

healthwatch

November 2024 St Helens

Hello Healthwatch members. In our newsletter this month you will find information on postvention support if you have been affected/bereaved by suicide and information on James' Place for men who are experiencing a suicidal crisis. Living Well bus timetable, the team will be offering blood pressure and BMI checks from 1st December. There are 2 surveys this month if you could complete for us this would be great. These are for experiences with your GP and pharmacy so we can improve services. An invitation to Mersey Care's Festive Carer's Cafe. There is a further survey from Parents In Mind regarding carers, where participants can receive a £30 voucher. St Helens Council are also running their Christmas Gift Appeal. St Helens Santa Dash is also returning with registration open.

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.

Postvention support available if you have been affected/bereaved by suicide

Amparo – support following suicide

Amparo is a local support service for people bereaved by suicide. The service aims to ensure that people bereaved, or affected by suicide are connected into existing local support services quickly. The service operates in St Helens and across most of Cheshire and Merseyside. People who've been bereaved can contact the service directly by ringing 0330 088 9255, or emailing amparo.service@listening-ear.co.uk, or they can self-refer into the Amparo service using the attached form. You can find more information about Amparo at Get help now. Free and confidential, for as long as you need it. amparo.org.uk

Survivors of Bereavement by Suicide (SOBS)

This is a national self-help organisation which offers confidential support to adults (i.e. people over 18) who have been bereaved by suicide. Support is provided by volunteers through the helpline, by email and through local groups. The helpline is open 9.00am-9.00pm Monday to Friday, call 0300 111 5065. You can find more details about SOBS here. St Helens – Survivors of Bereavement by Suicide uksobs.org

Help is at Hand

The booklet "Help is at Hand" offers both emotional and practical support to people bereaved or affected by suicide. There's also a pocket guide, or z-card which accompanies the booklet. Both were written by people bereaved by suicide with support from Public Health England and the National Suicide Prevention Alliance. Please forward them to anyone you think they might be useful to. Free hard copies of the Help is at Hand booklet and z-card can be ordered from the Department of Health. You can find details of how to order hard copies, along with additional information for bereaved people on the Support After Suicide website. Help is at hand – Support After Suicide

PAPYRUS is the national charity dedicated to the prevention of young suicide.

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Today, we are a leading youth suicide prevention charity in the UK. Our suicide prevention helpline, HOPELINE247, is staffed by trained suicide prevention advisers, who work with young people – and anybody concerned for a young person – to help keep them safe from suicide. HOPELINE247 is a free and confidential call, text and email service, which is available 24 hours a day, every day of the year (weekends and bank holidays included) <https://www.papyrus-uk.org/>

HAVE YOU BEEN AFFECTED BY SUICIDE?

OUR EXPERIENCED LIAISON WORKERS WILL LISTEN AND HELP YOU TO ACCESS ANY SUPPORT YOU NEED, WHILST HELPING WITH A RANGE OF PRACTICAL MATTERS SUCH AS:

- Liaising with **police** and **coroners**
- Helping with **media enquiries**
- Preparing for, and attending **Inquest**
- Finding other, appropriate, **local support services**

CALL: 0330 088 9255



AMPARO
support following suicide

opening times over the festive
period (9-5 working day)

20th December – normal working day

23rd December – normal working day

24th / 25th / 26th December – Closed.

Staff are encouraged to switch off, relax, and spend time with their loved ones.

27th December – normal working day

30th December – normal working day

31st December – normal working day

1st January - closed

2nd January - normal working days
resume

Referrals from 24th will be picked
up on our return on 27th.

J James' Place

What is James' Place?

We offer men who are experiencing a suicidal crisis a brief, intensive, therapeutic intervention in a calm, welcoming environment close to Liverpool City Centre. We are currently open from 9.30am – 5.30pm Monday – Friday (Not Bank Holidays)

Who do we support?

- Men (or people who identify as men) age 18 +
- Men experiencing a Suicidal Crisis
- Men willing and able to engage in talking therapy at our Liverpool centre
- Registered with a GP
- Men with access to stable accommodation for the period of the intervention
- If James' Place was not here, a man who you might consider sending to A & E but who does not need a medical intervention, or a psychiatric assessment

Who we are not able to support:

- Men currently getting support from Secondary Mental Health services, or who would be eligible for that support
- Men who are street homeless
- Men with complex drug or alcohol problems
- Men who need a medical intervention, i.e., if they have taken an overdose, self-harmed or require a psychiatric assessment

What do we mean by a suicidal crisis?

- Intense and distressing suicidal thoughts
- Feelings of hopelessness and despair
- Plans or intent to act on their suicidal thoughts
- Recent suicidal acts or attempts, with or without physical harm

What support do we offer?

- 1:1 Talking Therapy with a trained James' Place practitioner
- Intense support, up to 8 sessions in 6 weeks
- Additional social support and signposting to relevant resources- i.e., Foodbanks, CAB and Legal advice
- A mentor for men who might be suitable for the support of a trained volunteer

Living Well Bus Timetable

December 2024

Date	Location
06/12/24 Friday	Tesco Earlestown Newton-le-willows WA12 9LN
11/12/24 Wednesday	Queens Park Health and Fitness Centre Boundary Road St Helens WA10 2LT
13/12/24 Friday	Tesco Earlestown Newton-le-Willows WA12 9LN
16/12/24 Monday	Chester Lane Library - Living Well Bus Blood Pressure and BMI checks with Champions
09/12/24 Monday	St Mary's Market St Helens
17/12/24 Tuesday	Willowbrook Shop St Mary's Market St Helens



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

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St. Helens Council

St Helens Borough Council are seeking views about the pharmacies our residents use. The government requires all Health and Wellbeing Boards to produce an assessment of their local pharmaceutical services every three years.

Contribute to our assessment by filling out this survey about your typical use of your local pharmacy and as a thank you, you will be entered into a prize draw to win £100.

<https://www.smartsurvey.co.uk/s/TY70Y7/>

Paper/translated copies are available on request. Please email HealthProtectionStHelens@sthelens.gov.uk



 Come and join us for our Festive Carers Café! 

Mersey Care's Carer Engagement Team would like to invite you to attend our Festive Carers Café (Christmas jumpers encouraged! 🎄)

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?

Christmas Craft Activities
Spiced fruit punch and Christmas buffet
Chat to staff from the Carer Engagement Team and Warrington Carers Hub
Spend time with other carers
Refreshments

When is the Carers Cafe?

Monday 9 December 2024, from 2pm – 4pm

Where will the Carers Cafe be held?

Creative Therapy Room, Hollins Park Hospital, Hollins Lane,
Winwick, Warrington, WA2 8WA

To book a place contact:

Call: 01925 972 801

Or email: carers@merseycare.nhs.uk

Attention St Helens Parents and Carers

NCT Parents in Mind is collaborating with St Helens Family Hubs to gather insights from local parents and carers about their experiences with low-level perinatal mental health support. Feedback is crucial in shaping future services for families in our community! Can you help?

How to Participate:

- **Online Survey:** <https://forms.office.com/e/JxcUqueu0Y>
Groups being sought to be involved in Focused Workshop
(Parents can receive a £30 voucher for their participation in the focused groups!).

Feel free to share the attached posters with your networks. If anyone needs assistance with the survey or prefers to discuss it over the phone, please reach out to Holly Flynn at Parentsinmind.nw@nct.org.uk.

Thank you for helping us make a difference! 



The poster features a large puzzle graphic on the left side, with several pieces containing illustrations of diverse families and individuals. The text on the right is as follows:

DO YOU WORK WITH PARENTS OR CARERS IN ST HELENS?

St Helens Family Hubs need your help to spread the word!

Please share this survey that will explore families experiences of accessing wellbeing or mental health support during the perinatal period.

This will help us enhance services for future families in our community.

Share our survey

At the bottom right, there is a QR code and a small icon of a hand placing a puzzle piece.

Logos for Family Hub and Parents in Mind are present in the top corners.

 Family Hub Contact Holly @ Parents in Mind parentsinmind.nw@nct.org.uk for more info

 Parents in Mind

Christmas

GIFT APPEAL



**Help make Christmas special
for children and young people
across the borough.**

**Donate new gifts, chocolate or gift vouchers
for children and young people aged 0-21
to help vulnerable families and care leavers
have a Christmas to remember.**

**Donations can be dropped off at several
locations throughout the Borough.**

**You can also make a cash donation online at
sthelens.gov.uk/christmasgiftappeal.**

**Deadline for donation is:
Monday 16th December.**





International Day of Persons with Disabilities

3 DECEMBER

International Day of Persons with Disabilities (IDPD) is a globally recognized observance dedicated to promoting the rights and well-being of persons with disabilities. This day highlights the importance of inclusivity, accessibility, and equal opportunities for individuals with disabilities, while also celebrating their achievements and contributions to society.

What is International Day of Persons with Disabilities 2024?

International Day of Persons with Disabilities (IDPD) is an annual event established by the United Nations to raise awareness about the challenges faced by persons with disabilities and to promote their full and equal participation in all aspects of society. It serves as a platform to advocate for the rights and dignity of individuals with disabilities.

When is International Day of Persons with Disabilities 2024?

International Day of Persons with Disabilities is observed globally on December 3rd each year. This date provides an opportunity for governments, organizations, and communities to come together to raise awareness, promote inclusion, and take action to improve the lives of persons with disabilities.

THE St Helens Santa Dash is returning this December, with registration now open.



St. Helens Council

The festive family-friendly 4k fun run around the Green Flag award-winning Victoria Park will be held on Saturday, December 7.

Organised by St Helens Borough Council's Active Lives and Sports Development service, it is suitable for all abilities.

This year's run follows on from previous successful events over the years which have seen hundreds of people take part and thousands of pounds raised for the mayor's charity.

This year, all proceeds will go to the St Helens Young Carers Centre, supported by the Mayor of St Helens Borough Council, Jeanette Banks.

Last year saw £650 raised from last year's event which was donated to the Deafness Resource Centre in Dentons Green.

Organiser, Gemma Ireland, an active lives and sports development officer for St Helens Borough Council, said: "The St Helens Santa Dash is always a popular choice given the community and festive feel it brings.

"It's about offering an affordable activity that all the family can take part in that provides the perfect mixture of fun and fitness.

"It's an event we very much look forward to putting on for residents every year - and If you've never done it before - I'd encourage you do sign up and give it a go as it's completely inclusive and a whole lot of festive fun."

How to register for the St Helens Santa Dash 2024

Entry to take part in this event is £5 for adults and £2 for children and young people aged 5-18 which includes a Santa hat and medal. Children under 5 can take part free of charge.

St Helens Santa Dash will take place in Victoria Park on Saturday, December 7 at 11am.

To register, visit: www.eventbrite.co.uk/e/st-helens-santa-dash-2024-tickets-1074167185969

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.