

March 2026 Newsletter

Hello Healthwatch members, below you'll find important health awareness information, community updates, and useful local resources for the month of April.

April Health Awareness Campaigns

Stress Awareness Month

April is Stress Awareness Month, a time to increase understanding of the causes and impacts of stress, and to promote tools that support better mental wellbeing. Throughout the month, organisations across the UK share tips and resources on managing stress and building resilience.

Bowel Cancer Awareness Month

April is also Bowel Cancer Awareness Month. This national campaign highlights the importance of early detection and encourages people to recognise symptoms and take part in screening where eligible.

World Autism Acceptance Month

April marks World Autism Acceptance Month, focusing on increasing understanding, inclusion, and acceptance of autistic people. This year emphasises celebrating strengths and supporting neurodiversity within our communities.

Key Health Awareness Dates

7 April – World Health Organization (WHO) Day

A global day dedicated to promoting public health awareness and celebrating the work of the World Health Organization.

11 April – World Parkinson's Day

An international day raising awareness about Parkinson's disease and supporting those affected by the condition.

24–30 April – World Immunisation Week

This week promotes the importance of vaccines in protecting people of all ages against preventable diseases.

Warm Connections Community Café

Please find attached the Warm Connections Community Café poster, including upcoming dates and activities. This friendly, welcoming space offers opportunities for social connection, wellbeing support, and local information.

Research Opportunity: The Casy Study (Edge Hill University)

Edge Hill University is running The Casy Study, a research project aimed at young people aged 8–15 years old.

They want to hear:

- what helps young people feel happy,
- what makes them feel supported, and
- what helps them stay well in their communities.

A flyer with further details is attached for anyone who may wish to participate or share with families.

Pharmacies Open Over the Easter Period

A list of local pharmacies scheduled to be open over the Easter holidays is included. Please refer to the attached document for specific locations, opening times, and available services.

Living Well Bus – Timetable

The latest Living Well Bus timetable is also attached.

The bus continues to offer convenient access to:

- health checks
- vaccinations (where available)
- wellbeing advice
- community support services

Thank you for your continued support and engagement with Healthwatch St Helens. Your involvement helps us ensure local health and care services meet the needs of our community.

Pharmacies open over the Easter break 2026

Boots – Ravenhead Retail Park

Good Friday 3rd April – 9:00 – 17:00

Easter Sunday 5th April – Closed

Easter Monday 6th April – 09:00 – 17:00

Tesco Superstore

Good Friday 3rd April 10:00 – 16:00

Easter Sunday 5th April – Closed

Easter Monday 6th April 10:00 – 16:00

Millennium Pharmacy

Good Friday 3rd April 10:00 – 16:00

Easter Sunday 5th April 10:00 – 16:00

Easter Sunday 6th April 10:00 – 16:00



Stress Awareness Month 2026

SMALL ACTIONS, BIG IMPACT

#BeTheChange

www.stress.org.uk



Stress Management Society
from distress to de-stress

Stress Awareness month 2026 takes place throughout April, with the theme “Be the Change,” focusing on personal empowerment and proactive stress management.

Overview

Stress Awareness Month is an annual campaign observed every April since 1992, aimed at increasing public understanding of stress, its causes, effects, and management strategies. The initiative is led by the Stress Management Society, a nonprofit organization dedicated to fostering healthier, more resilient communities. Stress Awareness Month highlights the importance of recognizing stress early, reducing stigma, and promoting mental wellbeing in workplaces, schools, and communities.

2026 Theme: Be the Change

The theme for 2026 is “Be the Change”, inspired by Mahatma Gandhi’s famous quote and the campaign’s strapline: “Be a Mate. Be the Change”. This theme emphasizes personal responsibility, empowerment, and action, encouraging individuals to take steps to improve their own wellbeing and support others in managing stress. It builds on previous themes, such as 2025’s #LeadWithLove, by asking participants to translate awareness and compassion into tangible actions.

More information: <https://www.stress.org.uk/stress-awareness-month-2026/>



Bowel Cancer UK
Beating bowel cancer together



Bowel Cancer Awareness Month 2026

Bowel Cancer Awareness Month will take place in April 2026, specifically from April 1st to April 30th. This month serves as a crucial reminder to prioritise health and raise awareness about bowel cancer. Various organizations, including Guts UK, will be involved in promoting awareness and funding research during this time.

More information:

<https://www.bowelcanceruk.org.uk/support-us/bowel-cancer-awareness-month/>

<https://www.cancerresearchuk.org/about-cancer/bowel-cancer?>



World Autism Acceptance Month 2026

In 2026, Autism Acceptance Month will be observed throughout April, with Autism Acceptance Week running from March 30 to April 6. Additionally, World Autism Awareness Day is celebrated on April 2 each year. This month is dedicated to raising awareness and promoting acceptance of autism spectrum disorder

Find out more: <https://waaw.autism.org.uk/>



World Health Organisation Day 2026 – 7th April

World Health Day 2026 is observed on April 7, with the theme “Together for science,” highlighting global scientific collaboration to protect health.

World Health Day, celebrated annually on April 7, marks the founding of the World Health Organization (WHO) in 1948 and serves as a global platform to raise awareness about pressing health issues and promote health equity worldwide. In 2026, the observance launches a year-long campaign under the theme “Together for science”, emphasizing the importance of scientific collaboration to safeguard the health of people, animals, plants, and the planet. The campaign focuses on the One Health approach, which integrates human, animal, and environmental health to address complex global health challenges.

More information: <https://www.who.int/campaigns/world-health-day>



World Parkinsons Day 2026 – 11th April

This day is dedicated to raising awareness about Parkinson's disease and commemorates the birthday of Dr. James Parkinson, who first identified the condition.

Every year, thousands of people come together to make a difference in the Parkinson's community, whether this be by sharing information to educate or help others, fundraising for the vital services that we offer, making a one-off donation or simply signing up to volunteer later on in the year. There really is no better time to do your part and make a real difference to those affected by Parkinson's today.

Find out more: <https://www.parkinsons.org.uk/get-involved/world-parkinsons-day>

Warm Connections Community Cafe



If you have suffered a bereavement, come along for a chat with people who have similar experiences. Refreshments provided. Make connections in your community. Free event - all welcome!

Sat 3rd January 2026	11.00am – 12.30pm
Sat 7th February 2026	11.00am – 12.30pm
Sat 7th March 2026	11.00am – 12.30pm
Sat 11th April 2026	11.00am – 12.30pm
Sat 2nd May 2026	11.00am – 12.30pm
Sat 6th June 2026	11.00am – 12.30pm
Sat 4th July 2026	11.00am – 12.30pm
Sat 1st August 2026	11.00am – 12.30pm
Sat 5th September 2026	11.00am – 12.30pm
Sat 3rd October 2026	11.00am – 12.30pm
Sat 7th November 2026	11.00am – 12.30pm

We are supporting this year's National Grief Awareness Week created by The Good Grief Trust. For signposting to a choice of bereavement services, please visit: www.thegoodgrieftrust.org

Venue:

Sunrise Ceremony Hall, St Helens Crematorium, Rainford Road, St Helens WA10 6DF

Hope & help in one place

Supported by the Friends of St Helens Cemetery, the Bereavement Services Team and other support organisations.

ST HELENS
BOROUGH COUNCIL

The CASY Study

Community Asset Survey for Young People

Are you the parent or guardian of a child aged between 8 and 15 years? Then we need to hear from you!

What helps your child feel happy, supported, and stay well in your community? Share what works for your child so we can improve support for everyone.

If you and your child live in Wigan, St Helens, or Knowesly, just scan the QR code before the 31st May 2026 to take the quick anonymous survey.



For more information please contact:
MHLA@edgehill.ac.uk



Living Well Bus timetable.

10:00am – 4:00pm

LIVING WELL BUS

DATE

LOCATION

Wednesday, 8th April

Reeves Court, Elton Head Road, WA9 5ST

Tuesday, 14th April

Chester Lane Library

Wednesday, 22nd April

Tesco, Earlestown



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