

May 2026 Newsletter

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

What's Happening This June

June is a busy and exciting month, with a range of awareness campaigns and local events taking place across St Helens.

Volunteers' Week (1st – 7th June)

We're celebrating Volunteers' Week and would love for you to get involved. We will have a stand at St Helens Parish Church on Friday 5th June—please do come along if you're interested in volunteering. Our team will be on hand to chat through the opportunities available and answer any questions you may have.

St Helens Pride (Saturday 6th June)

Join us at the World of Glass for St Helens Pride, proudly sponsored by Halton and St Helens VCA. We'll be there with our stand, so pop by to say hello and share your experiences with us.

Awareness Weeks and Key Dates

June also highlights several important national awareness campaigns:

- **Carers Week (8th – 14th June)**
- **Diabetes Awareness Week (8th – 14th June)**
- **World Blood Donor Day (14th June)**
- **Men's Health Week (15th – 21st June)**
- **Learning Disability Week (15th – 21st June)**
- **Refugee Week (15th – 21st June)**

These campaigns provide opportunities to raise awareness, share information, and support those affected.

Have Your Say: Improving Cancer Services

Cheshire and Merseyside Cancer Alliance are inviting patients, carers, and staff to take part in a series of drop-in sessions focused on improving cancer services. This is a great opportunity to share your experiences and help shape future care. Please see the attached information for dates and locations.

Autism Learning Programme – St Helens

Advanced Solutions Community Network are offering their latest **Autism Learning Programme**, commissioned and funded by **NHS Mersey Care**.

This programme is designed for parents and carers of young people aged 11–19 and aims to build understanding and confidence in supporting autistic young people. Delivered by experienced facilitators with lived experience of autism, the sessions will:

- Provide practical strategies to manage common challenges
- Offer guidance and support in a safe, understanding environment
- Help build confidence in supporting autistic young people

Please see the attached information for programme dates and venues.

Living Well Bus

The Living Well Bus will also be visiting local areas throughout June, providing support and information to the community.

Please see attached dates and locations to find out where you can access the service.

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



Volunteers' Week 2026 in the UK will be celebrated from Monday 1st June to Sunday 7th June, recognising and celebrating the contributions of volunteers nationwide.

Overview

Volunteers' Week is an annual UK-wide campaign that celebrates the invaluable contributions of volunteers across communities and organisations. Established in 1984, it has been running for over 40 years, providing a platform to thank volunteers and inspire more people to get involved in voluntary work. The campaign highlights the diversity and unity of volunteer efforts, fostering connections between national organisations and grassroots groups.

Purpose

The week is dedicated to:

- Recognising volunteers for their time, skills, and commitment.
- Promoting the spirit of volunteering, encouraging more people to participate in community initiatives.
- Supporting organisations in recruiting new volunteers and raising awareness about their causes.
- Celebrating achievements through events, workshops, and social gatherings.

More information: <https://volunteersweek.org>



Carers Week

8-14 June 2026

Overview

Carers Week is an annual awareness campaign dedicated to recognising and celebrating the vital contributions of unpaid carers across the UK. It highlights the challenges carers face, raises awareness of their needs, and encourages communities, organisations, and policymakers to provide support and recognition for carers. A carer is someone who provides unpaid care to a family member or friend with a disability, illness, mental health condition, addiction, or age-related needs.

Theme for 2026

The theme for Carers Week 2026 is "Building Carer Friendly Communities". This theme emphasises the importance of creating communities, services, workplaces, and spaces where carers are recognised, understood, and valued. Carer friendly communities aim to make support part of everyday life, ensuring carers have access to opportunities, resources, and help they need.

Find out more:

<https://www.weareinclusability.co.uk/event/national-carers-week-2026>



Men's Health Week 2026

15 June – 21 June

About Men's Health Week 2026

Men's Health Week is an annual observance that aims to raise awareness about the health challenges faced by men and promote strategies for better physical and mental well-being. This significant event encourages men of all ages to prioritize their health, seek preventive care, and engage in conversations about important health issues. In this article, we delve into the essence of Men's Health Week 2026, its history, and how individuals can actively participate in this empowering week.

What is Men's Health Week 2026?

Men's Health Week is a dedicated week that shines a spotlight on the unique health concerns impacting men. It serves as a reminder of the importance of addressing and managing health issues proactively. Men's Health Week encourages men to take charge of their well-being, make informed decisions about their lifestyle choices, and seek appropriate medical support when needed.

More information: <https://www.healthassured.org/blog/mens-health-week/>



Diabetes Awareness Week 2026

9 June – 15 June

About Diabetes Awareness Week 2026

Diabetes Awareness Week is a dedicated time to shine a spotlight on diabetes, a condition affecting millions of people in the UK and around the world. This important week encourages everyone to learn more about the realities of living with diabetes, helps to dispel misconceptions, and inspires communities to take positive action through support, education, and advocacy.

What is Diabetes Awareness Week?

Diabetes Awareness Week is an annual campaign designed to increase understanding about diabetes, its challenges, and its impact on individuals and families. Organised by leading health charities and supported by healthcare professionals, the week is filled with activities, stories, and resources. The aim is to educate the public, reduce stigma, and highlight the importance of early diagnosis and effective diabetes management. It is also a time to celebrate the strength and resilience of those living with diabetes.

**Find out more: <https://www.diabetes.org.uk/diabetes-week>;
<https://www.weareincludability.co.uk/event/diabetes-awareness-week-2026>**



14 June is World Blood Donor Day

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.

More information:

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



Learning Disability Week 2026

15 June – 21 June

About Learning Disability Week

Learning Disability Week takes place from Monday 15 to Sunday 21 June 2026, organised by the UK charity Mencap. The week shines a light on the lives, achievements, and experiences of the 1.5 million people in the UK with a learning disability. The 2026 theme is “Do you see me?”, asking the public to recognise, value, and listen to people with a learning disability.

What is Learning Disability Week?

Learning Disability Week is an annual UK awareness week led by Mencap, the country’s largest charity for people with a learning disability. The week brings together individuals, families, supporters, schools, employers, and policymakers to challenge stereotypes and push for greater inclusion. It also celebrates the talent and contribution of people with a learning disability across art, sport, work, and community life.

More information:

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





Refugee Week 2026

15th to 21st June.

What is Refugee Week?

Refugee Week is the world's largest arts and culture festival celebrating the contributions, creativity and resilience of refugees and people seeking sanctuary.

As we listen to, watch and experience the voices, stories and artworks of those who have been forcibly displaced, we can develop a clearer understanding of why people become refugees and what it's like to be faced with the challenges of finding safety in a new country.

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





Show your colours, stand for equality, and bring flags and friends for a memorable day!



12:00PM - 4:00 PM
Saturday, 6 June 2026



The World of Glass
WA10 1BX



**JJs
Ice creams**



**Live music
& Performances**



**Family friendly
activities**



**Free Glass
blowing**

**Local agencies
stalls**

**Bus tours with the
transport museum**

FREE ENTRY

OPEN FOR ALL AGES

The carpark at The World of glass will be closed on this day with the acceptance of a limited number disabled parking bays, please use alternative carparks in St Helens town centre


alton & St Helens
Luntary and Community Action



 **THE
WORLD OF
GLASS**

 **North West
Museum of
Road Transport**



Improving Cancer Care Together

Drop In

We're inviting **patients, carers** and **staff** to take part in a **drop-in session** focused on **improving cancer services**.

Staff

Share experiences and
find out more about:

- The 123 Approach
- Staff Network
- Health inequalities support
- Cancer Academy

Patients and Carers

Share your experience
of cancer care

Your feedback helps us
improve services for
others.

Clatterbridge Wirral
Monday 1st June 2026
10am - 2pm

No
appointment
needed -
drop in to the
left of the
reception desk
at a time that
suits you

Improving Cancer Care Together

Drop In

Clatterbridge Liverpool

Monday 1st June 2026

12pm - 4pm

No appointment
needed -
drop in to the
Macmillan
Information and
Support Centre
at a time that
suits you

Countess of Chester Hospital

Tuesday 9th June 2026

10am - 2pm

No appointment
needed -
drop in to the
Wellbeing Hub
at a time that
suits you

Macclesfield Hospital

Wednesday 17th June

10am - 2pm

No appointment
needed -
drop in to the
Main Reception
at a time that
suits you

Cheshire and
Merseyside

Cancer Alliance



Improving Cancer Care Together

Drop In

Liverpool Heart and Chest
Monday 22nd June 2026
10am - 2pm

No appointment
needed -
drop in to the
Broadgreen
Main Foyer (next
to restaurant) at
a time that suits
you

The Royal
Wednesday 24th June
10am - 2pm

No appointment
needed -
drop in to the
Lower Ground
Floor at a time
that suits you

Liverpool Womens Hospital
Wednesday 1st July
1pm - 5pm

No appointment
needed -
drop in to the
Gynaecology
Outpatients
Department at a
time that suits
you

Autism Learning Programme

Tweens and Teens

for parents and carers in St Helens

ADDvanced Solutions Community Network



ADDvanced Solutions
Community Network
Supporting you to find the answers

The Autism Learning Programme has been designed to support and empower parents and carers to understand how autism is experienced by young people aged 11-18 and to provide guidance and strategies to enable you to meet your own young person's individual needs as they navigate high school, puberty and increased social expectations.

ADDvanced Solutions Community Network is commissioned to deliver this programme for St Helens parents and carers whose young person has received a diagnosis of autism, but subject to availability, places will also be offered to those who are waiting for a diagnosis.

- Exploring Autism, diagnosis & presentations
- Unique thought processes
- Sensory Processing Difficulties
- Communication, Social Interaction and relationships
- Eating and Sleeping difficulties
- Anxiety, Stress and understanding behaviours
- Meltdowns and Shutdowns
- Building independence skills



Places are free but booking is essential
**email: info@advancedsolutions.co.uk or
call **01744 582172** to book your place**

we also run the Autism Learning Programme for parents and carers of preschool and primary aged children - dates released soon.
for more information about our full offer **visit our website**



ADDvanced Solutions Community Network

is an open access offer that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. We are commissioned and funded by NHS Cheshire and Merseyside.



Mersey Care
NHS Foundation Trust

Living Well Bus timetable.

10:00am – 4:00pm

LIVING WELL BUS

DATE

LOCATION

Wednesday, 3rd June

Wargrave house school **10–1pm**

Reeve court **1:30–4pm**

Monday, 8th June

Tesco, Earlestown

Saturday, 20th June

Queens Park leisure centre (**Cervical**)

Thursday, 25th June

Peter Street Community Centre

Spring Covid booster: Who's eligible this year



Adults aged 75 and over (including anyone turning 75 by 30 June 2026)



Residents in care homes for older adults



People aged 6 months and over with a weakened immune system

Booking & key dates

HOW TO BOOK:

- Book online via the **NHS National Booking System**
- Or **call 119** if you can't get online
- You don't need to wait for an NHS invitation

KEY DATES:

- **Appointments available** from April 13
- **Last day to book:** June 29
- **Last appointments:** June 30

Examples of weakened immune system

Organ, bone marrow or stem-cell transplant patients

People on long-term systemic steroids

Those living with HIV

Patients on immunosuppressive or immunomodulating therapy

Anyone undergoing chemotherapy or radiotherapy

People with long-term immunosuppression treatment

Those with blood cancers such as leukaemia or lymphoma

People with genetic immune disorders

Source: NHS

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