

# healthwatch

February 2024 St Helens

Hello Healthwatch members

February saw Children's Mental Health week and we felt it was important to highlight the fantastic work that Kooth does to support this.

Also, we're super excited to announce our new St Helens Rugby League Sponsorship. This month we attended the league launch and met the team, so keep your eyes peeled further down the newsletter for more info on who we are sponsoring!



The NHS App enables you to view your GP health record, order repeat prescriptions, and nominate your preferred pharmacy from the comfort of your home.

Start using the App today! <https://www.nhs.uk/nhs-app/>

# Children's Mental Health Week

## 5-11th February



This year's theme for Children's Mental Health Week is 'My Voice Matters'. Kooth's recent report showcases how listening to the voices of young people underpins everything they do.

98% of young people said it was important or very important that they had a choice in how they received support on Kooth. Young people can choose from therapeutic content and peer support, to single-session chats and more structured, ongoing work with professionals.

Kooth provides young people with the autonomy to choose the support they want, when they need it.

You can read the report here..

<https://explore.kooth.com/giving-young-people-a-voice-to-inform-digital-services/>

# 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.



## Matt Whitley Sponsorship

It's our privilege to be sponsoring St Helens Rugby League player Matt Whitley this season as he returns home!

We look forward to working with him as the season goes on.

We wish you the very best of luck Matt.



Jayne Parkinson-Loftus (Healthwatch Manager) with Matt Whitley

Find out more about Matt here..  
<https://www.saintsrlfc.com/teams/first-team/matt-whitley/>

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.

## Young Person Mental Health Survey

At Healthwatch St Helens, we know there is a lot of work going on across Cheshire & Merseyside, around finding out about young people accessing mental health services. We want to make sure we find out what our local young people have to say.

<https://www.healthwatchsthelens.co.uk/young-person-mental-health-survey>





We are recruiting a Project Support Officer!  
You can read more and apply for the role  
using the link below

<https://www.haltonsthelensvca.org.uk/updates/job-vacancy-halton-st-helens-vca-healthwatch-st-helens-project-support-officer>

