

Hello Healthwatch members

We hope this newsletter finds you all well and looking forward to better weather.

Hold the Date! We are holding a 'Making the Right Choices' Event on Thursday 14th June 2018 at The Totally Wicked Stadium.
More information to follow in the April newsletter.

The Law Is Changing

From 25th May 2018, for organisations to keep in touch, you must complete a consent form.

In simple terms, Healthwatch St Helens needs to get confirmation that you are happy for us to contact you.

If you want to make sure we can keep in touch with you, please make sure you complete our consent/newsletter sign up form now:

If you don't do this before 25th May, you will not receive this newsletter or any other types of communication from us.

<https://www.haltonsthelensvca.org.uk/healthwatch-st-helens-newsletter-sign>

Sign Up Before 31st March to be entered into a prize draw for a £25 gift voucher of your choice.



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.

Come and talk to us about your experiences of mental health services

Who is this for?

If you, a relative, friend or someone you care for has used mental health services in St Helens, we want to give you the chance to tell us what you think.

Why are we doing this?

Some of our local councillors have asked for our support to try and find out what local people think about the mental health services being provided in the borough.

We need your honest feedback on the services you or someone you know have used so that we can identify what works well and what needs to be improved.

There will be no mental health providers there on the day so you can talk freely and openly about your treatment and care.

Light refreshments will be provided.

Come along on: Thursday 15th March 2018
The Beacon Building, College Street, St Helens, WA10 1TF.

12 noon - 2 pm

Registration and refreshments from 11.30 am

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



What do children and young people think of their experience of meeting with the GP/Family Doctor?

St Helens Young Advisors have been commissioned to find out what our children and young people think of their experience of meeting with their GP/Family Doctor.

To aid them in bringing about change, they would like as many children/young people to respond as possible.

<http://www.surveymonkey.co.uk/r/S9XPYT5>

Deadline for replies is Thursday 5th April 2018.

If you would like more information on this survey, or would like a copy of 'How can GPs meet the needs of Young People', then please contact Helen Sharratt on 01744 671866 or email: helensharratt@sthelens.gov.uk

A big thank you from St Helens Young Advisors



Care Quality Commission Adult Social Care Campaign 2018 #CareAware

On the 27th February the CQC launched their adult social care campaign targeting people choosing adult social care, for themselves or others in England and this campaign will last for four weeks.

About the campaign: #CareAware

Their new national campaign, aims at raising aware of CQC among people choosing adult social care, for themselves or others. They want more people to be aware that if they are choosing home care or a care home, they can help them make that decision. They also want to encourage more people to download their independent reports to compare options before choosing a care home.

A consumer survey they recently commissioned has highlighted that choosing adult social care in England, whether that's choosing a care home or a provider to arrange care in the home, is one of the biggest sources of stress compared to other key life events.

Further information:

For more information on the campaign contact: Jay Harman, Senior Public Engagement Officer, Care Quality Commission on 0115 873 6256; email: Jay.Harman@cqc.co.uk or visit the campaign page on the CQC website: www.cqc.org.uk/careaware

Posters4health - Calling all Students and Schools

Design a poster on any aspect of "Healthy Me" or "5 Top Tips for Staying Healthy"

Closing date: Wednesday 18th April 2018. Entrants must be between 4 and 18 years old. Categories: -7 years, 8-11 years, 11-15 years, 16-18 years.

The poster should be A4 size (21cms x 29.7 cms) either in portrait or landscape orientation. There will be 1st, 2nd and 3rd prizes in each age group (£20, £15 and £10 respectively).

The winners will be presented with their book token prizes on Saturday 12th May 2018 at 'Healthy in St Helens' in St Helens Parish Church, Church Square, St Helens, WA10 1AF.

This will be followed in late May/June 2018 by a Civic Reception given by the Mayor of St Helens at the St Helens Town Hall for the winners and their families.

Please send entries to:

The Rotary Club of St Helens, c/o The Mercure St Helens Hotel, Linkway West, St Helens, WA10 1NG.

For more information contact Colin Ince on: colin18270@blueyonder.co.uk

Please remember to include the title of the poster, your name and contact details on the back of your poster.



Need URGENT Dental Care?

Local dental providers offer NHS Urgent Dental Clinics across Cheshire and Merseyside, with urgent appointments for patients who need urgent treatment, advice and support on dental queries or referral to other services.

If you need help with an urgent dental problem, call the Helpline, available from 9am to 9.30pm every day, including weekends and Bank Holidays.

Dental telephone: 0161 476 9651 (local rate)

Please note: this is an appointment only service - they do not operate a 'drop-in' service at any of their surgeries.



St Helens Memorial Service for those affected by suicide

The event will be held at:

Saints Totally Wicked Stadium
7.30pm - 9.30pm
Wednesday 28th March 2018

The event is being hosted by Listening Ear's AMPARO and St Helens partners, ensuring all who have been affected by suicide are fully supported and are able to feel connected to their community.

If you would like to attend the memorial service, visit <https://www.listening-ear.co.uk/Event/st-helens-memorial-service> to book your place.

For further information contact Lynn Saunders on 0300 300 0103
email: lynnsaunders@sthelens.gov.uk.



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: <https://www.haltonsthelensvca.org.uk/healthwatch-st-helens-newsletter-sign>

Remember the law is changing. If you do not sign up to Healthwatch St Helens then you will not receive this newsletter and could be missing out on something that is important to you!