

September 2025 Newsletter

Hello Healthwatch members. The Hope Centre has been awarded funds to deliver NHS MerseyCare's Crisis Café... this is a new project perfectly complimenting other Hope Centre projects, and covers both St Helens & Knowsley. Please see flyer for the new Crisis Cafe 110, October is Breast Cancer Awareness month along with Black History Month. Also, NHS Cheshire and Merseyside has developed a new communications campaign called '[Too Much Blue – Get a Review](#)' - designed to encourage better self-management of asthma in children and young people. Dyslexia Awareness week takes place 6th - 13th October. World Mental Health Day is on 10th October. Jayne and Paula attended the Saints end of season awards, proudly sponsoring Matt Whitley.



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

New Crisis Cafe 110 held at Hope House



CRISIS CAFE 110

TOGETHER WE
CAN BUILD HOPE

- SPACE TO
FIND
SUPPORT
- IMPROVE
YOUR
WELLBEING
- SIGNPOSTING
TO SERVICES

OPENING TIMES: MONDAY TO FRIDAY, 4PM TILL 12 MIDNIGHT
AND SATURDAY AND SUNDAY, 9AM TILL 12 MIDNIGHT.



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110 CRAB STREET,
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**HOPE
HOUSE**



thehopecentre.
ST HELENS
BRINGING LIFE & HOPE TO OUR COMMUNITY



NHS
Mersey Care
NHS Foundation Trust

The Hope Centre is registered in England and Wales as a Registered Charity No. 1103903
and a Company Limited by Guarantee No. 5089663.



October is Breast Cancer Awareness Month

This Breast Cancer Awareness Month, join us in focusing on what matters most: preventing breast cancer before it starts. This year, we're looking at how improving your diet and avoiding alcohol can reduce your risk of breast cancer.

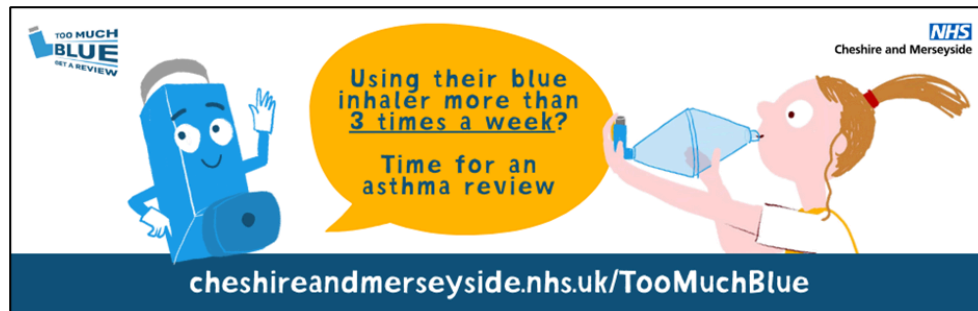
Why diet and alcohol?

Changing what you eat and drink can make a difference to your risk of breast cancer. Prevention starts with everyday choices. We want to empower you with clear, actionable prevention strategies.

Find out more:

<https://www.breastcanceruk.org.uk/breast-cancer-awareness-month/>

Too Much Blue – Get a Review



‘Too Much Blue – Get a Review’ campaign launches to help children and young people manage asthma

A new campaign has launched across Cheshire and Merseyside this autumn to help children and young people better manage their asthma.

‘Too Much Blue – Get a Review’, developed by Beyond, the Cheshire and Merseyside children and young people’s transformation programme, aims to encourage better self-management of asthma through a mix of education, practical tools, and community engagement.

The animation at the heart of the campaign was co-produced with a group of local young people, parents and carers. Their ideas, voices, and experiences have helped to shape the animation, showing how self-management can make a real difference to living well with asthma. Find out more:
<https://www.youtube.com/watch?v=Z4L3klkAwnA>

For children and young people (aged 0-19) across Cheshire and Merseyside, there has been almost a 16% increase over the last two years in asthma attendances to A&E and there has been a nearly 2% increase in the number of A&E reattendances due to asthma.

The campaign will officially launch at an event at Alder Hey Children’s Hospital in the main atrium, from 10am on 8 September. Children, young people, and their families can come along, meet clinical leads, watch the campaign animation, and collect “Too Much Blue – Get a Review” wristbands.

The launch will mark the start of a roadshow of events across Cheshire and Merseyside, and will be supported by landmark buildings across the region ‘lighting up blue’ – beginning with Runcorn Bridge on 8 September.

To find out more about the ‘Too Much Blue – Get a Review’ campaign and find out more about the roadshow events, visit:
www.cheshireandmerseyside.nhs.uk/TooMuchBlue



October is Black History Month

The theme for Black History Month UK 2025 is “Standing Firm in Power and Pride,” a powerful tribute to the resilience, strength, and unwavering commitment to progress that defines the Black community across the globe. This year, the theme highlights the profound contributions made by Black people be they leaders, activists, or pioneers who have shaped history, while also looking towards a future of continued empowerment, unity, and growth.

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

Dyslexia Awareness Week Monday 6 October – Sunday 12 October 2025.



To help us to achieve our goal of a dyslexia friendly society, we work hard to raise awareness of dyslexia and to challenge common misconceptions. The theme for the week will be Dyslexia: Raising the Volume. We will be sharing further details about our plans and how you can get involved over the coming months. In the meantime, you can sign-up for updates direct to your inbox and together we will make #DAW25 the best yet.

Find out more: <https://www.bdadyslexia.org.uk/support-us/awareness-events>



World Mental Health Day 2025 – 10 October

Poor mental health is not inevitable, and World mental Health Day is an opportunity for us all to talk about mental health and consider how, together, we can help everyone have better mental health.

This year's theme set by the World Federation for Mental Health is access to services – mental health in catastrophes and emergencies. The theme highlights the importance of people being able to protect their mental health whatever they're going through, because everyone deserves good mental health.

More information: <https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>



Saints End-of-Season Awards Night – A Celebration of Excellence

We were proud to attend the Saints' End-of-Season Awards this week, an evening filled with recognition, celebration, and community spirit. Among the many standout moments, we were especially thrilled to support Matt Whitley, whose dedication and performance this season have been nothing short of inspiring.

The event showcased the incredible talent and teamwork that define the Saints, and it was a privilege to be part of such a memorable night.

Congratulations to all the award winners!



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

DATE

LOCATION

Friday, 3rd October

Tesco, Earlestown

Tuesday, 7th October

Town Centre

Thursday, 9th October

Chain Lane Community Centre

Tuesday, 14th October

Foundry Wharf, Atlas Street

Monday, 20th October

Chester Lane Library

Tuesday, 21st October

Town Centre

Friday, 31st October

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

Where we be in October

- **2nd October 10.30-12.30 Clair's Parents Meeting**
Parents ADHD Support Group - The Millennium Centre
- **3rd October 10.00-4.00 Wellness Bus - Tesco Earlestown**
- **7th October 10.00-1.00 UTC - The Millennium Centre**
- **7th October 1.30 - 4.00 Wellness Bus - Town Centre**
- **9th October 10.30 - 12.00 Mobile Pantry - Park Farm Community Centre**
- **9th October 1.00-4.00 Wellness Bus - Chain Lane**
- **13th October 10.30-12.00 Mobile Pantry - Cross Lane United Church**
- **14th October 10.00-12.30 Wellness Bus - Foundry Warf, Atlas Street**
- **18th October 10.00-2.00 UTC - The Millennium Centre**
- **20th October 1.30-4.00 Wellness Bus - Chester Lane Library**
- **21st October 10.00-1.30 Wellness Bus - Town Centre**
- **21st October 2 - 5 UTC - The Millennium Centre**
- **23rd October 10.00-2.00 St Helens Hospital**
- **27th October 10.00-2.00 Whiston Hospital**
- **28th October 10.30-12 Mobile Pantry - Sutton Family Hub**
- **30th SIDN Market Place The Hope Centre**
- **31st October 8.45-10.15 Mobile Pantry - Peasley Cross United Reform Church**
- **31st October 11.00-4.00 Wellness Bus - Tesco Earlestown**

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