Hello and welcome to Health-e-Times 2014 Issue 2, published by Halton and St Helens Voluntary and Community Action. Thank you to all this month’s contributors and sorry if your article didn’t make this edition, the publication continues to increase in popularity, so make sure you get your articles for the next issue in early.

I’d like to take this opportunity to thank all of our St Helens readers for the great response this month. I’m always inundated with Halton articles and have been pestering colleagues in St Helens to contribute more. This month has seen a massive rise in St Helens contributions, so a big thank you goes out to all those who’ve been promoting the publication for me.

Why not get even more publicity for your work by appearing on our Health-e-Radio show, broadcast weekly on 92.3fm. Contact me for details.

Continuing with the St Helens theme, has your organization had a letter from the CCG in regard to the evolve evaluation system? If you have, and I haven’t already contacted you please get in touch so I can run through the system with you.

Halton groups, do you work in the area of health and social care? Could you use some additional funding? Click HERE to view the latest funding update from HBC’s Funding Team.

Don’t forget, I want to help your organisation get commission ready! To find out more about the VCA’s range of CCG approved tools click the links below:

Here to Help  evolve  Health’e’Blog

If you have any feedback, comments or suggestions please let me know. Thanks
St Helens Clinical Commissioning Group (CCG) is the new NHS body responsible for buying services locally taking over from Halton and St Helens Primary Care Trust. The CCG would like to find out peoples experiences of using health services when they have been diagnosed with long term health conditions.

If you would like to give your views and let the CCG know your experiences please complete this short questionnaire. The survey closes on 7th April.

You can become a member of the CCG by clicking HERE and you can also fill in one of our ‘Talk to Us’ forms and let us know your experiences be they good or bad: Talk to Us.

For more information please contact:

Alison Brook
Engagement & Involvement Manager
St Helens Clinical Commissioning Group (CCG)
Alison.Brook@sthelensccg.nhs.uk
TEL: 01744624269

Cheshire and Merseyside CSU needs your views.

Clinical Commissioning Groups have a duty to spend public money wisely. As there is only a set amount of money available to spend, they have to make difficult decisions about which treatments are routinely provided.

Most of the services/treatments they commission are provided for their whole population. However, some are only clinically effective in very specific situations or for a very narrow group of patients.

In such cases, Clinical Commissioning Groups commission these services/treatments on a named individual (patient) basis, having first decided that there is evidence that the proposed treatment is clinically effective and that the patient should see a demonstrable benefit from receiving the treatment.

Clinical Commissioning Groups have only existed since 1 April 2013. As a result, their policies need reviewing and updating which will include financial decision making. Patient feedback is at the heart of everything we do and we would like to encourage patients from both Halton and St Helens to take part in our current commissioning policy review.

Click HERE to find out how you can make your voice heard.
Smokers to prepare for victory on No Smoking Day

Smokers in Halton and St Helens are being urged to prepare for battle and attempt to give up cigarettes for good on No Smoking Day which takes place on Wednesday 12 March 2014.

This year’s No Smoking Day has a ‘V for Victory’ theme which is set to inspire hundreds of thousands of smokers to win the fight against cigarettes. On Wednesday 12 March 2014, smokers in Halton and St Helens are being urged to prepare for battle and attempt to give up cigarettes for good.

One in five UK adults smoke, including 25% in St Helens and 27% in Halton. But studies show around two thirds of smokers want to quit. The campaign will help smokers on the road to victory, providing information, support and encouragement to put together a personal battle plan so that they are in the best possible position to make a successful quit attempt on the day.

The Halton Health Improvement Team’s Stop Smoking Service will be on hand to offer support and advice in both boroughs on No Smoking Day to inspire quitters and send them on the road to victory. To find out more click the links below

**HALTON**

Halton 01928 593 043
St Helens 01744 814 837
Email: smoking.support@bridgewater.nhs.uk

**ST HELENS**

Do you need a wellbeing review?

Do you need some support to improve your health and wellbeing, or to do the things that you’ve always wanted to achieve? Book a Wellbeing Review appointment today through your nearest GP Practice!

Knowing where to start or where to find support can be difficult, however your local GP Practice each has a dedicated Community Wellbeing Officer who can help to navigate you through the support available to you in your local community; this includes the other services that Wellbeing Enterprises offer, such as activity groups, life-skills courses and community events. The Wellbeing Review appointment will help you to create your own personalised plan to help you achieve these goals, or identify where in the community you can go to help you with any problems in your life.

You can self-refer to the Wellbeing Review appointment service by contacting Wellbeing Enterprises on 01928 589799 or info@wellbeingenterprises.org.uk. You can also visit your GP Practice and ask one of the reception staff to book an appointment for you.

Agencies and community groups can also make referrals using the form downloadable [HERE](#)

To find out more about wellbeing reviews read the full press release by clicking [HERE](#)

You can also find out about Wellbeing Enterprise’s exciting new Purple Book Project, designed to support people with memory problems.
Local Community NHS Trust gains national breastfeeding accreditation

Supporting women to breastfeed is a key priority for Bridgewater Community Healthcare NHS Trust and its partners in Halton and St Helens.

We are delighted to announce that it has now been officially confirmed by UNICEF that the Halton and St Helens division of Bridgewater Community Healthcare NHS Trust has been accredited with Stage 2 of the UNICEF UK Baby Friendly Initiative.

This accreditation means that the team has educated their staff to implement the Baby Friendly standards and been externally assessed by UNICEF UK. The Baby Friendly Initiative works with the health-care system to ensure a high standard of care for pregnant women and breastfeeding mothers and babies. Stage 2 involves assessment of staff knowledge and skills in order to implement best practice.

34 members of staff from Midwifery, Health Visiting and the Health Improvement Breastfeeding Support Teams were audited by UNICEF to achieve this accolade in order to provide community support for local pregnant and breastfeeding mothers.

The training and process is facilitated by the Infant Feeding Coordinator from the Health Improvement Teams in Halton and St Helens.

Assessors from UNICEF commented;

“Bridgewater Halton and St Helens presents a positive approach to breastfeeding and has consistently displayed enthusiasm and commitment towards providing an effective training programme.”

Work towards stage 3 accreditation has now begun with all staff continuing to support families across Halton and St Helens.

Foundation backs health check call

St Helens Council has teamed up with the Steve Prescott Foundation to urge people to book their free NHS health check.

The council’s Public Health team was delighted to receive the foundation’s backing for its message that early detection of risks can make a huge difference to a person’s overall health.

Steve sadly passed away at the end of last year, aged just 39, after a brave battle against cancer. But his memory lives on through the tremendous work of the Steve Prescott Foundation, which has so far raised more than half a million pounds for charity.

The foundation’s Martin Blondell said: “Steve spent his final years battling cancer and I can think of no finer tribute to his memory than as many people as possible taking preventative action to avert potentially serious health conditions.”

You can read the full press release HERE

You can find out more about the work of the foundation by clicking the logo
Merseyside Strategic Clinical Network (SCN) want to make sure that the voices of the patients, carers and the public are at the centre of everything we do. We will be listening carefully to the people who use and have experienced local health and care services to help make improvements as and where necessary.

The ‘People’s Voice’ will be at the heart of this work. It will include patients, carers and members of the public, support and patient/carer groups, charitable, voluntary other health and care organisations. Through working with people such as you, we will be able to work in a more joined up and well-organised way making the best use of your skills, experience and time.

We are very keen to engage with communities who experience poorer health outcomes and whose voices we can find harder to hear.

If you would like to get involved find out more by reading the full articles by clicking HERE

Gloria Payne
Quality Improvement Lead – Patient & Public Involvement
Cheshire & Merseyside Strategic Clinical Network
NHS England

Tel: 01138252762
Mob: 07584342415

 gloria.payne@nhs.net

UC Crew is St Helens only community group dedicated to Break Dancing and Hip Hop Culture. Our key goals focus on helping adults, children and families adopt healthier lifestyles and improve their wellbeing through a variety of activities.

This Spring we have places available in our Teenager and Adult sessions (Mondays, 8:00pm-10:00pm, Haydock Leisure Centre) and our Junior Classes (Fridays, 5:00pm-6:00pm, Queens Park Leisure Centre)

All of our adults, young people and children have gained improved confidence, increased self esteem, lost weight, improved fitness and made friends though out sessions.

Take a look at our video of our recent events for beginners to increase their confidence by having break dance battles in St Helens Parish Church Hall.

We also deliver projects in the community with charities and available for workshops.

www.ucrew.co.uk

Email: hello@uccrew.co.uk
Widnes & Runcorn Cancer Support Group have recently launched: ‘Fruity Beauty Fridays’

As part of our aim to encourage wellbeing, we now hold ‘Fruity Beauty Fridays’ each week. We have a range of beauty therapies available. Fresh fruit is served so people can enjoy a healthy treat and a relaxing pamper.

Appointments are available to registered members. Please contact the Centre if you would like to register or to book a beauty therapy appointment.

Web:  www.widnesandruncorncancersupport.org.uk
Email: info@widnesandruncorncancersupport.org.uk
Tel:  0151 423 5730

ALZHEIMER’S TRAINING

As part of our continuing effort to change the face of ageing, and working in partnership with City and Guilds, Alzheimer’s Disease International and the Alzheimer’s Society, our Home Instead Senior Care network is offering Alzheimer’s training for all carers; families; friends and organisations. These training sessions will provide people with the awareness and information about dementia and focus on improving the inclusion and quality of life for people with dementia.

The sessions will include an Introduction to Alzheimer’s disease and Other Dementias; Activities to Encourage Engagement; Techniques to Manage Behaviour and the skills, knowledge and tools to support people to help individuals, with dementia, to live well in the community.

These sessions can be tailor made to your needs and can take place at a location convenient to you or your organisation in Frodsham area (including Helsby and Kingsley), Runcorn and Widnes. If you would like further information, have any questions or would like to put your name on the waiting list to attend the training sessions, please call Eula on 01928 733020 or 07825913168.
Healthy in St Helens 2014

Friday 16th – Saturday 17th May 2014 from 10am – 4pm both days

Healthy in St Helens is organised by the Rotary Club of St Helens in partnership with the Health Improvement Team of the Halton and St Helens Division of the Bridgewater Community Health Care NHS Trust. Its purpose is to facilitate an improvement in the health and health awareness of the population of St Helens in an atmosphere of fun and entertainment.

This is the fifth year the event has been held and is designed to be a service for the benefit of the local community and to attract people into the town centre of St Helens.

The event features over 20 charities and is a great way to have fun with your family whilst getting health advice. Activities will include displays of various types such as Zumba, ‘Go Active’ and many others.

There will be various health checks available and if you have one you may win a number of good prizes. Each person will enter a balloon into the Great St Helens Balloon Race and the owners of the balloons travelling the furthest will receive a prize.

To find out more read the full article [HERE](#)

If you would like to be involved or just volunteer to help please contact Dr Colin Ince
Email: colin18270@blueyonder.co.uk

or the Rotary Club of St Helens using the link [HERE](#)

Dr Colin Ince (Healthy in St Helens Project Lead)

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Touch Rugby League comes to St Helens

Individuals or groups looking to improve their fitness or rehabilitate after injury or illness can now take part in Touch Rugby thanks to a new initiative being led by Thatto Heath Crusaders and St Helens R.F.C.

Touch Rugby League is a fast, skilful and action packed team sport, played in a fun and social atmosphere, without any of the tackling you see in a traditional game of Rugby League.

If you prefer to play indoors or outdoors, want to mix up the teams with men and women, play just for fun or want a more competitive game that’s fine. There are a variety of different sessions so there’s bound to be one that suits you whether you are new to the sport or a seasoned pro.

To find out more about this exciting initiative and a whole lot more, read the full article [HERE](#)

For details on prices, session times and how to join in go to: [www.playtouchrugbyleague.co.uk/](http://www.playtouchrugbyleague.co.uk/)

Or call Martin on 07734086844 email league.leaders@mail.com
Live Life Well, an online mental health resource, has launched an ex-armed forces section on its website in line with the World War One Centenary.

*It is recognised that readjusting to life, after serving the country, can be difficult for both the ex-service person and their family. It can cause stress and may result in feelings of loneliness, depression or anxiety whilst adjusting to life on Civvy Street.*

Common mental health problems can affect how motivated you feel which can affect how well you manage any problems you may face. For example housing, bills, finance. This in-turn can affect how:

- stressed you feel
- social life
- how you sleep
- how you think

[Photograph: Jen Brown (Health Improvement Specialist – Health Improvement Team)]

Created by the Health Improvement Team (part of Bridgewater Community Healthcare NHS Trust), www.live-life-well.net was specifically designed and launched in 2012 to help manage a person’s own mental health and wellbeing. Since its launch it has been acknowledged that a dedicated section for ex-armed forces was crucial in meeting the needs of local people.

See www.live-lifewell.net/exarmedforces

In addition to mental health and wellbeing, the Health Improvement Team runs a number of targeted services for people living and working in Halton and St Helens. Full details on the type of services available can be found on our dedicated website www.healthimprovementteam.co.uk.

Improve your Health & Wellbeing at Crownway Community Centre.

- **Zumba Gold** every Monday (10.45am – 11.45am)
- **Slimming World** sessions each Tuesday (10am, 5pm & 7pm)
- **Morris Dancing** on Wednesday evenings (6.30pm-8.30pm)
- **Adult Line Dancing** on Thursday evenings (6.30pm – 8.30pm)
- **Pilates** with the Health Improvement Team on Fridays (9.30am – 10.30am)
- **St Helens Mind** also provide a support group every Friday (1pm – 3pm) for people who are isolated due to mental health problems.

Crownway also serves as a donation and referral point for the Newton & Earlestown Food Bank, so if you – or somebody you know – is in need of an emergency food parcel, please drop-in to the Centre and speak to a member of staff.

For more information about Crownway and our activities, please visit our website (www.crownwaycommunitycentre.co.uk) or call us for a chat on 01925 22290.
Working for older people locally

Age UK Mid Mersey is a charitable organisation that operates to promote and provide older people in the area with a holistic range of health, wellbeing and care services, so that individuals have more choice and control in their everyday lives.

Our range of activities continues to grow, so much so that we couldn’t possibly fit it all in one section of Health-e-Times!

To find out about our exciting range of services by clicking the links below:

- Age UK hearing aids for Halton
- Age UK Hearing aids for St Helens
- Dementia Reminiscence Karaoke, St Helens
- Cancer Support Halton & St Helens
- Money Advice Halton & ST Helens
- SHAIR - St Helens Advocacy & Information Resource
- Rugby Reminiscence, St Helens
- Afternoon Tea in Runcorn
- Get Up and Go Club Runcorn
- Vintage Coffee Mornings in Runcorn

You can call us on  St Helens: 01744 752 644  Halton: 01928 575 400

Email: enquiries@aukmm.org.uk

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Did you know that drama is good for your health?

Drama classes provide a safe space for individuals to transform their love, anger and inappropriate emotions into an impressive expression of creativity. Although drama classes are normally associated with performing there are a whole load of health benefits too!

Drama builds confidence, encourages empathy, fosters collaboration and communication, it will increase your self esteem and act as a great emotional release.

Here at Centre 8 we enjoy all these health benefits, but more importantly have great fun!

Why not join us?  We are currently looking for members. To find out more  phone Sue 01928 569306 or email: centre8@sellison.plus.com
Swim 4 Health in Halton

Did you know that 30 minutes swimming burns off approximately 240 calories (when doing a slow crawl)?

That’s the same as a half hour game of tennis and is actually more than the amount of calories burned in a 30 minute aerobic workout!

Regular swimming can reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes and stroke. It can also boost your mood and keep your weight under control. Swimming is a lifelong skill that could save a life. If you can’t swim, it’s never too late to learn.

In Halton we have some great projects to help you maximize the benefits of your swim. Swim4Health has been evaluated by the Amateur Swimming Association to show that it improves people’s self rating of health and body image, increase their activity levels and SWIM TAG motivates them to achieve their personal best and achieve or work towards the Government’s recommended levels of activity, it can even show you how many calories you burned in the pool.

And it’s great fun too, but don’t take my for it, here’s what one of our local swimmers had to say:

“I lost 6lbs. in 4 weeks, 1 inch off both my arms, 3 inches of both my legs. I can now complete a good workout without being out of breath and feel more confident and I feel great. I have more energy more energy and I am much happier in myself as a person. Thanks to the centres amazing staff!”

We have 3 great pools in Halton, you can find out more about each by clicking the links below:

- **BROOKVALE**
- **KINGSWAY**
- **RUNCORN**

You can also contact us directly at:

Lee Forsyth
General Manager
Brookvale Recreation Centre
WA7 6EP
01928 712051
Mobile Number – 07702351504
Email - leeforsyth@dcleisure.co.uk
DC Leisure Management Ltd

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**Welcome to Connect - A social group for adults with learning/physical difficulties based in Halton**

Connect are pleased to announce our latest new activity! In partnership with Halton Borough Council’s Sports Development Department, we are launching our new Fun Social Sports Group.

Activities will include new age curling, botcha and cup stacking.

Why not try it free on Wednesday 12th March 12.00pm at Grangeway Community Centre, Runcorn

For more details contact Michelle Thomas on: 01928 898695/ 07914580567

Fact or Fiction?

On Monday 17th March we'll be holding another of our popular ‘Fact or Fiction’ events at the Select Security Stadium, Widnes.

On the day we'll be hearing about:

- **Care.data** - You may have heard a lot about this in the press recently. We'll have a guest speaker from NHS England to tell you all about it and answer some of your questions.
- **Patient Transport Services** - North West Ambulance Service will be giving us all the facts on this service.
- **Cancer Screening** - March is Awareness Month for both Ovarian and Prostate Cancer. Halton's Director Public Health, Eileen O'Meara will be telling us about the importance of screening and early diagnosis.
- **Pharmacy call to Action** - The Chair of the Pharmacy Local Professional Network, (NHS Merseyside) will explain the 'Call to Action' campaign aimed at improving care through community pharmacy.

You can confirm your place by using the booking link below, or alternatively call us on 01928 592405

BOOK YOUR PLACE

Health and Wellbeing Shape the Future Event

**Halton Stadium, 12.00- 4.00 p.m. Wednesday, 2nd April 2014**

Halton Health & Wellbeing Board and Healthwatch Halton would like to invite you to participate in shaping future Health and Wellbeing actions for our borough.

Health and Wellbeing leads will provide progress to date on the priorities you chose at the Health and Wellbeing Priorities Event in May 2012. You can then decide which new health actions you would like to take forward.

The event will also provide the opportunity to hear about the integration of health and social care. Finally, you can learn how to apply for the new Halton Health Awards and grants for local projects.

A light lunch and refreshments will be provided.

Due to health & safety regulations places are limited, book your place now by clicking the link below or cont the Healthwatch Team on 01928 592405

BOOK YOUR PLACE

We hope you will be able to join us for what promises to be an interesting and informative event.

**Eileen O’Meara**

Director of Public Health
Grants for individuals

Did you know that there are a whole range of grants available to help individuals who have fallen upon hard times?

There’s funding available to help with all kinds of issues including mobility, education costs, repairs, clothing, domestic items and much, much more. The problem is getting the information.

Micheal Eagan, a Debt Advisor at St Helens C.A.B. has made the process of finding these funding sources much easier by developing the Good Trust Fund Guide.

The guide is primarily aimed at frontline staff as some of the Trusts require applications to be submitted by support workers.

You can download the guide HERE or contact Michael for more information

Telephone number: 01744 751380
Email address: Michael.egan@sthelenscab.org.uk
Fresh Start – lose weight for free, with the Health Improvement Team
Stepz Workout – low impact dance workout
Legends Dance Academy – Street dance and hip-hop for 8 – 12 year olds.
Family Martial Arts – Book your free session online at www.familymartialartscentre.com
Juice Plus – Healthy lifestyle advice, juice shakes and fun.
Self Help Services – see the article below!
Adult Dance Class - Salsa, Tango, Jive, Cha Cha in a fun and friendly environment.
Starlight Morris Dancing Classes –
Ukulele Classes – Ukulele your way to wellbeing.
Keep Fit - Get fit, stay fit and have fun in this enjoyable class, aimed at the mature person
Looking Forward - Support for people with memory issues like dementia.
Yoga - suitable for all levels of ability
Pilates - Course suitable for beginners and improvers
Tai Chi - A gentle martial arts session.
Ignite Your Life – A unique event to improve your wellbeing
Personal Power - Release the energy within and discover your personal power

To find out more about these services read the full article HERE or visit our website.

Jane Pike
Centre Co-ordinator
Tel: 01925 224731
Fax:01925 299577
www.newtoncommunitycentre.co.uk
If you would like to submit information for this newsletter, or if you have any queries you can call VCA’s Lead Health Engagement Officer, with any questions on 01928 592 405 or you can e mail ccarlin@haltonsthelensvca.org.uk

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New Age Kurling

From Sochi to Widnes!

Many people have been captivated, watching Curling at the Winter Olympics, where people hurl 'stones' down the ice towards a target.

Many people in Halton play a similar game without ice!

New Age Kurling is a form of the original Curling without ice; it is adapted so it can be played indoors on any smooth, flat surface such as sports halls, community centres and church halls.

Both able-bodied participants and those with a disability or needing to play from a chair can play both New Age Bowls and New Age Kurling informally or competitively.

You can play at a range of easily accessible venues across Halton to find your nearest one read the full article HERE

Or contact Paula Parle on 0151 511 8550 paula.parle@halton.gov.uk

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Computerised Cognitive Behavioural Therapy (cCBT)

Did you know that cCBT Services are available in Halton & St Helens at easily accessible community venues or even in your own home?

The service is co-ordinated by Self Help Services – an independent mental health charity within the Big Life Group. Patients of Halton & St Helens GPs may refer themselves to the service or be referred by a GP or mental health worker/other healthcare professional.

The course is a great way to break the rumination cycle and will help you cope with negative thoughts and feelings, low mood and anxiety.

To find your nearest venue read the full article HERE or contact Tania on the number below.

Tania Ignatius | Halton & St. Helens e-Therapy Coordinator | Self Help Services
Telephone: 0151 511 5873 | Mobile: 07943246601
Self Help Services, Sims House, Bradleigh Road, Newton-le-Willows, WA12 8RA

www.selfhelpservices.org.uk