

Monthly Newsletter - February 2018

Hello Healthwatch members

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

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>

NHS St Helens Clinical Commissioning Group are pleased to announce that Sarah O'Brien has been offered the role of Strategic Director of People's Services at St Helens Council alongside her role as the CCG Clinical Accountable Officer. This joint appointment is the first step in the establishment of an executive structure to support local integration and a crucial step in their Local Care System.

Hold the Date! We are holding an Access to Mental Health Services Listening Event on Thursday 15th March 2018 at The Beacon 11.30 am refreshments for a 12 noon start
More information to follow in the March newsletter.

Footsteps for Families now have a new website address:
www.footstepsforfamilies.org.uk and their email address is
info@footstepsforfamilies.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.

Listening Event on Community Nursing

There's still time to reserve a place!

Tuesday 20th February 2018 at the Beacon Building, Colledge 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



Refreshments available

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

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:

<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.

NICE (National Institute for Health & Care Excellence) are looking for Lay Members to join the rehabilitation in people with severe and enduring mental illness guideline committee

Closing date: 5pm on Monday 19th February 2018 - Time commitment: 2 years

They are looking for people with an understanding of severe and enduring mental illness, whether through personal experience or as an advocate or unpaid carer.

For more information on the role and how to apply, please visit:

<https://www.nice.org.uk/get-involved/join-a-committee/lay-member-rehabilitation-in-people-with-severe-and-enduring-mental-illness-guideline-committee>

Any questions should be addressed to Erin Whittingham (NICE) at erin.whittingham@nice.org.uk or 0161 870 3022



Attention! A&E is for life-threatening illnesses and injuries only!

Do you know about all the different places you can go and all the services available to you for all your health care needs.

You do not need to use A&E unless you have an emergency!

GP Surgery:



Your family doctor (GP) is responsible for providing care to you during normal working hours, Monday to Friday 8.00am to 6.30pm (excluding bank and public holidays). GP Out of Hours Services provide health care for urgent medical problems outside normal surgery hours.

Pharmacy:



Most people are a 15 minute walk to a pharmacy. Your pharmacist can give you advice on many common illnesses, such as diarrhoea, minor infections, travel advice or sore throats.

NHS 111:



Dial 111 - If you urgently need medical help or advice but it's not a life-threatening situation. You can also call 111 if you are not sure what service you need.

NHS Walk-In Centres:



Visit a walk-in centre or urgent care centre if you have a minor illness or injury (cuts, sprains, suspected fractures etc).

Self-care:



Some injuries can be dealt with at home. This is called self-care and examples of these ailments include: grazed knees, coughs and colds etc.

A&E:



An A&E department (also known as emergency department or casualty) deals with genuine life-threatening emergencies, such as, loss of consciousness, heart attacks and major accidents.

Your nearest NHS Walk-In Centre:

St Helens NHS Walk-In Centre, Millennium Centre, Corporation Street, St Helens, WA10 1JH

Tel: 0174 627400

The Walk-In Centre is usually open between 7.00am - 10.00pm, 365 days a year. If in doubt about the services they offer, or opening times, please give them a ring.

By choosing the most suitable service for you, it helps the A&E team to deal with the patients most in need. If you are not sure where is best for you, then call 111.

For more information on the services available locally, visit the NHS Choice website:

www.nhs.uk



#MAKETHERIGHTCALL

Fun Charity Quiz in aid of Autism & Asperger Society

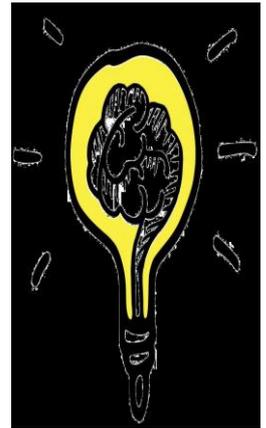
Friday 2nd March 2018 at 7pm

At The Unison Sports & Social Club, Bishop Road, WA10 6SX

£5 ticket price - includes Quiz, Buffet, Entry into mystery raffle

For more information or to buy tickets, contact:

- Phone: 01744 362260
- Email: contact@theautismark.org
- Facebook.com/AutismAspergerSociety
- Or drop into the hub: 34 Hall Street, St Helens, WA10 1DL
(Monday, Wednesday, Friday & Saturday - 10am-2pm)



Community Support Centre Drop in Service - Safe Haven Café

Monday to Friday - 11.00 am to 3.00 pm

Vee's Place, Church Building, 80 Kemble Street,
Prescot, L34 5SF



They are developing a 24 hours community support centre for anyone who has been discharged from hospital, suffers from mental ill health or other health issues or just wants a place to meet new friends or join in activities.

Get Connected

Age UK Mid Mersey is committed to widening digital participation. If you are a beginner or just want to brush up on the basics, their staff and volunteer team can help you. They can even supply the tablets if you don't have your own. The course will include learning how to:

- ❖ Find information and complete online forms
- ❖ Use social media
- ❖ Access and send e-mails
- ❖ Browse the World Wide Web (WWW)
- ❖ Interact with the NHS; including GP's surgeries



Love Later Life!

Meet new people, learn and have fun. They need to attain sufficient numbers to be able to run the course. They would look to run the course on a Wednesday morning, at The Mansion House. A small charge would apply for this activity. If you would like to register an expression of interest, please contact Andrea Thomson on:

Tel: 01744 414439

Address: Victoria Park, City Road, St Helens, WA10 2UE

Email: andreathomson@aukmm.org.uk

www.ageuk.org.uk/midmersey

