

healthwatch

St Helens

May 2025 Newsletter

Hello Healthwatch members. This month we will be promoting National Cancer Survivors Day. It is volunteers week 2nd - 8th June and we will be at Parish Church on Thursday, 5th June. Why not pop along and see us. We will have information on volunteering with us. Carers Week will be 9th - 13th June. We will be attending the Carers Centre information day at the Town Hall on 12th June, 10am - 4pm. It is also Men's Health Week 9th - 13th June along with Diabetes Awareness Week which is one of our priorities this year.

World Blood Donor Day is on 14th June. We are also promoting Learning Disability Week and Refugee Week which takes place 16th - 20th June.

St Helens Wellbeing Service have a survey to be completed to form part of the planning process for the service. We would appreciate your feedback.

Our Lunch and Learn event is taking place on Thursday, 22nd May, we are looking forward to seeing you there. Thank you to those of you who have booked on.

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

**National Cancer Survivors Day
will be celebrated on Sunday,
June 1, 2025, marking a global
celebration of life for cancer
survivors.**



National Cancer Survivors Day (NCS D) is an annual event that honors those who have survived cancer, raises awareness about the challenges they face, and celebrates life. It serves as a gathering for survivors, their families, and supporters to connect, share stories, and inspire hope for the future. The day aims to promote resources, research, and legislation to improve the quality of life for cancer survivors.

Find out more: <https://ncsd.org/>



Volunteers' Week is an annual UK-wide campaign held from the first Monday in June to celebrate and recognise the contributions of volunteers. Launched in 1984, this initiative has been running for over 40 years, providing organisations and communities a platform to thank current and past volunteers for their invaluable efforts. The campaign highlights the diversity and unity of volunteer work across the UK. In its 40th year, the campaign underwent a rebrand, introducing a vibrant identity to inspire continued engagement. Volunteers' Week fosters connections between national organisations and grassroots groups, celebrating the spirit of volunteering that enriches communities each year.

Find out more: <https://volunteersweek.org/>



Carers Week 9-15 June 2025

Carers Week 2025

The theme for Carers Week 2025 is 'Caring About Equality' highlighting the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, poor mental and physical health. Far too often, carers of all-ages miss out on opportunities in their education, careers, or personal lives, just because of their caring role.

<https://www.carersweek.org/about-carers-week/carers-week-theme-caring-about-equality/>

Men's Health Week 2025 June 9 to June 15



Men's Health Week raises awareness of the health issues that affect men disproportionately and focus on getting men to become more aware of health problems they may have or could develop and gain the courage to do something about it.

Contact details

For more information and how you can get involved, visit:

<https://www.menshealthforum.org.uk/>



Diabetes Week is a week to make some noise, raise awareness and shout about the things that matter to people with diabetes, shining a light on what it's like to live with day in, day out.

And this year, we want to talk about the health checks you need when you have diabetes.

Life with diabetes can feel like number, check and test overload. You might feel fine, or feel like you don't have the time. Or maybe you're not sure what checks you should be getting. But these regular diabetes health checks are vital to keep you healthy, so you can continue living life to the full.

Watch this space for more details about our Diabetes Week plans, and if you have any questions, get in touch by emailing diabetesweek@diabetes.org.uk

Find out more: <https://www.diabetes.org.uk/support-us/diabetes-week>

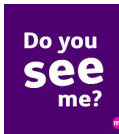


Every year countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.

A blood service that gives patients access to safe blood and blood products in sufficient quantity is a key component of an effective health system. The global theme of World Blood Donor Day changes each year in recognition of the selfless individuals who donate their blood for people unknown to them.

Find out more:

<https://www.who.int/campaigns/world-blood-donor-day>



Learning Disability Week 16th – 22nd June

Learning Disability Week takes place annually during the third week of June. In 2025 Learning Disability Week starts on Monday 16 June. The theme this year is "Do you see me?" which is all about people with a learning disability being seen, heard and valued. Find out more:

<https://www.mencap.org.uk/learningdisabilityweek>



Refugee Week – 16–22 June 2025

The theme for Refugee Week 2025 is “Community as a Superpower.” Community is the incredible everyday. Ordinary and extraordinary. Simple acts of shared generosity. Kindness multiplied to become an unstoppable force!

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

ST HELENS WELLBEING

In St Helens, we currently have the St Helens Wellbeing Service who provide a range of healthy living and wellbeing support: <https://www.sthelenswellbeing.org.uk/>

As part of the planning process for St Helens Wellbeing Service, they are seeking your views. This will help inform a review of the current service and help to shape it in the future, ensuring the service is meeting the needs of people in St Helens Borough. This survey focuses on the following St Helens Wellbeing Service support offers: stop smoking, mental health and wellbeing, healthy weight and oral health. You can select which of these you'd like to provide feedback on below. Whether you have accessed the service before or not, they would like to get your views. We appreciate you taking the time to provide your feedback. Please complete the survey here: <https://www.smartsurvey.co.uk/s/TY3KOU/>

Living Well Bus timetable

DATE

LOCATION

Wednesday, 4 th June	Morrisons, Baxters Lane
Saturday, 7 th June	Tesco, Earlestown
Friday, 13 th June	Parr Children's Centre
Monday, 23 rd June	Chester Lane Library
Thursday, 26 th June	Park Farm Community 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