

# healthwatch

January 2024 St Helens

Hello Healthwatch members

Happy New Year! We have jumped into January feet first and have been busy touching base with lots of GP surgeries, looking for feedback from both patients and professionals.

We have also been visiting Whiston Hospital and St Helens Hospital on a monthly basis collecting experiences from patients attending appointments. If you see us, come and say hello!

In our newsletter this month you will see some information on Advocacy Focus who are a funded service in St Helens. As well as an ask for you to give ideas to St Helens Public Team for a men's wellbeing programme.

## Advocacy Services in St Helens

advocacy  
focus

Do you know about Advocacy Focus? They deliver a range of advocacy support to people in St Helens.

Healthwatch advocates can only support you to make a formal complaint about an NHS service, so Advocacy Focus might be able to support you where we can't. You can self-refer or we can make a referral on your behalf.

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

# Would you like to volunteer for Healthwatch?

## VOLUNTEER



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

## 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.





In females in the UK, cervical cancer is the 14th most common cancer, with around 3,200 new cases every year. The cancer is fatal for one-quarter of those.

Worryingly, overall cervical screening uptake has been dropping year-on-year in England:

- In 2023, NHSE's data showed that about 4.6 million people aged 25 to 64 in England (or 30%) – amounting to the highest proportion in a decade – have never been screened for cervical cancer or haven't taken up their latest invitation to book appointments for screenings.
- Younger age groups (25-39) were less likely to have taken up screening than those aged 50-64.

### Share your story

If you recently had a cervical screening or have decided not to attend one, we'd love to hear from you.

<https://www.healthwatch.co.uk/have-your-say>

# Helping to improve Men's Mental Health in St Helens



St Helens Public Health team are doing some work around improving mental health in men. They want you to help them work out what an effective men's wellbeing programme should look like.

If you, or anyone you know, were to attend a project like this, what would you want to see on offer? Would there be any key things you would want included? Any training, certain activities or improved access to mental health support/other services?

Please email Matthew Thompson with your ideas and suggestions on [MatthewThompson@sthelens.gov.uk](mailto:MatthewThompson@sthelens.gov.uk)

**Telephone: 0300 111 0007**

**Email: [info@healthwatchsthelens.co.uk](mailto:info@healthwatchsthelens.co.uk)**

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