

# healthwatch

October 2024 St Helens

Hello Healthwatch members. In our newsletter this month you will find information on lots of mental health services including **November, National Self-care week and stress awareness day/week**. Information on local perinatal team, supporting people with pre pregnancy planning if they have any worries about their mental health. Also contact details for National Carers Week.

**Healthwatch team members attended the Saints Women's end of season awards on Thursday, 16th October 2024. Proud sponsors of Georgia Sutherland, pictured below.**



Proudly sponsored by:

healthwatch  
St Helens



## About this event

Movember is all about promoting conversations about men's mental health, suicide prevention, prostate cancer and testicular cancer.

**Since 2003, Movember has funded more than 1,250 men's health projects, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men.**

### Contact details

**For more information about Movember, visit their website or follow @MovemberUK  
<https://uk.movember.com/>**



### About this event

National Stress Awareness Day was set up by the International Stress Management Association, with the mission of raising awareness of the effects of psychological distress in the workplace and strategies to address it.

The day also aims to reduce stigma of stress in the workplace.

It includes a comprehensive programme of events, such as international online seminars, summits, interactive chats, and social media hashtagged events, as well as venue events.

Access to expert advice both online and at events is also available. Organisations are welcome to run their own events for the day.

### Contact details

For more information about the National Stress Awareness Day visit [ISMA UK](#) or follow [#NationalStressAwarenessDay](#) on Twitter.

All day event:

JOIN US ON WEDNESDAY 6TH NOVEMBER 2024  
FOR A GLOBAL ONLINE STRESS SUMMIT  
FEATURING A DIVERSE LINE-UP OF RENOWNED EXPERTS



### International Stress Awareness Week 4 - 8 November

International Stress Awareness Week attracts media attention and interest worldwide and, in 2024, ISMA's 50th anniversary year, International Stress Awareness Week will be held between 4th – 8th November.

The highlight of the week will be Stress Awareness Day on Wednesday 6th November, when our fifth Global Online Stress & Wellbeing Summit will be held. The Summit features five sessions with expert speakers and, as the highpoint of the day, the winners of our inaugural Stress Management Awards will also be announced.

## Cheshire and Merseyside

Supporting people with pre pregnancy planning if they have any worries about their mental health.

### Pre pregnancy planning

Your local Specialist Perinatal Team offers pregnancy planning support appointments if you are thinking about, or planning to have, a baby, and:

- have a history of complex lives or mental health problems and are taking medication for mental health problems
- are worried about the impact having a baby will have on your mental health
- have anxiety around pregnancy, childbirth or becoming a parent.

You can call your local team to refer yourself.

[https://www.mersecare.nhs.uk/application/files/1616/8269/5524/396.MC\\_PeritnatalPosterA4\\_v1.pdf](https://www.mersecare.nhs.uk/application/files/1616/8269/5524/396.MC_PeritnatalPosterA4_v1.pdf)

### Cheshire and Mersey Specialist Perinatal Service

Mental healthcare for women and families

Our Specialist Perinatal Service works with women with mental health problems in Halton, Knowsley, Liverpool, Sefton, St Helens and Warrington.

#### How to make a referral

You can contact us for advice or to make a referral on:

01925 275 303 for Halton, Knowsley, St Helens and Warrington

0151 702 4012 for Liverpool and Sefton  
9am to 5pm, Monday to Friday.

### We can help with...

Preconception  
advice

One-to-one  
assessment  
and support

Phone  
consultation and  
advice for health  
professionals





# National Self-Care Week

## 18 – 24 November 2024

# Mind & Body

### **What is National Self-Care Week?**

Self-Care Week is an annual national awareness week that focuses on embedding support for self-care across communities, families and generations.

### **The theme is “Mind & Body”**

The Self Care Forum has been organising Self-Care Week since 2011

### **About this event**

National Self Care Week is an annual UK-wide national awareness week that focuses on embedding support for self-care across communities, families and generations. Founded in 2011, it was originally used mostly by health organisations to communicate health messages to their audiences, but recently a growing, diverse community has recognised the benefits of participating in Self Care Week. In addition to helping people look after their own health, Self Care Week is also used to promote better use of the NHS by signposting people to the right service relevant to their health needs – in particular, signposting people to pharmacy for accessible health care and advice.

### **Contact details**

For further information, visit <https://www.selfcareforum.org/> or follow them on Twitter <https://x.com/SelfCareForum>



## About this event

Carers' Rights Day is organised by Carers UK. It aims to help:

- Ensure carers are aware of their rights
- Let carers know where to get help and support
- Raise awareness of the needs of carers.

Each year, hundreds of organisations across the UK hold an event or activity to mark the Day to help people in their community find out about their rights as a carer, and where to go for support.

## Contact details

For more information, visit <https://www.carersuk.org> or follow [@CarersUK](https://twitter.com/CarersUK) on Twitter.

# Living Well Bus Timetable

## November 2024

<b>Date</b>	<b>Location</b>
01/11/24 Friday	Tesco Earlestown Newton-le-willows WA12 9LN
07/11/24 Thursday	Newton-Le- Willows Health and Fitness Centre Ashton Road Newton-le-Willows WA12 OAG
16/11/24 Saturday	Sutton Leisure Centre Elton Head Road St Helens WA9 5AU
18/11/24 Monday	St Helens Town Centre
28/11/24 Thursday	Queens Park Health and Fitness Centre Boundary Road St Helens WA10 2LT

# 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)

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