

healthwatch

January 2025 St Helens

Hello Healthwatch members. Happy New Year. Bridgewater Community Healthcare NHS Foundation Trust are recruiting governors. Saints Community Development Foundation (SCDF) announce the next sessions of Building Foundations. Also you can find details on The vision's inner spark programme. We will be covering LGBT history month, Children's mental health week, World Cancer Day, Time to talk day, International Childhood Cancer Day, Cancer prevention week and Eating disorders awareness week.



Bridgewater's programme of recruiting new Governors this year.

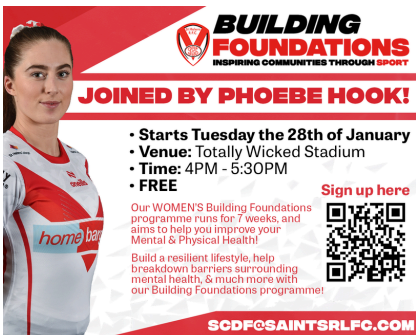
Community services play an important role in our health and social care system in St Helens .

Bridgewater Community Healthcare NHS Foundation Trust provides a range of services within the borough and its staff work in health centres and clinics providing excellent care to adults and children.

We are seeking to appoint three public governors who will represent the interests of patients and their families.

Our governors are a vital part of our Trust and bring with them a wealth of knowledge , skills, and experience.

To find out more about our Trust and the role of a governor please take five minutes out of your busy day to read the most recent edition of our newsletter . <https://bridgewater.nhs.uk/ft/newsletters/>



BUILDING FOUNDATIONS
INSPIRING COMMUNITIES THROUGH SPORT


JOINED BY PHOEBE HOOK!

- **Starts Tuesday the 28th of January**
- **Venue:** Totally Wicked Stadium
- **Time:** 4PM - 5:30PM
- **FREE**

Our WOMEN'S Building Foundations programme runs for 7 weeks, and aims to help you improve your Mental & Physical Health!

Build a resilient lifestyle, help breakdown barriers surrounding mental health, & much more with our Building Foundations programme!

Sign up here



SCDF@SAINTSRLFC.COM

Saints Community Development Foundation (SCDF) are proud to announce that the next sessions of Building Foundations will start on Monday 27 January for men at 6.00pm & Tuesday 28 January for women at 4.00pm.

The venue is the Totally Wicked Stadium.

Full details can be found here:-

<https://www.saintsrlfcommunity.com/projects/building-foundations/>



BUILDING FOUNDATIONS
INSPIRING COMMUNITIES THROUGH SPORT

FREE FITNESS PROGRAMME

- **Starts Monday the 27th of January!**
- **Venue:** Totally Wicked Stadium
- **Time:** 6PM - 7:30PM
- **FREE**

Our MEN'S Building Foundations programme runs for 7 weeks, and aims to help you improve your Mental & Physical Health!

Build a resilient lifestyle, help breakdown barriers surrounding mental health, & much more with our Building Foundations programme!

Sign up here



SCDF@SAINTSRLFC.COM

THE VISION'S INNER SPARK PROGRAMME

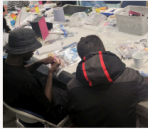


مساحة للجميع لتعلم
مهارات اجتماعية
وعاطفية جديدة بطريقة
متعة وجذابة وتفاعلية

A space for everyone to learn new social and emotional skills in a fun and interactive way

د هرچا لپاره يو ځای چې نوي ټولنيز او
احساساتي مهارتونه په ساتيری،
ښکلتيا او مقابل ډول زده کړي

Un espace permettant à chacun d'acquérir de nouvelles compétences sociales et émotionnelles de manière amusante et interactive



آتمنی آن آتی
إلى منا كل يوم

"Cela m'a beaucoup
aidé et je vous
remercie tous pour
tout"

مننه چې په دې عجيب
هيواد کې زموږ د کورنۍ په
څير ياست

من دهگم په ناسيني هاورتي
نوي و مندالهکاتم ياری دهکمن

Я відчуваю себе тут
спокійно

'I feel lonely in this
country but Carly and
Ash really listen, they
are supportive, it feels
like they are the only
ones that care'



Ash and Carly,
The Vision

Understand Memories
Mindfulness
Sensory Grounding
Coping Skills
Emotional Intelligence
Learn English Language skills
Identity and Belonging
Understand the Body and Mind



@THEVISIONINFO



@VISION4YOUIC

Every Thursday, 4 - 6pm.

Futures Hub, 2nd Floor Beacon Building, College Street, St. Helens,

WA10 1TF

Men only group - please contact to confirm !

@thevisioninfo

www.thevisioninfo.co.uk

thevisioninformation@gmail.com

07385606390

LGBT+ History Month

Founded by:

**SCHOOLS
OUT**

LGBT+ History Month 2025

In 2025 Schools OUT is celebrating its 50th year and 20 years of UK LGBT+ History Month.

Schools OUT was delighted to launch the UK LGBT+ History Month 2025 theme from Conway Hall. A place steeped in history from the conference of doctors that led to the founding of the NHS, to speakers such as George Orwell.

The 2025 UK LGBT+ History Month theme is:
Activism and Social Change

Find out more: <https://lgbtplushistorymonth.co.uk/lgbt-history-month-2025/#:~:text=When%20is%20it%20celebrated%3F,will%20be%20it%20th%20year>



SoBS
invites you to

SpeakOUT

A safe space to talk about **LGBTQ+** suicide loss

SpeakOUT is a free & confidential online peer-support group for anyone who identifies as LGBTQ+ who has lost a loved one to suicide. We also support the loved ones of an LGBTQ+ person who has died by suicide.

Meeting (virtually)
The last Monday of the month
7pm - 9pm

If you need to speak to someone urgently please call:

Survivors of Bereavement by Suicide support line
Open 9am - 7pm every day.
0300 111 5065

Switchboard - the national LGBTQIA+ support line
Open 10am - 10pm every day.
0800 019 100

For more information:

 speakout@uksobs.org
 www.uksobs.com



When is Children's Mental Health Week 2025? In 2025, it takes place from 3-9 February and was launched to give voice to all children and young people in the UK.

Find out more:

<https://www.childrensmentalhealthweek.org.uk/>

This year we're exploring our theme Know Yourself, Grow Yourself in partnership with Here4You, supported by The Walt Disney Company and the Inside Out 2 characters.



**time to
talk day**
06/02/25

Get comfortable and start talking
about mental health

Find out how:

<https://timetotalkday.co.uk/about/>





International Childhood Cancer Day
On February 15th

International Childhood Cancer Day is a global collaborative campaign to raise awareness about childhood cancer, and to express support for children and adolescents with cancer, the survivors and their families.

Find out more:

<https://internationalchildhoodcancerday.org/>



● ACTION TOOLKIT



**HOW TO TURN
SMALL ACTIONS
INTO BIG IMPACT**

WORLDCHILDHOODCANCERDAY.ORG

[#UNITEDBYUNIQUE](https://www.facebook.com/UNITEDBYUNIQUE)

Cancer Prevention Action Week 2025 **17-23 February 2025**



Each year, World Cancer Research Fund holds Cancer Prevention Action Week, which focuses on supporting and empowering the public to make changes to their daily habits, and that of their families, to reduce their risk of preventable cancers.

This year's campaign will run from 17-23 February 2025.

About 1,100 people are diagnosed with cancer every day in the UK, but 40% of all cancer cases could be prevented.

For further information, please visit www.wcrf.org/preventing-cancer/cancer-prevention-action-week/ website.

Cervical Screening Bus

Date

Location

17/02/2025 Monday

Chester Lane Library and shops

Save the date... 

Eating Disorders Awareness Week 2025 - Monday 24 February to Sunday 2 March 2025.



Why this theme?

In the UK, at least 1.25 million people are living with an eating disorder That's at least 1 in 50 people. And yet many people wouldn't know how to spot the signs that someone has an eating disorder. This is important because the sooner someone is treated for an eating disorder the better their chance of making a full recovery.

Our campaign aims to reach new audiences with the message that eating disorders are serious mental health conditions that can affect anyone - at any age, gender, or background - at any time.

So join us to raise awareness of this serious mental health condition and let people know that anyone can be affected by an eating disorder.

Find out more: <https://edaw.beateatingdisorders.org.uk/>



healthwatch

Share your experiences on the GP Access

Your feedback helps to shape and improve future services

Complete our short survey online or contact us for a paper copy



healthwatch
St Helens

healthwatch
St Helens

We're launching a new public feedback campaign in February! Find out how what we'll be doing and how your Healthwatch can get involved.

<https://network.healthwatch.co.uk/network-news/2023-12-14/share-better-care-our-new-campaign>

your
voice counts

Have your say on health and social care in St Helens

healthwatchsthelens.co.uk
0300 111 0007
info@healthwatchsthelens.co.uk

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