i>	<i>11.00am – 12.30pm</i>
<i>Sat 11th April 2026</i>	<i>11.00am – 12.30pm</i>
<i>Sat 2nd May 2026</i>	<i>11.00am – 12.30pm</i>
<i>Sat 6th June 2026</i>	<i>11.00am – 12.30pm</i>
<i>Sat 4th July 2026</i>	<i>11.00am – 12.30pm</i>
<i>Sat 1st August 2026</i>	<i>11.00am – 12.30pm</i>
<i>Sat 5th September 2026</i>	<i>11.00am – 12.30pm</i>
<i>Sat 3rd October 2026</i>	<i>11.00am – 12.30pm</i>
<i>Sat 7th November 2026</i>	<i>11.00am – 12.30pm</i>

We are supporting this year's National Grief Awareness Week created by The Good Grief Trust. For signposting to a choice of bereavement services, please visit: www.thegoodgrieftrust.org

Venue:

Sunrise Ceremony Hall, St Helens Crematorium, Rainford Road, St Helens WA10 6DF

Hope & help in one place

Supported by the Friends of St Helens Cemetery, the Bereavement Services Team and other support organisations.

Living Well Bus timetable and cervical screenings.

10:00am - 4:00pm

CERVICAL SCREENING

DATE

LOCATION

Thursday, 12th March

Newton Fitness Centre



LIVING WELL BUS

DATE

LOCATION

Wednesday, 11th March

Peter Street Community Centre

Saturday, 21st March

Tesco, Earlestown

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