

June 2026 Newsletter

Welcome to Your June Update

Hello Healthwatch members. Welcome to your June update, bringing together important health awareness dates, community news, and useful local resources to support you and your family.

In this edition, you'll find information on **Disability Pride Month**, along with key upcoming awareness dates in July:

- **National Bereaved Parents Day** – 3 July
- **Alcohol Awareness Week** – 6–12 July
- **Samaritans Awareness Day** – 24 July
- **World Hepatitis Day** – 28 July
- **UV Awareness Month** – throughout July

We've included helpful information on each of these topics to keep you informed and supported.

Please take a moment to explore the information included.





Disability Pride month

Disability Pride Month is observed every July, celebrating disability identity, promoting inclusion, and marking the anniversary of the Americans with Disabilities Act (ADA).

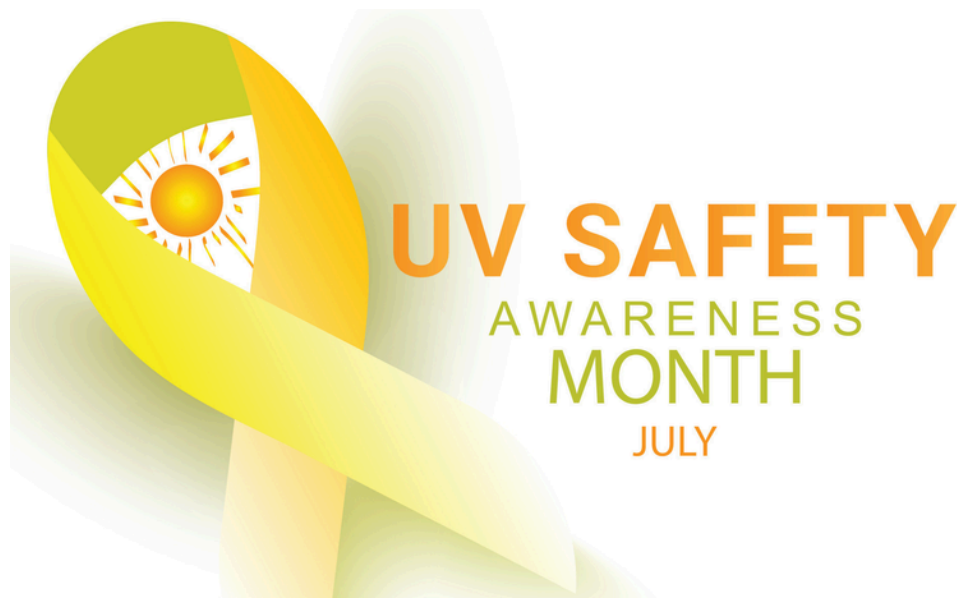
Dates and Theme

Disability Pride Month in 2026 will be celebrated from July 1 to July 31. The 2026 theme is "The World Works Better With Us", emphasizing the value of inclusion and the contributions of people with disabilities to society. The month coincides with the anniversary of the ADA, signed on July 26, 1990, a landmark civil rights law prohibiting discrimination based on disability.

Purpose and Significance

Disability Pride Month is a time to celebrate the diversity, culture, and rights of people with disabilities, challenge stereotypes, and advocate for equality and accessibility. It reframes disability as a natural and valuable part of human diversity rather than a limitation, promoting visibility and respect for disabled individuals. The observance also highlights intersectionality, recognizing how disability intersects with race, gender, sexuality, and class.

More information: <https://www.scope.org.uk/disability-pride-month>



UV Safety Awareness Month is observed every July to promote protection from harmful ultraviolet (UV) radiation and prevent skin and eye damage.

UV Safety Awareness Month 2026 takes place throughout July, coinciding with the period when UV levels are at their annual peak in the northern hemisphere. The observance aims to educate the public about the dangers of UV radiation from the sun and artificial sources like tanning beds, emphasizing the importance of preventive measures to reduce the risk of skin cancer, premature aging, sunburns, and eye conditions such as cataracts.

Key Facts and Risks

- Skin cancer is the most common cancer in the United States, with one in five Americans expected to develop it in their lifetime.
- UV rays are invisible and can damage skin cells even on cloudy days or when reflected off surfaces like water, sand, cement, or snow.
- The strongest UV exposure typically occurs between 10 a.m. and 4 p.m. daylight saving time.

National Bereaved Parents Day

Thursday, July 3rd 2026

National Bereaved Parents Day is a day dedicated to acknowledging and supporting parents who have lost a child, regardless of the child's age or the circumstances of their death. Established in 2020 by the charity A Child of Mine, the day aims to unite bereaved parents, break the silence around child loss, and provide a platform for sharing stories and finding solace in community support.

Purpose and Significance

The day serves several important purposes:

- **Recognition of grief:** It validates the profound and lifelong impact of losing a child, reminding society that bereaved parents need empathy and understanding.
- **Awareness and support:** It highlights the need for resources, programs, and policies to assist bereaved parents.
- **Community connection:** It encourages parents to connect with others who have experienced similar losses, reducing feelings of isolation.

Observance and Participation

There are several ways to participate and show support:

- **Lighting a candle:** At 7 pm local time on July 3rd, light a candle in remembrance of children who have passed away.
- **Sharing stories:** Parents and supporters can share memories or stories of lost children on social media or community forums, helping to keep their memory alive.
- **Creating memorials:** Planting a tree, dedicating a bench, or making a memory book can provide a personal and therapeutic way to honor a child.
- **Offering support:** Friends and family can reach out to bereaved parents with empathy, active listening, and gestures of care, such as sending a card or message.

Theme for 2026

The theme for National Bereaved Parents Day 2026 is "Together We Are Stronger", emphasizing the importance of community, shared grief, and mutual support among bereaved parents.

Find out more: <https://achildofmine.org.uk/>



Alcohol Awareness Week 6–12 July 2026

Theme 'Alcohol and Me', focusing on understanding the impact of alcohol on health and wellbeing.

Overview

Alcohol Awareness Week is a national campaign in the UK led by the charity Alcohol Change UK, aimed at encouraging open conversations about alcohol use, raising awareness of its risks, and supporting individuals who may be struggling with drinking habits. The campaign highlights how alcohol can affect physical and mental health, relationships, productivity, and long-term wellbeing, including risks of liver disease, high blood pressure, stroke, cancer, and depression.

Theme and Focus

The 2026 theme, 'Alcohol and Me', invites individuals to reflect on their personal relationship with alcohol. It encourages people to consider how drinking may impact their sleep, energy levels, anxiety, stress, and overall presence in daily life. The campaign also emphasizes the societal pressures and normalization of alcohol in everyday activities, from celebrations to casual socializing.

More information: <https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1>



Samaritans Awareness Day – 24/7

Samaritans Awareness Day 2026 is observed on 24 July, dedicated to raising awareness about mental health and suicide prevention.

Samaritans Awareness Day is an annual event held on 24 July to highlight the work of Samaritans, a charity that provides emotional support and suicide prevention services across the UK and Ireland. The date reflects the organization's 24/7 helpline availability, emphasizing that support is always accessible for anyone in distress. The day encourages conversations about mental health, reduces stigma, and promotes awareness of the signs of emotional distress and suicidal thoughts.

Purpose and Activities

The day aims to:

- Raise awareness of Samaritans' services and the importance of mental health.
- Encourage conversations about emotional wellbeing and seeking help.
- Promote community engagement, with local branches hosting events such as coffee mornings, bake sales, workshops, or community gatherings.
- Support fundraising efforts to keep the 24/7 helpline staffed with trained volunteers.

Contact details

Join the conversation using **#TalkToUs** or find out more information on the Samaritans website: <https://www.samaritans.org/support-us/campaign/samaritans-awareness-day/>



World Hepatitis Day
28 July



About World Hepatitis Day 2026

World Hepatitis Day 2026 is a global health awareness event dedicated to shining a spotlight on hepatitis – a group of infectious diseases that affect millions worldwide. Each year, people come together to raise awareness, encourage prevention, and support those living with hepatitis, with the ultimate goal of eliminating the disease as a public health threat. This annual event is a vital opportunity for communities, healthcare professionals, and organisations to unite and take action for a healthier future.

What is World Hepatitis Day 2026?

World Hepatitis Day 2026 is an international campaign organized to increase understanding of hepatitis, promote access to testing and treatment, and challenge the stigma often associated with the condition. Spearheaded by the World Health Organization (WHO) and other global partners, the day brings attention to all five main types of hepatitis – A, B, C, D, and E. The event also highlights the importance of preventative measures and helps mobilize resources for ongoing research and healthcare initiatives.

More information: <https://www.worldhepatitisday.org/>

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.

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