

healthwatch

April 2024 St Helens

Hello Healthwatch members

In our newsletter this month you will see some information on Dementia Action Day, spring Covid-19 vaccinations, Listen4 Change parent carer forum and links to support children and young people with stress of exams.

This will be the last month we include our questionnaire for young people to have their say on the Mental Health Services in St Helens so please share the link.

Dementia Action Day

A FREE drop-in event for...

- People living with dementia and their carers
- Organisations working with and for people with dementia
- Anyone interested in finding out more about the condition
- Speakers throughout the event

Details

Date: 15th May 2024

Time: 11am-3pm

Location: Portico Rugby Club, Scholes Lane, Saint Helens, WA10 3PD

Free Accessible parking is available onsite.

- There will be an exhibition area, guidance and support, and lots more.
- Refreshments will be provided.
- No booking required!

Are you worried about your memory?

Do you want to learn more about Dementia?

Come and have a chat with lots of services, all here to support you!

For more information, contact the team on:
sthelens@alzheimers.org.uk
0151 420 8010



For more information about Alzheimer's:

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

COVID-19 spring vaccine



Cheshire and Merseyside

COVID-19 spring vaccine bookings to open for Cheshire and Merseyside residents

People at increased risk from COVID-19 in Cheshire and Merseyside are being encouraged to book in for their spring vaccine as the NHS National Booking System opens.

Eligible people include those aged 75 or over (on 30 June 2024), people with a weakened immune system and those who live in an older adult care home, who are all more likely to have severe illness if they catch the virus.

They are being urged not to wait to be invited for their top-up protection, but instead book as soon as the booking service goes live on Monday, 15 April.

Walk-in vaccination sites:

<https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/find-a-walk-in-covid-19-vaccination-site/>

Book an Appointment:

https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/book-covid-19-vaccination/?wt.mc_id=eva1_298_Spring_letters

Young Person Mental Health Survey



At Healthwatch St Helens, we know there is a lot of work going on across Cheshire & Merseyside, around finding out about young people accessing mental health services. We want to make sure we find out what our local young people have to say.

<https://www.healthwatchsthelens.co.uk/young-person-mental-health-survey>





Listen4Change

Listen4Change are a group of volunteer parents carers who work with the Local Authority, NHS Integrated Care Board, education, health and other service providers to make sure the services that they plan and deliver meet the needs of children and young people with SEND and their families.

Listen 4 Change is an active forum with passionate and committed members who want to work with local service providers to ensure they meet the needs of local families. We are supported by Contact, are part of NNPCF and have strong links with local parent carer support and play groups and a range of other organisations supporting local families.

Listen 4 Change would like to invite you to their parent carer coffee events!

This is a great opportunity to meet other parent carers of children and young people with SEND in a relaxed setting. Let us know what is working well for your child/young person and what improvements need to be made. We raise your views in our regular meetings with service providers.

Coffee Morning:

When: Friday 10th May 2024, 10.00am – 12.00pm

Where: Wonderland Community Centre C.I.C., Reflection Court, Canal Street, St Helens WA10 3JQ

Coffee Evening

When: Tuesday 21st May 2024, 6.30-8.00pm

Where: Wonderland Community Centre C.I.C., Reflection Court, Canal Street, St Helens WA10 3JQ

For more information:

<https://listen4change.uk/>

Exam Stress

May & June are the months when many of our children & young people have important tests and exams.

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress.

It's normal to feel stressed and on edge about exams. Stress is your body's natural response to pressure. It can help you focus and get things done, but sometimes it can all get a bit much.

See the following links for useful tips to manage exam stress:

<https://www.bbcchildreninneed.co.uk/changing-lives/supporting-young-people-with-exams/>

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

<https://www.gov.uk/government/publications/resources-for-managing-assessment-related-anxiety/resources-for-managing-test-related-anxiety>

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>

Support after Suicide

Survivors of Bereavement by Suicide (SOBS)

SOBS is a national self-help organisation which offers confidential support to adults (i.e. people over 18) who have been bereaved by suicide. Support is provided by volunteers through the helpline, by email and through local groups.

The helpline is open 9.00am-9.00pm Monday to Friday, call 0300 111 5065.

For more information:

<https://uksobs.com/how-we-can-help/support-groups/st-helens/>

Amparo

Amparo is a local support service for people bereaved by suicide. The service aims to ensure that people bereaved, or affected by suicide are connected into existing local support services quickly. The service operates in St Helens and across most of Cheshire and Merseyside.

People who've been bereaved can contact the service directly by ringing 0330 088 9255, or emailing amparo.service@listening-ear.co.uk, or they can self-refer into the Amparo service.

For more information:

<https://amparo.org.uk/>

Support After Suicide Partnership

The booklet "Help is at Hand"

<https://supportaftersuicide.org.uk/resource/help-is-at-hand/>

offers both emotional & practical support to people bereaved or affected by suicide. There's also a pocket guide, or z-card which accompanies the booklet. Both were written by people bereaved by suicide with support from Public Health England & the National Suicide Prevention Alliance.

Please forward them to anyone you think they might be useful to.

For more information:

<https://supportaftersuicide.org.uk/>

Telephone: 0300 111 0007

Email: info@healthwatchsthelens.co.uk

If you'd like to receive this newsletter by email, please contact us on the details above.