

January 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.

Have Your Say - Surveys Still Open

Our two surveys are still open. If you haven't already completed them, please take a few minutes to share your views. Your feedback helps shape local health and care services.

February Awareness Dates

LGBT+ Awareness Month – February

Dignity Action Day – 1 February

World Cancer Day – 4 February - Let's come together to rewrite the future of cancer care.

Time to Talk Day – 5 February - Encouraging open conversations about mental health.

Children's Mental Health Week – 9–15 February

Student Volunteer Week – 9–15 February - Across schools and universities.

International Childhood Cancer Day – 15 February - Raising awareness of childhood cancers worldwide.

Eating Disorders Awareness Week – 23 February – 1 March - This year's theme: Community

Further information on these awareness days is enclosed.

Wellbeing & Support Opportunities

Positive Life Workshops CIC - A lived-experience-led arts and wellbeing organisation based in St Helens. Please see enclosed information and the referral form link. Future Focus Programme - A funded creative wellbeing programme for 18–21 year olds who are not in education, employment or training (NEET) and living in St Helens.

Get Involved

Patient & Public Engagement Meetings - Times and venues for upcoming patient and public engagement meetings are enclosed. Everyone is welcome.

Service Updates

CGL St Helens - The CGL St Helens service will be relocating to a new building on 2 March. Please see enclosed details for the new location.

Health Services & Timetables

Living Well Bus timetable

Cervical screening timetable

Thank you for your continued support and involvement with Healthwatch.



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/>

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

LGBT+ History Month February 2026



LGBT History Month, celebrated throughout February, is a time to recognise and honour the contributions and struggles of lesbian, gay, bisexual, and transgender individuals. It's an opportunity to educate, raise awareness, and promote equality for the LGBTQ+ community.

What is LGBT History Month?

LGBT History Month is an annual observance that celebrates the rich history and achievements of the LGBTQ+ community. It provides a platform to highlight key figures, events, and milestones in the ongoing fight for LGBTQ+ rights and acceptance.

Find out more: <https://lgbtplushistorymonth.co.uk/lgbt-history-month-2026/>



Dignity in the heart, mind & actions

Dignity Action Day

1st February 2026

The first Dignity Action Day took place on the 25th February 2010 and nobody could have foreseen what a truly memorable day it would turn out to be. The idea really caught the imagination and hearts of staff, inspiring many hundreds of them to demonstrate what being treated with dignity, kindness, respect and compassion means to the more vulnerable members of our society, and those who need support.

Dignity Action Day aims to make sure that people who use care services are treated as individuals, and are given choice, control and a sense of purpose in their daily lives.

This day is an annual opportunity to:

- Raise awareness of the importance of dignity in care for both those receiving care as well as people working in social care
- Highlight the role that everyone in the community has to play in upholding dignity in care

More information: https://www.dignityincare.org.uk/Dignity-in-Care-events/Dignity_Action_Day/



This year, Children's Mental Health Week 2026 will take place from 9-15 February 2026!

Place2Be's official Children's Mental Health Week 2026 resources are available for you to download! Whether you're a primary school, secondary school, family, community group or workplace, we've got activities and resources for you.

The theme for Children's Mental Health Week 2026 is 'This is My Place', and our aim is to support the systems around children and young people to help them feel they belong. Children's Mental Health Week takes place every February. It was started in 2015 to give a voice to all children and young people and to raise awareness of children and young people's mental health.

Find out more:

<https://www.childrensmentalhealthweek.org.uk/>



World
Cancer Day
4 February

UNITED
BY
UNIQUE*

World Cancer Day is an international day marked on 4 February to raise awareness of cancer and to encourage its prevention, detection and treatment. World Cancer Day is led by the Union for International Cancer Control (UICC) to support the goals of the World Cancer Declaration, written in 2008. The primary goal of World Cancer Day is to significantly reduce illness and death caused by cancer and is an opportunity to rally the international community to end the injustice of preventable suffering from cancer. The day is observed by the United Nations. World Cancer Day targets misinformation, raises awareness, and reduces stigma. Multiple initiatives are run on World Cancer Day to show support for those affected by cancer. Hundreds of events around the world also take place.

Every experience with cancer is unique and it will take all of us, united, to create a world where we look beyond the disease and see the person before the patient. This World Cancer Day, let's come together to rewrite the future of cancer care - one where the needs of people and communities come first.

More information: <https://www.worldcancerday.org/the-campaign>



Time to Talk Day is on 5 February 2026.

What is Time to Talk Day?

Time to Talk Day is the nation's biggest mental health conversation. It's a day for all of us to come together to talk, listen and change lives.

Why is talking important?

Talking openly and honestly can be the first step towards better mental health for everyone. It can reduce stigma and help people feel comfortable enough to seek help when they need it.

Find out more: <https://timetotalkday.co.uk/>



Student Volunteering Week 9 – 15th February 2026

Student Volunteering Week is a national week, led by the Student Volunteering Network, that takes place across the UK. Universities and schools across the country step up to take part in the week, organising opportunities or events to encourage their students to volunteer and help their local communities.

What is Student Volunteering Week?

Student Volunteering Week celebrates student volunteering in the following ways:

- Contributes positively to the wider and local community life
- Improves student wellbeing
- Develops students' employability

Find out more: <https://studentvolunteeringnetwork.com/student-volunteering-week/>



International Childhood Cancer Day 15th February

International Childhood Cancer Day is a global collaborative campaign to raise awareness about childhood cancer, and to express support for children and adolescents with cancer, the survivors and their families.

Together, on ICCD, we raise our voices and envision the day all children and adolescent with cancer benefit from the best possible treatment, care and support regardless of where they live in the world.

More information: <https://internationalchildhoodcancerday.org/>



Eating Disorders Awareness Week 2026 Monday 23 February to Sunday 1 March

Eating Disorders Awareness Week is one of our biggest campaigns. Every year, we set the theme and ask our community to get involved. This year our theme is **COMMUNITY**.

Why Community?

Eating disorders can be isolating, making people feel alone whether someone has an eating disorder themselves or whether they are supporting someone.

We're celebrating the power of community and the vital role family, friends, and other support networks play in helping someone feel supported, understood, and never alone on their journey from seeking help, undergoing treatment and beyond.

We'll be talking about different types of community, the role of online communities and highlighting the importance of good wellbeing for everyone.

Join us in raising awareness — share your stories, show your support, and help us spread the message that you're not alone: <https://edaw.beateatingdisorders.org.uk/>



Future Focus is a free 3 day creative wellbeing programme taking place in St Helens for young people aged 18–21 who are not currently in education, employment or training (NEET).

The programme is designed for young people who may be feeling stuck, low in confidence, overwhelmed, or unsure about their next steps. It uses creative activities, gentle reflection, and supportive conversation to help participants explore interests, build resilience, and reconnect with a sense of possibility.

What the programme includes:

- A free 3 day programme
- All materials provided
- Free meals each day
- Transport support if needed
- A £25 voucher for full attendance

Future Focus is trauma informed, non judgemental, and lived experience led, delivered by Positive Life Workshops CIC, a St.Helens based creative wellbeing organisation.

The programme is funded by VOLA Merseyside through the Youth Guarantee Trailblazer Programme, funded by the UK Government and delivered via the Liverpool City Region Combined Authority and the Metro Mayor of the Liverpool City Region.

We are now open to self-referrals and professional referrals, and would really appreciate your support in sharing this opportunity with colleagues and services working with young people who may benefit.

Referral form:

<https://docs.google.com/forms/d/e/1FAIpQLScMH6nusF xv33kUGY6PFkKja0TqTujgIp v8yyG-f3LmOQxKMg/viewform>

Patient and public engagement meetings

We're hosting a series of engagement sessions for Mersey Care service users, carers, and members of the public. These meetings are a chance to:

- Meet with senior leaders from across Mersey Care
- Share your experiences of our services
- Hear about plans for service improvements
- Ask questions or request updates on specific services.



Upcoming sessions

Date	Time	Venue
Wednesday, 28 January	2pm to 4pm	Halton: Murdishaw Community Centre, Barnfield Ave, Runcorn, WA7 6JW
Wednesday, 18 February	2.30pm to 4.30pm	Warrington: Fearnhead Community Centre, Insall Road, Warrington, WA2 0HD
Wednesday, 25 February	2pm to 4pm	St Helens: Park Farm Community Centre, 54 Kentmere Ave, St Helens WA11 7PG

At the meeting we will discuss

- Updates on Mersey Care services
- Volunteer opportunities
- Plus, an opportunity for you to ask questions or raise concerns.

How to book

To attend a session, please book via the CIVICA site, or contact us on 01925 664850 or Engagement@merseycare.nhs.uk

If there's a particular service, you'd like more information about, please let us know when booking. Refreshments will be provided.

Partner briefing: Service Relocation

We're moving!

We are excited to let you know that our St Helens service, currently based at Lincoln House, will be relocating to a new building from **Monday 2nd March**.

Our new address will be:

St Helens Integrated Recovery Service
Century House
Hardshaw Street
St Helens
WA10 1QU

What does this mean for our service?

- We will continue to provide services at Lincoln House until Friday 27th February.
- During the transition, there may be a temporary reduction in delivery for a few weeks while we relocate. However, we will remain open and contactable via our usual details (see below).
- Urgent appointments and high-risk commitments will remain our top priority throughout this period.

Referrals and Contact:

You can continue to refer into the service and contact us in the usual ways:

- **Telephone:** 01744 410752
- **Referral routes:** Telephone, drop-in, or via our website (self-referral and professional referral options): <https://www.changegrowlive.org/st-helens-integrated-recovery-service>
- **Email:** sthelens.info@cgl.org.uk

We appreciate your understanding and support during this move. Our priority is to ensure continuity of care and a smooth, safe transition for everyone who uses our service.

If you have any questions or concerns, please don't hesitate to get in touch.

Thank you,

Ali Edwards
Acting Service Manager
CGL St Helens Integrated Recovery Service
Alison.edwards@cgl.org.uk
07776654979

Believe in people

Living Well Bus timetable and cervical screenings.

10:00am – 4:00pm

CERVICAL SCREENING

DATE	LOCATION
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Friday, 20 th February	St Helens Town Centre
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LIVING WELL BUS

DATE	LOCATION
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Thursday, 12 th February	Peter Street Community Centre, St Helens
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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