

July 2025 Newsletter

Hello Healthwatch members. Where have we been? Ish has been out on the Living Well Bus with Lynn Barton, St Helens Health Champion Coordinator. She was also present at St Helens Pride this month. Jayne was present at the Northwest Wellbeing and Cancer Conference at The Mercure Hotel, gathering patient experiences. Ish will be on the Living Well Bus on Friday, 25th July at Tesco, Earlestown and Tuesday, 29th July at Chester Lane. Why not pop along and share your patient experiences with her.

Please find information this month on St Helens Mind who have launched a new male mental health programme. Mersey Care NHS Foundation Trust have launched Count Me In, an innovative new approach to research, see below for more information. Chrysalis are holding a summer fun day, see flyer. Digital arts box have some summer fun for children, see more below. Measles is on the increase, please see below on how to access vaccinations and more information on measles and how to get help and support. Live Well helps residents and professionals find local health, wellbeing, care, and community services and other information. They are conducting a survey to better understand how the directory is currently being used, how well it meets your needs, and what improvements are needed.

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

We're Still Here for You

Following the Governments announcement of the NHS 10 year plan, it has stated the abolishment of Healthwatch.

The Government has announced that it wants to change the law to:

1. Transfer the work of Healthwatch England to the Department of Health and Social Care.
2. Transfer the work of local Healthwatch services to the NHS and local authorities.

What does this mean right now?

While these changes will happen over time, the law has not yet been changed.

This means we are still here, open, and working for you.

We continue to:

1. Listen to your experiences of health and social care.
2. Share what we hear with those in power to help improve services.
3. Provide advice and information to help you find the support you need.

We will keep you updated as more details become available. In the meantime, thank you for your continued support.



Where have we been?

St Helens Pride



Ish attended St Helens Pride at the Living Well to gather patient experiences.

Northwest Wellbeing Cancer Care Conference

Jayne attended the Northwest Wellbeing and Cancer Care Conference at The Mercure Hotel and gathered patient experiences and new memberships.





St Helens Mind Launch New Male Mental Health Programme

St Helens Mind have received some funding to create a Men's Suicide Prevention group aimed at 18-30 year old men.

Key Features:

Weekly Themes: Covering topics like stress management, emotional awareness, healthy relationships, and mindfulness.

Holistic Support: Includes peer support, professional guidance, and access to ongoing resources.

Post-Program Care: Monthly follow-ups, peer groups, and an online community ensure continued progress and connection.

Why It Matters:

Suicide is the leading cause of death for men under 50 in the UK. Locally, St Helens continues to see high rates of self-harm and suicide. This program directly addresses these challenges with targeted, compassionate support.

For more information and how to access the programme:

To refer just complete the general referral form through the website: <https://www.sthelensmind.org.uk/help-and-support/men-aged-18-30/>

If anyone has any questions please contact Lesley Hogan, Minds support worker on 07885 210204 or Lesleyh@sthelensmind.org.uk



Mersey Care
NHS Foundation Trust

Count Me In – Involving Patients And Service Users In Mental Health Research

Mersey Care NHS Foundation Trust has launched Count Me In, an innovative new approach to research. The aim is to increase the number of patients and service users involved in research so future care and treatments can be improved.

Count Me In means all patients and service users may be contacted about potential research opportunities that are relevant to them, unless they choose to opt out.

How does it work?

If you are a Mersey Care patient or service user and a research study may be relevant to you, the Count Me In team may reach out to see if you're interested in learning more. Unlike the usual process, where the care team identifies potential participants, Count Me In allows researchers to connect directly with people who could be suitable for the study.

This not only eases the workload on busy healthcare professionals, but also ensures that more people, like you, get the chance to be part of meaningful research that can help make a real difference to people's lives.

Find out more: <https://www.merseycare.nhs.uk/count-me-in>



Summer FAMILY FUN Day!

Adults - 50p entry
(kids free)

Tuesday
19th August

Putting the 'fun'
in fundraising!

Tombola
Games and Prizes
Face painting
Shopping
Refreshments
Classic fun for everyone!

11am - 3pm

1st Floor,
Beacon Building,
25 College Street,
St. Helens



Registered Charity: 1188750
www.chrysaliscentre.org

summer activities with digital arts box!

Summer Fun Starts Here! 😎☀️

Digital arts box have some amazing opportunities coming this summer with brand new exciting themes and creative workshops for young people who are eligible for benefits-related free school meals. Take a look and see what's coming up 📌

St Helens, we're back and this time we've got five brand new themed weeks packed with creative adventures!

🎬 Filmmaking Week (28-31 June)

🎞️ Animation Week (4-7 Aug)

🎮 Minecraft Week (11-14 Aug)

🧱 LEGO Week (18-21 Aug)

🎨 Crafting Week (26-29 Aug)

🕒 Ages 8–11: 9:30 am–12 pm

🕒 Ages 11–16: 1 pm–3:30 pm

📍 Location: Park Farm Community Centre, St Helens

Open to 8–16 year olds from St Helens who receive benefits-related free school meals. Limited spots also available for young people in receipt of a support plan via Early Help, Child in Need or Children We Look After, an Education Health Care Plan (EHCP) or additional hours at school.

Sign up here: <https://www.eventbrite.com/cc/digital-arts-box-summer-2025-haf-programme-4360543>

Measles is on the increase in Cheshire & Merseyside

Measles is an infection that spreads very easily. It can cause serious illness in some people and, in rare cases, can spread to the lungs or the brain. Babies and pregnant women are at increased risk of harm. Measles usually starts with a runny nose, sneezing, coughing, and a high temperature. It may cause red, sore eyes. The measles rash appears a few days later, starting on the face and behind the ears before spreading to the rest of the body. There may be small white spots inside the cheeks. If you suspect you or your child has measles, phone your GP or NHS 111 for advice. Do Not go directly to the GP surgery as measles is highly infectious. Do Not send your child to school or childcare.

People of ANY age can become infected with measles if they have not been fully vaccinated. Two doses of the MMR vaccine provides lifelong protection against measles, mumps, and rubella. The MMR vaccine is safe and effective. The first dose is given at the age of 12 months, and the 2nd dose is given at 3 years and 4 months old. Please make sure your child is up to date with their vaccinations. For babies and children 12 months and over

Ask at your GP surgery if you are not sure you or your child has received the vaccine. You can also check your child's Red Book. Your GP surgery can administer the vaccine for free on the NHS. It is never too late to catch up. If you have any questions about MMR, the nurse can discuss this with you at your appointment.

You can find further information on MMR and other childhood vaccinations here:

<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>

For further information about measles, visit:

<https://www.nhs.uk/conditions/measles/>



Cheshire and Merseyside



Live Well helps residents and professionals find local health, wellbeing, care, and community services and other information. They are conducting this survey to better understand how the directory is currently being used, how well it meets your needs, and what improvements are needed.

Your feedback will help to develop a new directory of Liverpool services, which will be more accessible and user-friendly. Your insights will influence the development of the new directory.

Who is this survey for?

Feedback is welcomed from anyone. In particular if you've recently looked for information for yourself or your family, or you regularly look for information as a professional in social care or health. Your opinions will help them to understand what improvements are needed.

How to comment:

<https://www.thelivewelldirectory.com/NewsItems/Details/1249>

The closing date is Thursday 7th August.

Living Well Bus timetable

DATE

Wednesday, 8th August

Thursday, 14th August

Thursday, 20th August

LOCATION

St Matthews Centre Pantry

St Helens Town Centre (bus should be at the side of Select on Church Street

Newton-le-willows Health & Fitness Centre

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