

### March 2025 Newsletter

Hello Healthwatch members. This month there is information on Stress Awareness Month, World Autism Acceptance Month and Bowel Cancer Awareness Month - April 2025. There is also information on World Health Day, 7th April and World Parkinsons Day, 11th April . 24th - 30th April is also World Immunisation Week.

Mersey Care's Carer Engagement Team would like to invite you to attend their Liverpool Carers Cafe which is for anyone who supports a loved one accessing any Mersey Care Service (you must be 18 and over to attend).

Please find information from the Funeral Experts and their new leaflets.

The timetable for the Living Well Bus is also included.

## Volunteers

### Needed!



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

# Stress Awareness Month

## 1st April – 3th April 2025

April marks Stress Awareness Month 2025, a time for you to take charge of your wellbeing and discover effective ways to manage stress. This year's theme, #LeadWithLove, empowers you to approach ourselves and others with kindness, compassion, and acceptance, no matter the challenges we face.



## STRESS AWARENESS MONTH 2025

Together we can

**#LeadWithLove**



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By engaging with our range of resources—including an information pack, meditations, podcasts, workshops, webinars, journals, action planners, and infographics—you'll gain valuable insights and practical tools to navigate stress more effectively. Whether you're looking for personal growth or ways to support others, these resources will help you build resilience and lead a healthier, more balanced life.

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

# World Autism Awareness Month



World Autism Awareness Month is an opportunity for everyone to come together and raise awareness, foster acceptance, and create a society where autistic people are supported, understood, and empowered. Whether you're at home, at school, or at work, your involvement can make a real difference. It's about how you show up - whether you're supporting your autistic colleagues, students, or family members, your actions can help create an inclusive and accepting world.

This year, help us change attitudes towards autism. Your support can help create a world that works for autistic people and their families.

<https://waaw.autism.org.uk/>



## World Health Day 7th April 2025

Healthy beginnings,  
hopeful futures

World Health Day, celebrated on 7 April 2025, will kick off a year-long campaign on maternal and newborn health. The campaign, titled Healthy beginnings, hopeful futures, will urge governments and the health community to ramp up efforts to end preventable maternal and newborn deaths, and to prioritize women's longer-term health and well-being. WHO and partners will also share useful information to support healthy pregnancies and births, and better postnatal health.

<https://www.who.int/campaigns/world-health-day>


# Bowel Cancer Awareness Month







1st April – 30th April 2025



April is Bowel Cancer Awareness Month. Someone dies of bowel cancer every 30 minutes in the UK. According to the latest survey from Bowel Cancer UK nearly four in ten people in the UK can't name a single symptom of bowel cancer. Bowel Cancer Awareness Month aims to raise awareness of the signs and symptoms and how people can get help and support if they need it.

### Know the symptoms of bowel cancer



-  Bleeding from your bottom
-  Blood in your poo
-  A change in how often you poo, or regularly having diarrhoea or constipation
-  Losing weight but you're not sure why
-  Feeling very tired all the time but you're not sure why
-  A pain or lump in your tummy

If you have any of these symptoms, it's important to ask your GP for an at-home test as soon as you can.

April is Bowel Cancer Awareness Month...#PassItOn!

They say knowledge is power, so this April we're asking everyone to share important information about bowel cancer. Will you help #PassItOn?

You can use our toolkit to pass on information about symptoms, print posters to display in your loos at work, or make a donation to support our work.

The earlier bowel cancer is spotted, the more treatable it's likely to be. In fact, more than 9 in 10 people survive bowel cancer when it is diagnosed at the earliest stage.

So please, #PassItOn.

<https://www.bowelcanceruk.org.uk/support-us/bowel-cancer-awareness-month/>

# 24 to 30 April is World Immunisation Week

Immunisation for All is Humanly Possible

Vaccines are one of humanity's greatest achievements.



World Immunisation Week, celebrated in the last week of April, aims to highlight the collective action needed and to promote the use of vaccines to protect people of all ages against disease.

Through its convening power, WHO (the World Health Organisation) works with countries across the globe to raise awareness of the value of vaccines and immunisation and ensures that governments obtain the necessary guidance and technical support to implement high quality immunisation programmes.

The ultimate goal of World Immunisation Week is for more people – and their communities – to be protected from vaccine-preventable diseases.

Find more about World Immunisation Week:

<https://www.who.int/campaigns/world-immunization-week>

## World Parkinson's Day 11th April 2025



World Parkinson's Day takes place on 11 April every year to raise awareness of Parkinson's.

Parkinson's is a progressive neurological condition. This means that it causes problems in the brain and gets worse over time.

People with Parkinson's don't have enough of the chemical dopamine in their brain because some of the nerve cells that make it have stopped working.

Around 153,000 people live with Parkinson's in the UK. And it's the fastest growing neurological condition in the world.

For more information on the awareness day visit:

<https://www.parkinsons.org.uk/get-involved/world-parkinsons-day>

## **Liverpool Carers Café**

**Mersey Care's Carer Engagement Team would like to invite you to attend our Liverpool Carers Cafe**

**Who is the cafe for?**

**Anyone who supports a loved one accessing any Mersey Care Service (you must be 18 and over to attend)**

**What can I get involved with at the Carers Cafe?**

- **Chat to staff from the Carer Engagement Team**
- **Spend time with other carers**
  - **Art and craft activity**
- **Refreshments**

**When is the Carers Cafe?**

**Tuesday, 1 April 2025 from 1pm – 3pm**

**Where will the Carers Cafe be held?**

**The Brain Charity, 8 Norton Street, Liverpool, L3 8LR**

**Will there be parking available?**

**There is limited free parking available on site, including accessible bays.**

**Additional parking can be found on Kempston Street (behind T.J. Hughes) Fraser Street, and Liverpool Lime Street station.**

**Please note, there is a fee for parking at the above car parks however, this will be reimbursed to carers who have a receipt to cover the duration of the cafe only. For those travelling on public transport bus and train tickets will also be reimbursed for those who have a receipt.**

**For more information:**

**Call: 01925 972 801**

**Or email: [carers@merseycare.nhs.uk](mailto:carers@merseycare.nhs.uk)**

# Carers Café at the Brain Charity, Liverpool

**NHS**

**Mersey Care**  
NHS Foundation Trust

Come and join us for the opportunity to meet other carers, take time out for yourself and get information and advice to support you in your caring role.

**Tuesday, 1 April** from 1pm to 3pm (drop in session, no booking required)

**Tuesday, 3 June** from 1pm to 3pm (Carers Week celebration, booking required)

**Tuesday, 2 September** from 1pm to 3pm (drop in session, no booking required)

**Tuesday, 16 December** from 1pm to 3pm (Christmas celebration, booking required)

The Brain Charity,  
8 Norton Street,  
Liverpool L3 8LR

- Chat to staff from the Carer Engagement Team
- Spend time with other carers
- Take part in an art and craft activity
- Enjoy a hot drink and a slice of cake

To book a place or for more information, please contact the **Carer Engagement Team** by emailing [carers@merseycare.nhs.uk](mailto:carers@merseycare.nhs.uk) or calling **01925 972 801**



# FuneralExperts.com

Trust, Transparency, Compassion

## Free Compassionate Support When People Need It Most

Funeral Experts is an independent, impartial service dedicated to helping bereaved families identify and compare funeral directors through our comparison tool. We empower families to make informed decisions about funeral arrangements, offering compassionate support and ensuring they have access to holistic bereavement care before, during, and after the funeral. We work in partnership with NHS Trusts, Local Authorities, and charitable organisations to provide accessible support to families during their most difficult times.

### How We Can Help

#### Funeral Advice

We support families in finding the right funeral director and exploring funeral options that feel right for them, taking personal and cultural needs into account.

#### Council Tax Advice

Our team advises on council tax adjustments, including changes in liability, single-person discounts, and exemptions

#### Probate and Estate Management

Partnering with trusted professionals, we provide guidance and support with probate and estate administration to ease the legal burden.

#### Emotional Support

Offering a listening ear and signposting to additional services, we create a safe space for families to share their feelings and access support.

#### Welfare Benefits Advice

We assist with notifying the Department for Work and Pensions (DWP), conducting benefit calculations, and supporting applications for financial help.

#### Notification of a Death

We simplify the process by using services such as Tell Us Once and liaising with relevant agencies to inform them of a death.

#### Grants Searches and Applications

We help identify and apply for financial grants to assist with funeral expenses and other bereavement-related costs.

#### Bereavement Administration

We assist with practical tasks, including managing correspondence and reducing unnecessary expenses, helping families focus on what matters most.

### Our Mission

To be a trusted source of immediate support for bereaved families, helping them navigate the process of arranging a funeral with confidence. We are committed to providing holistic support throughout their journey, offering compassionate care at every stage of loss.

### CONTACT FUNERAL EXPERTS

Email  
[info@funeralexperts.com](mailto:info@funeralexperts.com)

Website  
[www.funeralexperts.com](http://www.funeralexperts.com)

Support Helpline  
0800 086 8887

Support people can rely on - Compassionate, Free, and Tailored to Families' Needs.





Understanding What Comes Next

# Support After a Death

When you lose a loved one, there are many practical matters that you need to attend to that can feel quite overwhelming and challenging.

- How can I find a funeral director to meet my needs?
- Who do I need to inform?
- What will happen to my benefits?
- Will I be able to claim any help to pay for the funeral?
- Do I have to make multiple phone calls?
- How do I report changes in circumstances?
- Do I need probate?
- What will happen to council tax?



Call us for free personalised funeral and bereavement support, we are here every step of the way

**0800 086 8887**

Proudly partnering with



## Our Dedicated

Funeral and Bereavement Advisors can provide expert advice on the following:

- ✔ **Funeral advice and support** including help to find the funeral director that is right for you
- ✔ **Support with paying for a funeral** including grant applications
- ✔ **Death notification** including Tell us Once
- ✔ **Bereavement administration** support with tasks following a death, including housing-related matters
- ✔ **Welfare benefits advice** including benefit checks and form filling
- ✔ **Council tax advice** including liability, discounts and exemptions
- ✔ **Emotional support** including signposting to specialised bereavement support
- ✔ **Probate and estate administration** information and support



Contact us for free personalised funeral and bereavement support

**0800 086 8887**



Visit our website to learn more and search for funeral directors

**funeralexperts.com**



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# Living Well Bus

## Date

Tuesday, 1st April

Thursday, 3rd April

Thursday, 10th April

Friday, 18th April

## Location

St Helens Town Centre

Park Farm Community Centre,  
54 Kentmere Ave, WA11 7PG

Chain Lane Community Centre

Tesco, Earlestown



## 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](mailto:info@healthwatchsthelens.co.uk)