

June 2025 Newsletter

Hello Healthwatch members. Our Lunch & Learn event was very well attended and we thank everyone who came. We had some really good interaction during our workshops in relation to our priorities for 2025.

We attended the Volunteer Recruitment Fair and the Carer's Information Day.

July is Pride month. Please find information on St Helens Pride and Pride week in the YMCA St Helens Youth Hub

There is information on Alcohol Awareness week which is focusing on alcohol and work. Also it is Samaritans Awareness Day on 24th July.

Please find the Wellbeing Bus Timetable.



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

Healthwatch St Helens Lunch & Learn Event



We held our Lunch & Learn Event on 22nd May.
The event was well attended and we would like to thank those of you who attended.



We had two great presentations from Claire Howarth, Diabetes UK, Lead for North of England on Diabetes in St Helens.
Another one from Ruth Du-Plessis, Director of Public Health on Suicide Prevention in St Helens.



We held two workshops on our priorities for this year.

- Access to support for people with diabetes and;
- Waiting time from referral to first appointment



Where have we been?



Volunteer Recruitment Fair

Ish attended the Volunteer Recruitment Fair this month and spoke about our volunteering opportunities to those interested.

Carer's Information Day



CARERS TRUST

St Helens Carers Centre

www.sthelenscarers.info 01744 675615

St Helens Carers Centre is a registered charity in England and Wales (No. 1089663) Registered as a company limited by guarantee in England & Wales No. 4203210 Registered office: 31-35 Baldwin Street, St Helens, WA10 2RS

Ish also attended the Carer's Information Day this month. 180 people attended the event with a large number being carer's themselves.

This years St Helens Pride will take place at Willowbrook's Living Well Centre on Saturday 12th July from 12pm-4pm – a FREE event full of performances, activities, stalls, and so much more.

Want to get involved? Perform? Volunteer? Support?

Email: miguel@migueldoforo.com



✨ What's On:

🎤 Live music & performances

🏠 Stall holders

🎨 "Come as You Are" mini workshops

👨‍👩‍👧 Family-friendly vibes all day long!

Pride week in the YMCA St Helens Youth Hub

YMCA ST HELENS

PRIDE MONTH

JUNE 2025 YMCA St Helens Youth Hub

Celebrate Pride with us within YMCA St Helens Youth Hub - with a range of activities planned throughout the month within our programme!

June 16th

- Rainbow smoothie making
- Craft your own flag
- Pop Quiz with prizes
- Art Mural hand painting

June 17th

- Pop Quiz
- Bake the rainbow

June 18th

- Flower Bouquet arrangement

June 20th

- Lip-Sync Battle @6:30pm

Plus our usual programme schedule

YMCA Here for young people Here for communities Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and empowering communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK HEALTH & WELLBEING HOUSING TRAINING & EDUCATION SUPPORT & ADVICE

REGISTERED CHARITY: 517144

YMCA ST HELENS

PRESENTS

LIP-SYNC BATTLE

In celebration of pride

PRIZES TO BE WON

HAVE YOU GOT WHAT IT TAKES?

FOR MORE INFORMATION PLEASE E-MAIL: YOUTHWORK@YMCASHELENS.ORG.UK

For Ages 11-18

Friday 20th June 6:30pm

YMCA Youth Hub Dance Studio

Family & Friends are welcome to cheer you on

SCAN ME

SIGN UP TODAY

YMCA ST HELENS Would like to thank the following for their support:

YOUTH INVESTMENT FUND

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YMCA ST HELENS

Youth Hub Program

6 May - 18th July 2025

FREE For 11-18 year olds

M

4:00-5:30pm Drop In Youth Cafe

5:45-6:15pm Youth Dinner A Free hot meal

6:45-8:15pm Performing arts workshops

7:30-8:30pm Breakdancing

Tu

4:00-5:45pm The Great Cooking Challenge

6:00-7:30pm Tea & Talk

6:30-8:15pm Get Creative: Creative writing

W

4:00-5:30pm "History in the Making" Research the history of St Helens in fun and creative ways

6:00-7:30pm Get Active: Sports

6:45-8:15pm Get Creative: Film/Photography & Digital Media

Th

6:00-7:30pm "Money Matters"

Fri

4:00-5:30pm Drop In Youth Cafe

4:00-6:00pm Get Creative: Art & Crafts

6:45-8:15pm Get Active: Sports

7-8:30pm Chill out space A quiet space to relax

Youth Hub YMCA St Helens College Street St Helens WA10 1TF

01744 415260

YMCASThelens

Youthwork@ymcasthelens.org.uk

"The Youth Hub is our safe place to be ourselves, to be comfortable, and be happy"

We also run Youth Work activities Every Tuesday 4:30-6pm @Sutton Family Hub (26 Ellamsbridge Rd, WA9 3PY)

For young people in school years 6,7,8 & 9

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FAMILY & YOUTH WORK HEALTH & WELLBEING HOUSING TRAINING & EDUCATION SUPPORT & ADVICE

We support 12-18 year olds with low level mental health concerns.

THE LISTENING SERVICE

PART OF YMCA ST HELENS

We asked a young person who had been supported how they felt about our youthwork, this was the reply...

"I felt listened to and heard. I felt comfortable in the sessions meaning I could relax and talk about what was on my mind honestly. I felt more relaxed but if I ever felt overwhelmed and stressed YW suggested games to keep me occupied so I was able to still say what was on my mind. I was given good techniques and distractions. I felt like YW genuinely cared."

For more information or to make a referral: - ListeningService@ymcasthelens.org.uk 01744 415260 www.ymcasthelens.org.uk

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P. H. HOLT FOUNDATION

NHS St Helens Clinical Commissioning Group

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FAMILY & YOUTH WORK HEALTH & WELLBEING HOUSING TRAINING & EDUCATION SUPPORT & ADVICE



This years Alcohol Awareness Week takes place from 7-13 July 2025 on the theme of alcohol and work. As part of the week, we'll be opening a conversation about the relationship between alcohol and work to help us better understand it and sharing some helpful tips and advice on changes we can make to improve things for us all.

Alcohol Awareness Week 2025: Alcohol and work

Around 10 million of us are regularly drinking alcohol in ways that can harm our health and wellbeing. From headaches, hangovers and sleepless nights to lower productivity and symptoms like anxiety and depression worsening over time, alcohol affects us in so many ways.

But how many of us have stopped to think about the impact of the work we do on our risk from alcohol? With longer hours, more stress, the blurring of lines between work and home, and too many workplace cultures that place booze rather than people at the centre of things, there are so many ways work and alcohol are linked. This Alcohol Awareness Week, it's time for us, and the places we work, to feel healthier, more productive and happier.

FIND OUT MORE: <https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1>



Samaritans Awareness Day – 24/7

We're raising awareness this July
Samaritans Awareness Day is on 24 July (24/7)
so we're raising awareness throughout July, to
let people know that they can talk to us, day or
night, 24/7.

Every year in July, Samaritans branches in the
UK and Ireland hold local events to raise
awareness that Samaritans are here to listen
to anyone who's struggling to cope, at any
time of the day or night.

Find out what your local branch is doing to
raise awareness this July.

Find your local branch here:
<https://www.samaritans.org/branches/>

Living Well Bus timetable

DATE

Saturday, 5th July
Thursday, 10th July
Tuesday, 15th July
Friday, 25th July
Tuesday, 29th July

LOCATION

Newton-le-Willows Health and Fitness
Park Farm Community Centre
Chain Lane Community Centre
Tesco, Earlestown
Chester Lane Library

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