

healthwatch

St Helens

October 2025 Newsletter

Hello Healthwatch members. November is Lung Cancer, Pancreatic Cancer and Mouth Cancer Awareness month, along with Movember. Please find information enclosed. 2nd November we have Stress Awareness Day. 9th November is Remembrance Sunday, find out more information by following the link attached. World diabetes day takes place on 4th November, also please take 5 - 10 minutes to complete our survey on diabetes in St Helens - link attached. If anyone would like a paper copy, please contact me. 17th - 23rd November is national self care week. November 20th sees carers rights day. Please also find the living well bus timetable where you can drop in 10am - 4pm for flu, Covid and shingles vaccines. Also a list of where we will be in November if you would like to pop along and see us.



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



Lung Cancer Awareness Month

November is Lung Cancer Awareness Month.

Lung Cancer Awareness Month is an annual observance dedicated to increasing awareness about lung cancer, its risk factors, early detection, and treatment options. This month-long campaign brings together healthcare professionals, organizations, and individuals to educate the public about lung cancer's impact on individuals and families.

Find out more about signs and symptoms, and where you can find information and support. You can also find out how you can make a difference this Lung Cancer Awareness Month.

Find out more: <https://www.macmillan.org.uk/cancer-awareness/lung-cancer-awareness-month>



Pancreatic Cancer Awareness Month – November 2025

Dedicated to raising awareness, supporting research, and advocating for those affected by pancreatic cancer.

Pancreatic Cancer Awareness Month takes place every November, with the aim of increasing public awareness about pancreatic cancer, one of the deadliest forms of cancer. In 2025, it will run from November 1st to November 30th. This month-long campaign focuses on educating the public about the disease, its risk factors, symptoms, and the importance of early detection.

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

Pancreatic Cancer UK

Most people can't name the symptoms of pancreatic cancer. Can you?

Indigestion 	Tummy pain or back pain 	Changes to your poo 	Unexplained weight loss or loss of appetite 	Jaundice (yellow skin or eyes and itchy skin)
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If you have any of these symptoms and you don't know why you have them, go to your GP or contact NHS 111. If you have jaundice, go to your GP or A&E straight away.

Remember that these symptoms could have more common causes.

If you want to know more about the symptoms of pancreatic cancer, we can help.

- 🌐 [pancreaticcancer.org.uk/symptoms](https://www.pancreaticcancer.org.uk/symptoms)
- 📞 Pancreatic Cancer UK Support Line
- ☎ 0800 801 0707 freephone weekdays
- ✉ enquiries@pancreaticcancer.org.uk

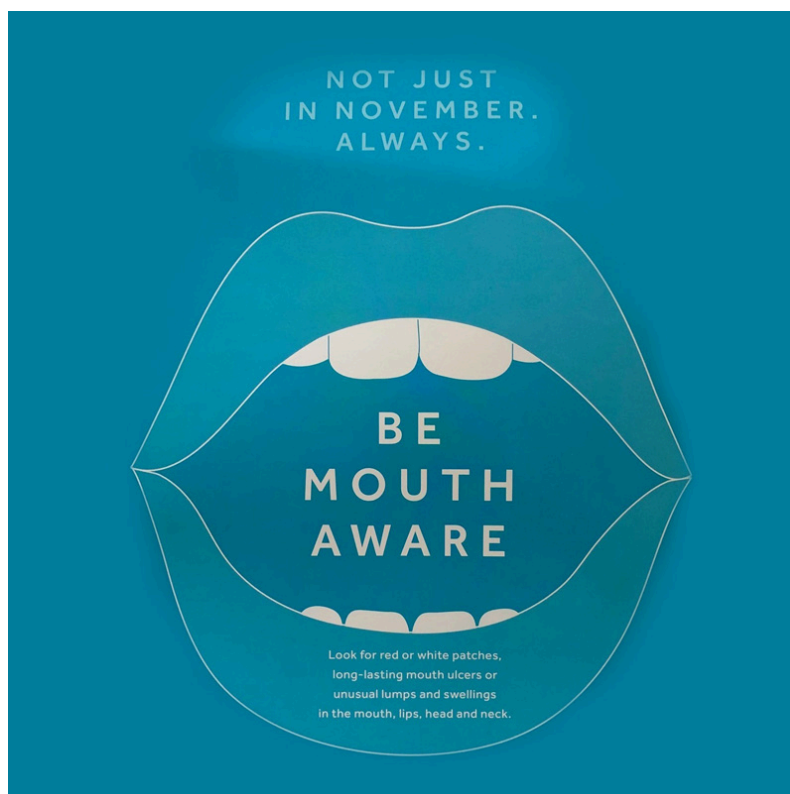


Mouth Cancer Action Month – November

Mouth cancer action month is supported by the Mouth Cancer Foundation and the Oral Health Foundation. Get ready to raise awareness! Contact us to receive FREE mouth cancer information, awareness materials and merchandise.

More information:

<https://www.mouthcancerfoundation.org/>





What is Movember?

Movember is a month-long campaign that encourages men to grow mustaches (or “Mo’s”) and engage in activities to raise awareness about men’s health. It aims to challenge the stigma around men’s health issues, spark conversations, and promote early detection and intervention.

Movember 2025, also known as Men’s Health Awareness Month, is an annual global campaign that encourages men to grow mustaches and participate in various activities to raise awareness about men’s health issues. This month-long event focuses on promoting physical and mental well-being among men, addressing issues such as prostate cancer, testicular cancer, mental health challenges, and suicide prevention. Movember provides a platform for men to discuss their health openly, seek support, and take proactive steps towards a healthier and happier life.

More information: <https://uk.movember.com/>

National Stress Awareness Day

**National Stress Awareness Day
5 November 2025**

National Stress Awareness Day was set up by the International Stress Management Association, with the mission of raising awareness of the effects of psychological distress in the workplace and strategies to address it.

Find out more: <https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/>

Remembrance Sunday 9th November

A number of Remembrance Sunday services will be held across St Helens Borough on Sunday 9 November to honour the servicemen and women who made the ultimate sacrifice in conflicts throughout the 20th and 21st centuries.

Find out more:

<https://news.sthelens.gov.uk/article/14143/Remembrance-Sunday-services-to-be-held-across-St-Helens-Borough>



World Diabetes Day – 4 November 2025

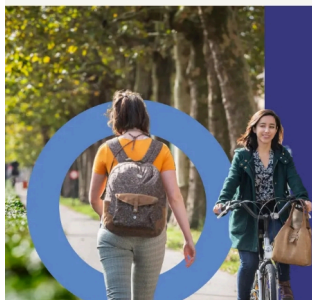
Stigma causes harm. And that's not ok. Because blame and judgement stop people getting the support they deserve.

Last November we started a conversation around diabetes stigma, and hundreds of you shared your stories with us. This World Diabetes Day we'll be launching the next phase of our stigma campaign, starting by challenging some of the common misconceptions and hurtful comments that people with diabetes receive every day. Because it's not just a comment, or a joke. Our words matter.

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

<https://worlddiabetesday.org/>

Know more and do more for diabetes at work



Diabetes and well-being is the theme for World Diabetes Day 2025. The campaign focus for 14 November is 'Diabetes and the workplace.' With appropriate access to care and support for their well-being, everyone with diabetes has the chance to live well.



Please take 5 - 10 minutes to complete our survey on diabetes in St Helens

We are conducting a survey to better understand the availability, accessibility, and effectiveness of diabetes support services in St Helens. Your feedback will help us identify gaps, improve services, and advocate for better resources. This survey is anonymous and will take approximately 5–10 minutes to complete. Eligibility: You can take part if you live in St Helens and either have diabetes or care for someone who does.

<https://www.smartsurvey.co.uk/s/livingwithdiabetesSTH/>

A word cloud containing various terms related to diabetes, including: PANCREAS, CELLS, RESISTANCE, METABOLISM, GLUCOSE, ENDOCRINE, ACUTE, DIABETES, HYPERGLYCEMIA, KETOACIDOSIS, ADULTS, INJECT, SUGAR, RESPOND, INSULIN, MONITOR, WEIGHT, ISLETS, NERVE, SENSITIVITY, CONGENITAL, SYMPTOMS, COMPLICATIONS, PANCREAS, and MELLITUS.

Have you been diagnosed with Diabetes?

How easy is it to get the support you need to safely manage your condition?

<https://www.smartsurvey.co.uk/s/livingwithdiabetesSTH/>

An illustration titled 'DIABETES' showing a hand holding a blood glucose meter, a human silhouette with internal organs, a red exclamation mark, and a line graph.

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National Self-Care Week 17- 23 November 2025 Mind & Body

What is National Self-Care Week?

- Self-Care Week is an annual national awareness week that focuses on embedding support for self-care across communities, families and generations.

The theme is “Mind & Body”

- The Self-Care Forum will promote the wider continuum of Self-Care but focus particularly on physical activity
- The Self-Care Forum has been organising Self-Care Week since 2011

Find out more: <https://www.selfcareforum.org/events/self-care-week/>



Carers Rights Day November 20th

Carers Rights Day is about raising awareness of the rights the UK's 5.8 million unpaid carers are entitled to, and to help them get the support they need and the recognition they deserve.

More information: <https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

Living Well Bus timetable, also Drop in Covid, Flu and Shingles Vaccines 10:00am – 4:00pm

DATE

LOCATION

Wednesday, 5th November

Morrisons Baxters Lane, Sutton

Friday, 7th November

Tesco, Earlestown

Saturday, 15th November

Sutton Family Hub

Tuesday, 18th November

St Phillips Church, Fleet Lane, Parr

Wednesday, 19th November

Rainhill Village Hall (winter well event)

Thursday, 27st November

Peter Street Community Centre



Where we'll be in November

- 5th November Morrisons Baxters Lane, Sutton
- 6th November 10.00-2.00 UTC - The Millennium Centre
- 7th November Tesco, Earlestown
- 11th November 11.00-2.00 Student Health & Wellbeing Events, St Helens College - STEM Campus
- 12th November 10.00-1.00 St Helens Hospital
- 18th November 11.00-2.00 Student Health & Wellbeing Events, St Helens College - Town Centre Campus
- 19th November 10.00-1.00 Rainhill Village Hall (winter well event)
- 19th November 2 - 5 UTC - The Millennium Centre
- 24th November 10.00-1.00 Whiston Hospital

Mobile Pantry

Wednesday 10.30-12.00 Mobile Pantry - Cross Lane United Church

Thursday 10.30 - 12.00 Mobile Pantry - Park Farm Community Centre

Friday 8.45-10.15 Mobile Pantry - Peasley Cross United Reform Church

More dates will be added to the Website as soon as they are confirmed

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