

September 2026 Newsletter

Welcome to Our September Update

Hello Healthwatch Members. Welcome to our September update. We are pleased to share the latest news, events, and opportunities from across St Helens and the wider community.

Healthwatch St Helens Talking Therapies Survey

Healthwatch St Helens is currently carrying out an independent survey on **Talking Therapies**. If you have used this service, we would be grateful if you could spare five minutes to complete the survey and share your experiences. Your feedback will help us understand what is working well and identify areas where improvements may be needed.

Healthwatch St Helens Outpatient Appointment Access Survey

Healthwatch St Helens is running an **Outpatient Appointment Access Survey** to better understand how easy it is for local people to attend their outpatient appointments. We would be grateful if you could spare a few minutes to share your experiences with us. We want to hear about your experiences, including any challenges you face and what changes could make appointments easier to access. Your feedback will help shape improvements to local health services and ensure patient voices are heard.

Awareness Campaigns This October

October is packed with important awareness campaigns and opportunities to learn, support others, and get involved:

- **Breast Cancer Awareness Month** takes place throughout October, helping to raise awareness of breast cancer, promote early detection, and support those affected by the condition.
- **Black History Month** is celebrated throughout October, recognising and celebrating the achievements, contributions, and history of Black communities.

Awareness Campaigns This October Continued:

- **Dyslexia Awareness Week** runs from **5th to 11th October**, raising awareness and understanding of dyslexia and supporting those with the condition.
- **World Mental Health Day** takes place on **10th October**, encouraging conversations about mental health and wellbeing and highlighting the importance of support for everyone.

Over The Rainbow

Please see the attached flyer for information about **Over The Rainbow** and the support and activities available.

Volunteers Needed - SOBS

SOBS (Survivors of Bereavement by Suicide) is currently looking for volunteers to help support its valuable work within the community. Volunteering can be a rewarding way to make a positive difference to people affected by suicide loss while gaining new skills and experience.

Please see the attached information for further details on the volunteer opportunities available and how to get involved.

Living Well Bus

The **Living Well Bus** continues to provide local residents with access to information, advice, and health and wellbeing support. Please see the timetable included in this newsletter for details of upcoming dates and locations.

Share Your Experience

If you have any patient experiences you would like to share with us, please visit our website and complete the "**Have Your Say**" webform:
www.healthwatchsthelens.co.uk

Your feedback helps us understand local health and social care services and ensures that the voices of local people are heard.

Thank you for your continued support. We hope you find this newsletter informative and useful.

Best wishes,
The Healthwatch St Helens Team

Share Your Experience of Talking Therapies in St Helens

Have you used the Talking Therapies service in St Helens? If so, Healthwatch St Helens would like to hear about your experience.

Talking Therapies providers are continually looking for ways to improve and develop their services, and your feedback can help shape future support for local people. Whether your experience was positive or there were areas where you feel improvements could be made, we want to hear from you.

By taking a few minutes to complete our survey, you'll be helping us to understand what is working well and where changes may be needed.

Your views matter and all feedback will be treated confidentially.

👉 Complete the survey today and help improve Talking Therapies services in St Helens.

<https://www.smartsurvey.co.uk/t/PPHGNH/>

Have you used the **Talking Therapies** service in *St Helens*?

Your experience can help shape and improve mental health support in our community.

It's ok to talk

Thank you!

Share your views
Your voice matters.

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St Helens

Have Your Say: Outpatient Appointment Access Survey

Healthwatch St Helens want to hear about your experience of attending outpatient appointments. Whether your appointment was at a hospital, clinic, or community healthcare setting, we would like to understand how easy or difficult it was for you to access the care you needed.

If you have attended an outpatient appointment recently, please take a few minutes to complete the survey and share your views.

Your experience matters and could help improve services for everyone in St Helens.

Your feedback will help us identify any barriers people face when attending appointments, such as transport, appointment times, communication, accessibility, or other practical challenges. By sharing your experiences, you can help improve services and make outpatient care more accessible for everyone.

👉 Complete the survey today and help improve access to outpatients appointments.

<https://www.smartsurvey.co.uk/t/4IH826/>



The poster features the Healthwatch St Helens logo at the top left. Below it, the text reads: 'Healthwatch St Helens want to know how easy it is for you to attend outpatient appointments.' To the right of this text is a photograph of a healthcare professional in blue scrubs talking to a patient. Below the text is a green banner that says 'Your feedback can help services to improve.' Underneath this banner are five circular icons with labels: a bus for 'Getting there and transport', a clock for 'Appointment times and waiting times', a wheelchair for 'Access and facilities', a group of people for 'Information and communication', and a heart for 'Your overall experience'. At the bottom, there is a section titled 'Share your views today!' with the instruction 'Complete our short survey online:' followed by the URL 'https://www.smartsurvey.co.uk/t/4IH826/'. To the right of the URL is a QR code with the text 'Scan me to take part' and an arrow pointing to it. Below the URL, it says 'It only takes a few minutes!' with a clock icon. At the very bottom, there is a dark blue footer with the text 'Local voices improving local care', the website 'www.healthwatchsthelens.co.uk', and the social media handle '@HealthwatchStHelens'.

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Healthwatch St Helens
want to know how easy
it is for you to attend
outpatient
appointments.

♥ Your feedback can help services to improve.

- Getting there and transport
- Appointment times and waiting times
- Access and facilities
- Information and communication
- Your overall experience

Share your views today!
Complete our short survey online:
<https://www.smartsurvey.co.uk/t/4IH826/>

It only takes a few minutes!

Scan me to take part

Local voices improving local care
www.healthwatchsthelens.co.uk
@HealthwatchStHelens

Carers Cafe

at Hollins Park Hospital

Come and join us for the opportunity to meet other carers, take time out for yourself and get information and advice to support you in your caring role.

- Spend time with other carers
- Chat to staff from the Carer Engagement Team and Warrington Carers Hub
- Take part in an art and craft activity
- Enjoy a hot drink and a slice of cake.

**Second Monday of every month
1pm until 3pm**

Creative Therapy Room, Hollins Park Hospital,
Hollins Lane, Winwick, WA2 8WA

For further information please contact
the Carer Engagement Team on
01925 972 801 or carers@merseycare.nhs.uk

Scan the QR code to give feedback about your role as a carer.
If you require a paper copy please speak to a
member of the Carer Engagement Team.



Breast Cancer Awareness Month: Early Detection Saves Lives

October is **Breast Cancer Awareness Month**, a global campaign dedicated to raising awareness of breast cancer, promoting early detection, and supporting those affected by the disease. Breast cancer is one of the most common cancers affecting women, although men can develop it too. Raising awareness helps people recognise the signs, seek medical advice promptly, and access support when needed.

Know Your Normal

Being breast aware means regularly checking your breasts or chest and being familiar with what is normal for you. Contact your GP if you notice any unusual changes, such as:

- A new lump or thickening
- Changes in breast size or shape
- Dimpling or changes to the skin
- Nipple discharge or changes to the nipple
- Persistent pain in the breast or armpit

Early diagnosis can significantly improve treatment outcomes and survival rates.

How You Can Get Involved

This October, you can show your support by:

- Wearing pink to raise awareness
- Taking part in fundraising events
- Sharing reliable breast health information
- Encouraging friends and family to attend screening appointments when invited
- Supporting people living with and beyond breast cancer

Together, we can help increase awareness, encourage earlier diagnosis, and provide support to those affected by breast cancer.

For more information, visit: <https://www.breastcanceruk.org.uk/get-involved/campaign-with-us/breast-cancer-awareness-month/> _

Breast Cancer Now: <https://breastcancernow.org/get-involved/breast-cancer-awareness-month>

Remember: Check your breasts regularly. Know what's normal for you. If something doesn't feel right, speak to your GP.



Black History Month

Black History Month 2026

October marks Black History Month, a time to celebrate the achievements, contributions and rich heritage of Black communities across the UK. This year's theme, "Honouring Our Communities," recognises the people, organisations and networks that help shape, support and strengthen our communities every day. It is an opportunity to learn, reflect and promote equality, diversity and inclusion while recognising the important role Black individuals have played throughout history and continue to play today.

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



Dyslexia Awareness Week 5 to 11 October

Dyslexia Awareness Week 2026

Dyslexia Awareness Week takes place from **5 to 11 October 2026**. This year's theme, "**Dyslexia in Real Life: At Work,**" highlights the experiences of dyslexic adults in the workplace and raises awareness of the barriers they may face in recruitment, communication and career progression. The campaign also celebrates the valuable skills, strengths and unique perspectives that dyslexic people bring to organisations and communities.

By increasing understanding and promoting inclusive practices, we can help create environments where everyone has the opportunity to thrive.

More information: <https://www.bdadyslexia.org.uk/support-us/awareness-events>



World Mental Health Day

10th October

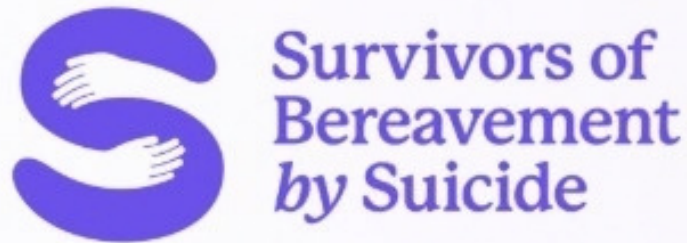
World Mental Health Day 2026

World Mental Health Day is observed on 10 October each year to raise awareness of mental health and encourage people to seek support when they need it. The 2026 theme, "**Lived Experiences Heard: Real Voices, Real Change**," highlights the importance of listening to and learning from the experiences of people living with mental health challenges.

It's a reminder that talking about mental health, reducing stigma and supporting one another can make a real difference.

World Mental Health Day is a global observance that highlights mental health as a universal human right and calls for action to ensure everyone can access quality care. It draws attention to the reality that one in eight people live with a mental health condition, often facing stigma, discrimination, and inadequate treatment. The day serves as a platform to raise awareness, confront systemic barriers, and promote inclusion, dignity, and community-based support worldwide.

Find out more: <https://www.mentalhealth.org.uk/our-work/campaigns/world-mental-health-day>



Volunteers needed

Volunteers are needed to help with the sustainment of St Helens Survivors of Bereavement by Suicide group.



St Helens Merseyside

VOLUNTEERS NEEDED

Have you been impacted by suicide loss and would like to help others?

We are looking for empathetic volunteers to support those bereaved by suicide



APPLY NOW
via the QR code

For more information please contact Korin:
north.coordinator@uksobs.org



Survivors of
Bereavement
by Suicide

OTR

Over the rainbow



What is OTR?

Over the Rainbow is a part social, part support group for young people aged 13-17 years (up to 18 if you have additional needs) who identify as Lesbian, Gay, Bisexual or Trans*, questioning or unsure of their sexuality or gender identity. We run a closed confidential youth group based in St Helens, Merseyside.

When and where is the group?

The group meets once a month, 5:15 PM till 7:00 PM in St Helens. We do not advertise the location of the group to ensure all our young people are safe. Once you have been registered you will be told the location of the venue.

How do I access the group?

Just contact the team by whats app, email or complete the registration form by scanning the QR code. The team will get on touch and complete your registration.

SCAN
HERE



Text or WhatsApp 07826876484



shealth.improvement@merseywestlancs.nhs.uk



Living Well Bus -10:30am - 4:00pm



DATE

LOCATION

2 nd October	Chester Lane Library
6 th October	St Philips Church, Parr, St Helens, WA9 2NQ
17 th October	Tesco, Earlestown
21st October	Salvation Army, Tickle Avenue, Parr, WA9 1RS
22 nd October	Peter Street Community Centre, WA10 2EQ
30 th October	Colliers Croft, 161 Clipsley Lane, St Helens, WA11 0JG

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