

healthwatch

May 2024 St Helens

Hello Healthwatch members

In our newsletter this month you will see information on Pharmacy opening hours on the bank holiday, the volunteer recruitment day at the World of Glass and our newest member of staff.

We're super excited to announce our new St Helens Rugby League Sponsorship. Keep your eyes peeled further down the newsletter for more info on who we are sponsoring!

Bank Holiday May 27th Pharmacy Opening Hours

Millennium Pharmacy

10am - 4pm

ASDA Instore Pharmacy

10am - 4pm

Tescos Extra Instore Pharmacy

10am - 4pm

Boots Pharmacy - Ravenhead

11am - 4pm

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.



May - Skin Cancer Awareness Month

Skin cancer is the most common form of cancer in the UK and rates continue to rise. At least 100,000 new cases are now diagnosed each year, and the disease kills over 2,500 people each year in the UK - that's seven people every day.

Ultraviolet (UV) radiation from the sun can cause damage to the skin and lead to skin cancer. In fact, UV exposure is the main preventable cause of skin cancer. In the UK almost 9 in 10 cases of melanoma skin cancer could be prevented by staying safe in the sun and avoiding sunbeds.

Experiencing severe sunburn, particularly in childhood, increases the risk of developing skin cancer in later life, so it's very important to protect yourself and your family from the sun.

No matter where you are, whether at home or on holiday, it's important to protect yourself from the sun. The sun is often strong enough to cause damage in the UK between mid-March and mid-October, even when it's cold or cloudy.

How to enjoy the sun safely



Seek shade

Take a break under trees or umbrellas, especially in the middle of the day when the sun is strongest.



Cover up

Wear a top that covers your shoulders, a wide-brimmed hat and UV-protection sunglasses.



Apply sunscreen

Pick one with at least SPF 30 and 4 or 5 stars. Use it generously and regularly.

Always keep babies and toddlers in the shade if you can.

REMEMBER - IF IN DOUBT, CHECK IT OUT!

Most skin cancers can be cured if detected early. About once a month, check your skin for moles or marks that are changing or new. This is especially important if you are at increased risk of skin cancer. Tell your doctor about any changes to a mole or patch of skin, or a new mole or mark on adult skin.

<https://www.macmillan.org.uk/cancer-awareness/skin-cancer-awareness-month>

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

14th June - Blood Donor Day

Nearly 6,000 donations are needed every day to meet the need of patients in hospitals across England. Blood is used to treat critically ill patients, whether they have had cancer or other blood disorders, been in an accident, having surgery or after childbirth. The blood people donate is precious – it saves lives.

Who can donate blood

To donate blood you will need to:

- be generally fit and well
- be aged between 17 and 65
- weigh between 7 stone 12 lbs (50kg) and 25 stone (158kg)
- have suitable veins (checked before you donate)
- meet all donor eligibility criteria (checked before you donate)



Give blood

For more information <https://www.blood.co.uk/>

Are you living with, or supporting someone with diagnoses of cancer and dementia?

We are carrying out work to improve the experiences of people who are living with both of these conditions, and would like to hear from people who have diagnoses of cancer and dementia and their family or carers.

Tell us your story

We can set up a telephone or video call and run a short, semi-structured interview for you to share your experiences with one of our team. All information provided will be in confidence.



Join the team

We are looking for a volunteer to join our steering group and help shape this work. Meetings will take place online or we can offer travel expenses should you prefer to meet in person.



Find out more

To find out more about the project or either of these opportunities, please call or email Catherine Morgan-Jones on 01270 310260 or catherine.morgan-jones@eolp.org.uk



Cheshire and
Merseyside
Cancer Alliance

Georgia Sutherland Sponsorship

It's our privilege to be sponsoring St Helens Rugby League player Georgia Sutherland this season

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

We wish you the very best of luck Georgia.



Proudly sponsored by:

healthwatch
St Helens

VOLUNTEER

We'll be attending the
Volunteer Recruitment Event



Wednesday 5th June
World of Glass in St Helens
10am - 4pm

Healthwatch St Helens is looking for people with an interest in making health and social care services better. Roles available are:

- Healthwatch Champion
- Healthwatch Advisory Forum Member
- Enter & View Authorised Representative

The amount of time you give and how involved you get with the work of Healthwatch St Helens is flexible. If you would like more information please contact: phart@healthwatchsthelens.co.uk or give us a call on 0300 111 0007

Healthwatch Champion - You will help to promote Healthwatch St Helens information, surveys and feedback. This could be in your local area, to people you know, to groups and organisations you belong to, and through social media. You can also alert the team to issues or a need for information. This will allow us to share the information people require and gain further insight into any emerging local issues.

Advisory Board Member - Become an ambassador and champion for those using health and social care services in St Helens. You will help to maintain the independence of Healthwatch and its ability to hold the system to account on behalf of the public. Act as the voice of the people and make sure that Healthwatch St Helens adheres to the core principles of; confidentiality, respect, feedback, transparency and influence.

Enter and View volunteers - To get a first hand look at how health and social care services are running we train some volunteers to go into services and ask people about their experiences of them eg care home. This includes observing how the service runs, talking to patients, carers and staff, and contributing to a report about your visit.

Introducing a New Member of Staff



Paula Hart

Paula is taking on the role of our Project Support Officer.

Paula has worked in Health and Social Care most of her working life. After 17 years working at CGL, she is passionate about supporting, empathising and meeting people's needs.

Action for schools and further education settings: approach to mental health and wellbeing

The Department for Education, in partnership with Anna Freud (a mental health charity for children and families), have recently launched a resource page for teachers, parents and carers to support pupils experiencing mental health and wellbeing difficulties.

https://www.mentallyhealthyschools.org.uk/attendance-and-mental-wellbeing-school-college/?utm_medium=email&utm_source=govdelivery

Telephone: 0300 111 0007

Email: info@healthwatchsthelens.co.uk

If you'd like to receive this newsletter by email, please contact us on the details above.