

healthwatch

August 2024 St Helens

Hello Healthwatch members. In our newsletter this month you will find information on Pharmacy opening hours over the Bank Holiday weekend. Dementia Action Day drop in details. World Suicide Prevention Day. Bereavement Services open day at St Helens Cemetary and Crematorium where you can ask questions around bereavement. Information on Parents in Mind Service who offer free emotional support to women, birthing people, dads and partners (aged 16+) who are pregnant, expecting or caring for a child under two, who feel they are experiencing mild-moderate antenatal/postnatal mental health/wellbeing difficulties, living within St Helens. Also St Helens in Libraries are excited to inform you about their flagship 2024 event, the Carnival of Creativity which is taking place on 31st August 2024. Timetable of the Living Well Bus.

Bank Holiday August 26th 2024 Pharmacy Opening Hours

Boots Pharmacy - Ravenhead
10.00- 16.00

Millenium Pharmacy
10.00 - 16.00

Asda Pharmacy - Instore
11.00 - 16.00

Tesco Pharmacy - Instore
09.00 - 18.00

LIVING WELL BUS TIMETABLE.


Focus is on: NHS health check BMI, Glucose check, Cholesterol check and blood Pressure Checks. Vaccines: Shingles and MMR

Date


05/09/24 Thursday	-	St Helens Town Centre
11/09/24 Wednesday	-	St Matthews Centre, WA10 3SE
21/09/24 Saturday	-	Newton-le-Willows Health & Fitness Centre
27/09/24 Friday	-	Tesco, Earlestown, Newton-le-Willows

WOULD YOU LIKE TO VOLUNTEER WITH US

We have a number of voluntary roles that support our team in helping to improve the health and social care services in St Helens.



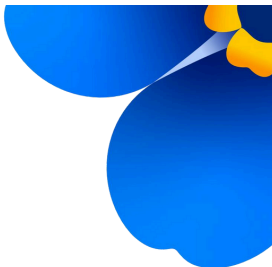
It is a great way to learn about the health care sector from a different point of view. My listening and communication skills have developed hugely, and my confidence has grown massively with talking to new people.



Through volunteering, I have constantly felt like I'm doing something positive, and making a difference to health and social care.

Telephone: 0300 111 0007
Email: info@healthwatchsthelens.co.uk

Dementia Action Day



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!

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

Details

Date: 19 September 2024

Time: 11am-2:30pm

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

Parking is available onsite.

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

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



**Alzheimer's
Society**
Together we can help & hope
for everyone living with dementia

World Suicide Prevention Day 2024

10 September

"Changing the narrative on suicide"

Suicide is a major public health challenge, with more than 700 000 deaths each year globally. Each suicide has far-reaching social, emotional, and economic consequences, and deeply affects individuals and communities worldwide. The triennial theme for World Suicide Prevention Day for 2024-2026 is "Changing the Narrative on Suicide" with the call to action "Start the Conversation". This theme aims to raise awareness about the importance of reducing stigma and encouraging open conversations to prevent suicides. Changing the narrative on suicide is about transforming how we perceive this complex issue and shifting from a culture of silence and stigma to one of openness, understanding, and support. The call to action encourages everyone to start the conversation on suicide and suicide prevention. Every conversation, no matter how small, contributes to a supportive and understanding society. By initiating these vital conversations, we can break down barriers, raise awareness, and create better cultures of support. This theme also emphasizes the need to prioritize suicide prevention and mental health in policy making, calling for government action. Changing the narrative requires advocating for policies that prioritize mental health, increase access to care, and provide support for those in need. World Suicide Prevention Day (WSPD) was established in 2003 by the International Association for Suicide Prevention in conjunction with the World Health Organization (WHO). The 10 September each year aims to focus attention on the issue, reduces stigma and raises awareness among organizations, governments, and the public, giving a singular message that suicides are preventable.

Campaign Slogan

Changing the Narrative on Suicide

Hashtag

#WorldSuicidePreventionDay





BEREAVEMENT SERVICES OPEN DAY

ST HELENS CEMETERY & CREMATORIUM
SUNDAY 22ND SEPTEMBER 2024
10.00AM - 3.00PM

Ever had a question on bereavement, cremation, burial, or future planning of your funeral that you would like answering?
Would you like to understand more about how our services operate?
Or have a guided tour of the Crematorium.

Now is your chance!

St Helens Bereavement Services are holding an open day to help raise public awareness on bereavement and the local services available to you.

Why not come along to our open day

Meet with the Bereavement Services Team, The Friends of St Helens Cemetery community group, local Funeral Directors and other partners. Take part in a tour of the Crematorium & Cemetery, hear about the history of St Helens Cemetery & Crematorium and also browse the exhibits and stands available on the day.

PiM North West – St Helens

What do Parents in Mind offer?

Our trained volunteer peer supporters offer free emotional support to women, birthing people, dads and partners (aged 16+) who are pregnant, expecting or caring for a child under two, who feel they are experiencing mild-moderate antenatal/postnatal mental health/wellbeing difficulties, living within St Helens. Primarily support is offered as part of a group – locations & times vary across the region; this includes in-person and remote support. 1:1 support can also be provided in some circumstances. The support is recovery-focused, utilising an empathic, strengths-based listening approach with the aim of supporting clients:

- in having a safe space to speak about how they feel
- to increase confidence and self-esteem
- to seek friendship & reduce any sense of isolation
- to find out about & access other services & support as appropriate
- to improve mental wellbeing.

What happens after a referral is made?

All referrals will be responded to by the Parents in Mind team within 14 working days of the referral being received. This will involve a discussion to go through the referral and talk through the service. Each service user referred will be reassessed again every eight weeks to monitor progress and support signposting to ongoing services where necessary.

Are there any exclusions?

Parents in Mind is only available to parents who are currently pregnant, or caring for a baby under two years. It is not a crisis or bereavement service nor can we support those experiencing severe difficulties.

**For all enquiries relating to referrals please email the main inbox
parentsinmind.nw@nct.org.uk**

or you can call/text Holly Parents in Mind NW Regional lead on 07562 207 644

Carnival of Creativity

31st August 2024

St Helens Arts in Libraries is very excited to inform you about our flagship 2024 event, the Carnival of Creativity, taking place on 31st August 2024. We would be delighted if you could attend! We have a host of fabulous, creative, family-friendly events throughout the day, culminating in an evening music gig at St Helens Town Hall with Stealing Sheep and TVAM.

Whilst most of the events are free, a number of events are ticketed for capacity control. These events are listed below. If you are interested in attending a ticketed event, please book here.

10am - Paul Cookson, author and poet, performance

1pm - Family Cabaret

2.30pm - Marco Woolf 'dream setting' (produced with the help of the Arts in Libraries Youth Activators Group)

4pm - Desert Island Books with special guest Johnny Vegas

7pm - Music Gig with Stealing Sheep and TVAM

For further information and the full programme for the day, please visit our website <https://sthelens.gov.uk/article/4336/What-s-on> or feel free to email @Arts Service



The poster features a central black area with white and yellow text, surrounded by a vibrant border of colorful geometric patterns and icons. The icons include a microphone, an open book, a guitar, a paintbrush, a film strip, and a tent. The text provides details about the event, including the date, time, location, and a list of activities and performers.

CARNIVAL OF CREATIVITY
St Helens

Saturday 31st August 2024
A day of activities celebrating creativity in St Helens

STEALING SHEEP TVAM JOHNNY VEGAS
MARCO WOOLF PAUL COOKSON

MAKERS MARKET FAMILY ACTIVITIES WORKSHOPS
POP-UP CINEMA CABARET OPEN MIC

FOR MORE INFORMATION SCAN ME 

10am-5pm
St Helens Library
The World of Glass
St Mary's Market

7pm-10:30pm
St Helens Town Hall

ARTS COUNCIL ENGLAND
Funded by UK Government
ST HELENS BOROUGH COUNCIL



There are huge changes taking place in our health & social care services.

We are here to help services to improve and seek feedback from local people who can then get the best out of local services

Information

We give you information about the care choices you have and help you to navigate the health and care system.

NHS Complaints Advocacy Service

If you need help to resolve a complaint regarding a health service, Healthwatch Advocacy could help you.

Scrutiny

What's good or not so good about the services you use?

We gather the views and voices of local people and hold services to account.

healthwatch

St Helens



www.healthwatchsthelens.co.uk



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