



July 2026 Newsletter

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

Carers Café at Hollins Park

The Carers Café at Hollins Park continues to provide a welcoming space for unpaid carers to meet, chat and access support. The café takes place on the **second Monday of every month from 1.00pm to 3.00pm.**

Bereavement Open Day

St Helens Cemetery and Crematorium will be hosting a Bereavement Open Day on Sunday 13 September, from 10.00am to 2.00pm. This event offers an opportunity for residents to learn more about the services available and speak with staff in a supportive environment.

Young Carers Celebration Event

Young carers are invited to attend a **Celebration Event on Tuesday 11 August, from 11.00am to 1.30pm.** The event will recognise and celebrate the invaluable contribution made by young carers across our community.



Suicide Bereavement Support Service

From **1 August 2026**, **The Martin Gallier Project**, in partnership with **Alfie's Squad**, will be delivering the **Cheshire and Merseyside Suicide Bereavement Service**, providing vital support to individuals and families affected by suicide loss.

Help Shape Youth Services in St Helens

Youth Focus North West is working with **St Helens Borough Council** to undertake a **Needs Assessment** to better understand the experiences and views of young people, parents and carers, and professionals who work with young people. Please see the attached flyer for details of the three surveys and how you can have your say.

Sexual Health Awareness Campaign

The **Health Improvement Team for St Helens Sexual Health Service** is currently running a **Chlamydia Awareness Campaign** to encourage testing and raise awareness of sexual health. Further information is included within this newsletter.

Thank you for taking the time to read our latest updates. We hope you find the information useful and encourage you to share it with friends, family and colleagues who may benefit.



Some of the roles include becoming a Healthwatch Champion, an Enter & View Representative and a Healthwatch Representative.

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.

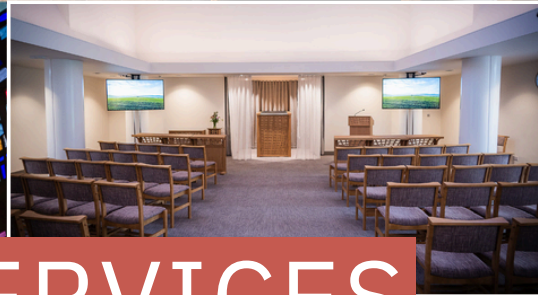
**Second Monday of every month
1pm until 3pm**

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.

Young Carer celebration event

Come and join
us for our free
YoungCarer
celebration
event!

**Tuesday, 11 August 2026
from 11am to 1.30pm**

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 **Friday, 31 July 2026 at 12pm.**

Cheshire & Merseyside Suicide Bereavement Service

Working together for those affected
by suicide loss



From 1st August 2026, The Martin Gallier Project, in partnership with Alfie's Squad, will be delivering the Cheshire & Merseyside Suicide Bereavement Service.

Together, they will provide practical and emotional support to adults, children, young people and families affected by suicide across Cheshire and Merseyside, bringing together expertise in suicide prevention, intervention and postvention.

Over the coming weeks, they will be sharing further information about the service, including referral pathways.

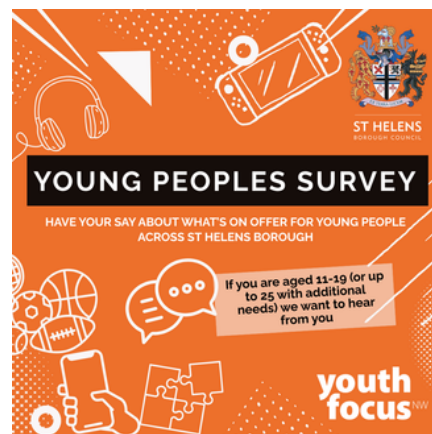
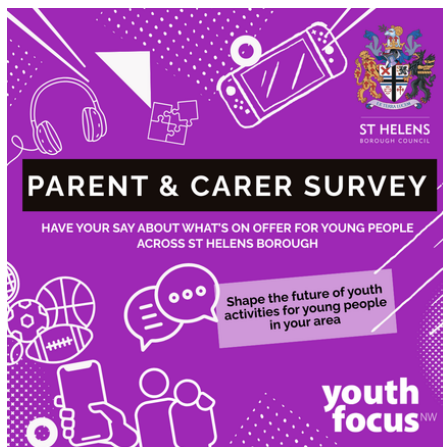
In the meantime, they invite you to learn more about their organisations by visiting their websites:

The Martin Gallier Project

<https://www.themartingallierproject.org>

Alfie's Squad

<https://www.alfiessquad.org>



Youth Focus North West are working with St Helens Borough Council to carry out a Needs Assessment to understand what young people, parents/carers and those who work with young people think about the current youth offer in St Helens.

We want to hear from young people, parents/carers, and people who work with or support young people about what is working well, what could be improved, and what young people need more of in the future.

There are three short surveys:

Young people's survey

For young people aged 11 to 25

Survey link: <https://forms.office.com/e/G8B0wZfggC>

Parent/carer survey

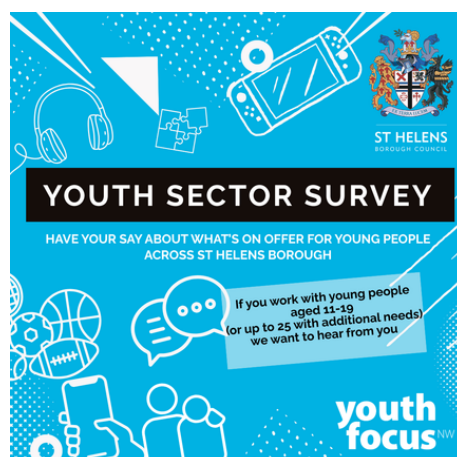
For parents and carers of young people in St Helens.

Survey link: <https://forms.office.com/e/Jh9zJC2s6h>

Youth sector staff survey

For staff, volunteers, organisations and groups who work with or support young people in St Helens.

Survey link: <https://forms.office.com/e/BYY2hnMfiU>





The Health Improvement Team for St Helens Sexual Health Service are currently running a Chlamydia campaign. Please find out more information below:

Could you have an STI without knowing it?

Chlamydia and Gonorrhoea are common Sexually Transmitted Infections (STIs) that often have no symptoms. A quick test can give you peace of mind and help prevent longer-term health problems such as chronic pain and infertility.

If you live in St Helens, you can:

✓ **Drop in to the Sexual Health Clinic** at St Helens Hospital (Lower Ground Floor, Orange Zone), Monday to Friday, 9:00am–4:30pm – no appointment needed.

✓ **Order a free home testing kit online**, complete it at home and return it by post.

While rates are highest among 15–24 year olds, anyone who is sexually active can get an STI. You'll receive your results by text message and, if treatment is needed, we'll arrange a clinic appointment.

Our service is completely confidential and your records are not accessible by your GP.

To order online visit:

<https://www.sexualhealthsthelens.nhs.uk/chlamydia-testing> or visit
www.sexualhealthsthelens.nhs.uk

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