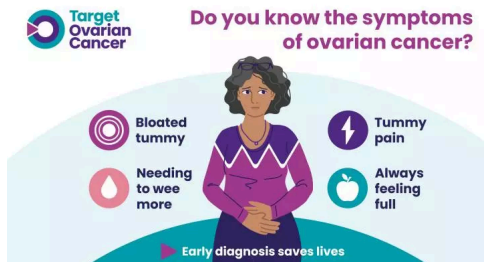


healthwatch

February 2025 St Helens

Hello Healthwatch members. This month you will find information on ovarian cancer month. It is international wheelchair day and we would welcome your experiences of accessing care for disabled people. It is zero discrimination day which supports our values of equality of care for all. No more week focuses on breaking the silence on domestic abuse. World hearing day where again we would like you to share your experiences with us on hearing care for deaf and hard of hearing. It is also International Women's Day and Young Carers Action Day. You can find the Living Well Bus and Cervical Screening bus timetable. St Helens Council will be holding a warm connections community cafe if you have suffered a bereavement and a Mother's Day service of remembrance, supported by The Friends of St Helens Cemetery and The Bereavement Services Team. Alzheimer's Society St Helens are running a course on Making Sense of Dementia, details enclosed. St Helens Council are also pleased to announce the launch of their new SEND Information Hub Website.

March is ovarian cancer month



Every March is Ovarian Cancer Awareness Month. It's our chance to put ovarian cancer in the spotlight. In the UK, over 7,000 women are diagnosed with ovarian cancer every year. Two thirds of women are diagnosed with ovarian cancer too late when the cancer is harder to treat. And every day, 11 women die.

Find out more at <https://targetovariancancer.org.uk>

International Wheelchair Day

1st March 2025



We would welcome any feedback of your own experiences of accessing care with a disability.



Zero Discrimination Day

1st March 2025



About Zero Discrimination Day

On Zero Discrimination Day, 1 March, we celebrate the right of everyone to live a full and productive life—and live it with dignity. Zero Discrimination

Day highlights how people can become informed about and promote inclusion, compassion, peace and, above all, a movement for change. Zero Discrimination Day is helping to create a global movement of solidarity to end all forms of discrimination.

This year is the tenth anniversary of Zero Discrimination Day and the theme is “To protect everyone’s health, protect everyone’s rights”.

Find out more: <https://www.unaids.org/en/zero-discrimination-day>

No More Week 2nd – 8th March



**NO MORE
WEEK 2025**
TOGETHER WE CAN END DOMESTIC & SEXUAL VIOLENCE

The focus for NO MORE Week 2025 is NO MORE Silence. Together, let's break the silence, shine a spotlight on the epidemic of domestic and sexual violence that impacts 1 in 3 women and 1 in 6 men globally, and encourage collective action to stop it

For more information and support:
<https://www.nomore.org/no-more-week-2025>

World Hearing Day 3rd March 2025



World Hearing Day is an annual global advocacy event for raising awareness regarding hearing loss and promoting ear and hearing care, and calling for action to address hearing loss and related issues. Each year, this event is celebrated on 3 March, covering a specific theme on which the World Health Organization and its partners carry out activities based on this theme.

Find out more: <https://worldhearingday.org/>

**Please share your experiences with us
on hearing care for deaf and hard of
hearing:**

info@healthwatchsthelens.co.uk




International Women's Day 8th March 2025

Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively for #IWD2025 we can all #AccelerateAction.

International Women's Day (IWD) has been around for over a hundred years, as have many of the issues still impacting women's advancement. Since 1911, IWD belongs to all who care about women's equality. Celebrate women's achievement. Raise awareness about discrimination. Take action to forge gender parity. All IWD activity is valid, that's what makes IWD so inclusive.

<https://www.internationalwomensday.com/>

Young Carer Action Day celebration



Come and join us
for our free **Young
Carer Action Day**
celebration event!



Wednesday, 12 March
5pm to 7pm

Pizza Express, 13b Paradise
Street, Liverpool One, L1 8JQ

•Spend time with other

young carers

- Three course kids meal for every guest (including guardians)
- Get creative making your very own wellbeing box.

Please note that all guests under the age of 18 must be accompanied by a parent/guardian.



Email carers@merseycare.nhs.uk or call **01925 972 801** with the name and age of the young carer and details of any parent/guardian who will be attending. Bookings will close **Wednesday, 5 March at 4pm.**

Warm Connections Community Cafe

An illustration at the top right of the page shows two hands holding coffee cups. The hand on the left is dark-skinned and holds a white coffee cup with a white handle. The hand on the right is light-skinned and holds a white coffee cup with a white handle. The background of the illustration is orange, matching the overall theme of the poster.

IF YOU HAVE SUFFERED A BEREAVEMENT, COME ALONG FOR A CHAT WITH PEOPLE WHO HAVE SIMILAR EXPERIENCES. REFRESHMENTS PROVIDED.
MAKE CONNECTIONS IN YOUR COMMUNITY. FREE EVENT - ALL WELCOME!

SAT 4TH JANUARY 2025	11.00 AM – 12.30 PM
SAT 1ST FEBRUARY 2025	11.00 AM – 12.30 PM
SAT 1ST MARCH 2025	11.00 AM – 12.30 PM
SAT 5TH APRIL 2025	11.00 AM – 12.30 PM
SAT 3RD MAY 2025	11.00 AM – 12.30 PM
SAT 7TH JUNE 2025	11.00 AM – 12.30 PM
SAT 5TH JULY 2025	11.00 AM – 12.30 PM
SAT 2ND AUGUST 2025	11.00 AM – 12.30 PM
SAT 6TH SEPTEMBER 2025	11.00 AM – 12.30 PM
SAT 4TH OCTOBER 2025	11.00 AM – 12.30 PM
SAT 1ST NOVEMBER 2025	11.00 AM – 12.30 PM
WED 3RD DECEMBER 2025	10.00 AM – 12.00 NOON & 4.00 PM – 6.00 PM

WE ARE SUPPORTING THIS YEAR'S NATIONAL GRIEF AWARENESS WEEK CREATED BY THE GOOD GRIEF TRUST. FOR SIGNPOSTING TO A CHOICE OF BEREAVEMENT SERVICES, PLEASE VISIT: WWW.THEGOODGRIEFTRUST.ORG

VENUE:
SUNRISE CEREMONY HALL, ST HELENS CREMATORIUM, RAINFORD ROAD,
ST HELENS WA10 6DF

HOPE & HELP IN ONE PLACE

SUPPORTED BY THE FRIENDS OF ST HELENS CEMETERY,
THE BEREAVEMENT SERVICES TEAM AND OTHER
SUPPORT ORGANISATIONS.

ST HELENS
BOROUGH COUNCIL

MOTHER'S DAY SERVICE

Saturday 29 March 2025, 1.00pm

St Helens Crematorium,
Rainford Road, St Helens WA10 6DF

Service of remembrance led by Father Paul Harris.

Everyone is welcome to attend.

Refreshments will be available on the day.

Supported by the Friends of St Helens Cemetery
and Bereavement Services Team



Making Sense of Dementia



Alzheimer's Society St Helens

Venue: Portico Vine ARLFC,
Scholes Lane, St. Helens,
Merseyside, WA10 3PD.

Making Sense aims to improve the knowledge, skills and understanding of people affected by dementia, by providing information and support following a diagnosis. The information provided will help you to understand your diagnosis, live well and prepare for the future.

The 4 sessions cover the topics:

- 1.Understanding dementia
- 2.Staying active and involved
- 3.Legal and money matters
- 4.Carers looking after yourself

Course starting

Thursday 6th March 2025!

Sessions will run for 4 weeks on Thursdays from 11am - 1pm.

*Sessions 1, 2 and 3 are for the patient and the carer, however sessions 4 is focused more on the carer.

BOOKING IS REQUIRED

To book or for more information please speak to a memory clinic practitioner or contact us on: sthelens@alzheimers.org.uk or 0151 420 8010

New SEND Information Hub Website – Now Live!



This new platform has been designed to make it easier for families, young people, and professionals to find the information and support they need. Key features include:

- ✓ Easier Navigation – Quick and simple access to key SEND services and support
- ✓ Service Directory – A comprehensive list of local services, from education to health and social care
- ✓ Young People's Zone – A dedicated space with accessible resources for young people
- ✓ Parent and Carer Support – Advice, events, and guidance tailored to families
- ✓ Events & News Updates – Stay up to date with what's happening locally
- ✓ Feedback & Co-production – A space for families and young people to share their views and help shape future services

Visit the new SEND Information Hub now:

<https://familyinfodirectory.sthelens.gov.uk>

Living Well Bus

Date

Monday, 3rd March

Thursday, 13th March

Friday, 21st March
(Closed appts for Torus
apartments)

Saturday, 29th March

Location

Sutton Family Hub

Parr Family Hub

Foundry Wharf Extra Care Scheme
Atlas Court, St Helens, WA9 1BY
(Closed clinic).

St Helens Town Centre

Cervical Screening Bus

Monday, 17th March 2025

Chester Lane Library and shops.

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.

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

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.

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

Telephone: 0300 111 0007

Email: info@healthwatchsthelens.co.uk