

Monthly Newsletter - January 2018

Hello Healthwatch members

We hope this newsletter finds you all well and you all had a lovely Christmas break.

Do you have an email address but still receive our monthly newsletter by post? Sharing your email address with us means you can get information quicker and it helps cut down on our costs too.

Sometimes we receive information about events and consultations at the last minute and we can get it out to you in time for you to take part if we can contact you by email. We can also send out information and surveys that are only accessible online.

To tell us you want to receive information in future by email please get in touch at:
info@healthwatchsthelens.co.uk.

NHS St Helens Clinical Commissioning Group (CCG) is working with Lime Grove Surgery on their proposal to close Ashton Green Branch Surgery.

If you have any feedback could you provide to them no later than 25th February 2018 so that they can include when reviewing the proposal.

You can provide feedback by either phoning: 01744 457293 or emailing:
engagement@sthelensccg.nhs.uk

If you would like any further information please do not hesitate to contact a member of the team on the number above.

The Hope Centre Training Provision for January 2018 is now out. For more information on the courses being run please ring: 01744 26414 or go to:

www.hopecentre.org.uk

Don't forget that you can call us on 0300 111 0007 to tell us anything about health & social care in St Helens, compliments or concerns, in confidence - we need your views and experiences! Also please contact us if you would like our Outreach Officer to come out and speak to your group.

Follow us on Twitter @HWStHelens or log on to our website,
www.healthwatchsthelens.co.uk, for more information.

Talkfest Winter

The NHS Faces challenges every day, especially in the winter months. They want to make sure that the way they deal with these pressures works for local people and helps to tackle the challenge of cost and demand. They want to talk to you about:

- Antibiotics - Bugs are becoming more resistant to antibiotics because we use them a lot even when we don't need them.
- Pharmacy - Did you know you can use your pharmacy for advice on lots of health issues?
- Emergency & Urgent Care - How do we make sure that everyone knows how and when they should use A&E, 111, Walk-in Centres and other NHS services?
- Caring for Yourself - Most illnesses which are common in winter like cold and flu are best cared for by yourself at home - but do you know how to do this?

Whilst the role of the NHS is to work on tackling these issues, they want to hear your ideas and questions about how we can all work together to help reduce some of the pressures.

Join in the conversation at the Talkfest debate:

What: we will be holding a live question-time style debate to discuss winter issues in St Helens. There will be expert panellists from Emergency & Urgent Care, pharmacy, GP, and other local non-profit organisations.

When: Thursday 25th January 2018.

Time: 5.00pm-6.30pm (5.00pm-5.30pm registration, debate goes live at 5.30pm-6.30pm)

Where: St Helens College, Water Street, St Helens, Merseyside WA10 1PP

If you can't make the debate, but would still like to ask the panel a question, get in touch on: 01744 627596 or email: engagement@sthelenscg.nhs.uk



Healthwatch St Helens are holding a 'Where would you choose?' workshop at the Talkfest event on Thursday 25th January 2018.



We will be looking at case studies of people who have an issue with their health that they need to seek treatment or advice for and talking about what choices they could make.

Join us in the foyer St Helens College between 4pm and 5pm.

Come and join in the conversation about getting it right for your treatment needs. Call us on 0300 111 0007 or email: info@healthwatchsthelens.co.uk to tell us you are coming along.



If the person you are dealing with carries a card like this or has a keyring, they have a medical diagnosis of Autism or Aspergers Syndrome and should be treated as a vulnerable person as defined by PACE (1984)

They may show the following:

- Extreme anxiety due to being in an unfamiliar situation.
- Unusual or threatening behaviour.
- They may speak in a monotone or repeat words and phrases back to you.
- They may have sensory issues and react to noise, lighting, smells and touch.
- They may appear to understand what you are saying, but their social communication difficulties will mean that their perception is different to yours.
- They decode words literally and will not understand abstract language.

You will find detailed information about how best to deal with this person at www.cheshireautism.org.uk/attentioncard

Apply today:

To apply for an attention card go to the above website and print out the application form on two sheets of paper as the form needs to be scanned and if printed back to back the information isn't as clear. Don't forget to send proof of diagnosis too. Also put as much information as possible in the details box.

When you apply for an Attention Card you are given the option for the applicant's difficulties to be recorded onto Cheshire or Merseyside Police's intelligence system. This means that in an emergency, irrespective of whether they are carrying the card or Autism Code Keyring, the issues they have will be acknowledged, and appropriate support given.

This is incredibly beneficial for children, teenagers and adults, and is free and will hopefully gain you some help and support or empathy.

Listening Event on Community Nursing

Tuesday 20th February 2018 at the Beacon Building, College Street, St Helens.
Registration from 10am - start time 10.30 am till 12 noon.

Come along to our listening event to find out about Community Nursing Services in St Helens and share your own experiences and views.

We want to know what works well and what could be improved.

Professor Sarah O'Brien, Chief Accountable Officer for St Helens CCG will give a brief overview, and a representative from the Community Nursing service will be on hand to answer your questions.

To book your place please contact Debbie on: 0300 111 0007
or email: deast@healthwatchsthelens.co.uk



New Men's Group Starting Up

Chris Charles & Neil Morris have been successful with funding to start a free weekly men's group at Parr Mount Court for 12 weeks. They have set up a variety of successful men's groups in the St Helens Area. The project is funded by the Mersey Forest.

The project will be based around photography, the green environment, trips out to local places of interest and general discussion about things that matter to men. It will improve your wellbeing. You can take your own camera or one will be provided. It will run for 12 weeks.

First session starts on Thursday the 8th February at 1.30pm - 3.30pm. Why not just go along to the first session? If it's not for you, at least you have given it a chance.

To find out more or reserve a place contact Nikki Wilkinson on 07919 217483 or email nichola.wilkinson@wearetorus.co.uk

Address for sessions: Parr Mount Court Extra Care Scheme, Fingerpost, St Helens, WA9 1AS - Tel: 01744 677302



Age UK Mid Mersey

The Mansion House, St Helens is pleased to announce its first Black Tie Fund Raising Event.

The Event will take place on Friday 18th May 2018 at 7.30pm - Late.

Live entertainment from Rain, raffle, auction, drinks reception and a hot buffet - Ticket price is £20.

For more information contact Andrea Thomson on 01744 752644 or email: andreathomson@aukmm.org.uk



Young Carers Awareness Day - How to Get Involved

Thursday 25th January 2018 is a day of recognition for the 700,000 young carers in the UK.

What everyone can do:

- Text YCAD17 £5 to 70070 to donate to Carers Trust and support vital services for young carers.
- Visit Carers.org to find out more about young carers.
- Visit Carers.org/ycad for more information.

For more information, contact press@carers.org

