



November & December Update

Firstly we want to thank everyone for their support this year and wish everyone a Very Merry Christmas, and a Happy New Year

In November we facilitated a feedback event at the Deaf Centre, as well as an engagement event with Latchford Youth Voice.

We are receiving more information from our Children & Young People Mental Health & Wellbeing survey and Julie has been engaging with many groups and parents.

We have said goodbye to Ruth Dales and welcomed our new Health Advisory Board Chair–Gary Skentelbery.

We still continue to work on our years priorities and we are recruiting more people to join our Virtual Voices panel and our Volunteering team.

Information about how you can get a COVID–19 Booster is provided below.





Our new HAB Chair

Healthwatch Warrington is pleased to announce the appointment of our new Health Advisory Board Chair- Gary Skentelbery.

Gary is an experienced journalist with over 40 years of experience as well as being Patron of the Tim Parry Johnathan Ball Foundation for Peace, a trustee for Warrington Disability Partnership and a Director of the Chamber of Commerce.

'We are delighted to announce the appointment of our new Chair Gary Skentelbery. Gary is a local resident of Warrington and is passionate about working with our local community around health and social care services. With an excellent track record of working in partnerships, Board experience, and extensive media and journalism experience for more than 40 years, Gary will be a true asset for healthwatch Warrington.' Lydia Thompson CEO HWW.

Welcome to the Healthwatch Warrington Family Gary.



What is NHS Complaints Advocacy?

Although most people using the NHS in Warrington are happy with their care and treatment, things can sometimes go wrong. If you're not satisfied with the service you've experienced from a hospital, doctor, dentist, local surgery or any other NHS provider, you are entitled to complain about it.

[Find out more about our Advocacy Service](#)



Children & Young Peoples (CYP)
Mental Health & Wellbeing:

CYP Mental Health & Wellbeing

At the end of July, our Young Person's Community Engagement Lead– Julie Howson launched the Children & Young Peoples Mental Health & Wellbeing Surveys for KS3, KS4 & KS5, Parents and Teachers. These were well received. Julie will be relaunching these again in October along with surveys for KS1&2, GPs & Professionals.

You can find out more about these surveys and this project below.

[Find out more](#)



Youth Voice Engagement

Clare & Julie joined forces with [Latchford Youth Voice](#) in November, facilitating a Pizza & Craft night and supporting the children to take part in the CYP Surveys helping us to understand the impact the pandemic has had on them.



Delamere Centre

Clare & Crissi met up with Debbie Monfared and Karen Mason to talk about how Healthwatch Warrington can help with future projects at the Delamere centre.

About the centre



WARRINGTON
Borough Council

healthwatch
Warrington
YOUR health and social care champions

HAVE YOUR SAY ON PHARMACY SERVICES

Residents are being asked for their views on pharmacy services in Warrington.



Responses will inform the local Pharmaceutical Needs Assessment (PNA) which is a mandatory requirement of local Health and Wellbeing Boards.

Your contribution to this assessment will help us to better understand whether pharmacy provision in the borough meets local need both now and over coming years

TAKE THE SURVEY

For paper copies of the survey, please contact Warrington's public health team: PublicHealthBusinessUnit@warrington.gov.uk or call 01925 442 487/01925 443067

If you would like help to complete the survey please contact Healthwatch Warrington Contact@healthwatchwarrington.co.uk or call 01925 246 893

Have your say on Pharmacy Services

Residents are being asked for their views on pharmacy services in Warrington.

Responses will inform the local Pharmaceutical Needs Assessment (PNA) which is a mandatory requirement of local Health and Wellbeing Boards.

Healthwatch Warrington will be distributing posters to all pharmacies across Warrington, posters will have QR codes that will take you straight to the survey.

If you would like a paper copy of the survey, please contact the council's public health team at PublicHealthBusinessUnit@warrington.gov.uk or call 01925 442487 or 01925 443067.

If you would like help to complete the survey, please contact Healthwatch Warrington at Contact@healthwatchwarrington.co.uk or call 01925 246893.

Pharmacy Services



Clare and Crissi delivered posters about the pharmacy services survey to more than 21 pharmacies across Warrington.

The Survey has been left open until the end of December.

[Take the Survey](#)



Deaf Centre Engagement

In November Clare facilitated, along with [SigningSolutions](#), a feedback sessions about how the deaf community access health services.

[Warrington CCG](#) and the [Warrington Hospital Patient Experience](#) team were present and participated in focus groups with an interpreter to hear their views.

We will be holding another session in the new year.



The team got involved and wore green to support National Safeguarding Adults week.

Updates



and



Virtual Voices

If you would like to get involved and have your say with the chance to win a voucher- simply sign up to Virtual Voices. Sign up today and you have the choice to take part each month.

Peoples Panel

Our Peoples Panel meet monthly via Zoom. Each month there is a different speaker and a chance to discuss health and social care matters that are arising in Warrington.

We are continuously recruiting for

Warrington residents to join the panel in order to have an even more diverse group of people represented.

If you would like to contribute to the panel please apply below.

Sign Up

Apply to Peoples Panel

healthwatch
Warrington

Warrington's
VIRTUAL VOICES

Warrington
People's Panel

Enter & View

Health Advisory Board
Member

VOLUNTEER
here to make a difference.

Get involved, there is something for
EVERYONE

| Enter & View | Virtual Voices | People's Panel | Health Advisory Board |

01925246893



Enter & View
Representative



Healthwatch
Advisory Board

They are trained to visit a range of NHS and social care premises, and talk to staff, patients, carers and other service users about their experiences.

Information collected is used to make recommendations on how services can be improved. Our Enter and View Reports are shared with the CQC.

1. Prepare for visits by attending briefings with the HW Support Team
2. Visit health and social care premises, including local hospitals, care and nursing homes, GP surgeries, dental practices, ophthalmic services, etc, to observe what is happening
3. Talk to patients, service users, staff and carers and gain their views on the quality of services provided
4. Maintain notes of the visits and assist in the preparation of reports to outline the findings, and if applicable, offer recommendations for change

More

In delivering Healthwatch Warrington's services, we are advised by a Healthwatch Advisory Board drawn from members of the public. This group provides advice on:

1. Healthwatch priorities
2. The Enter and View programme
3. Identifying key public concerns
4. Community engagement activity

They act as the voice of the people and ensure that Healthwatch Warrington adheres to the core principles of; confidentiality, respect, feedback, transparency and influence.

More

Our Reports



Digital Exclusion Report

On this occasion, the Healthwatch's have carried out a project that looks at the experiences of people who were more likely to be digitally excluded



HWW Annual Report

Find out what Healthwatch Warrington got up to during 2020-2021.

A full report of what we did, our volunteers and



GP Access Report

We asked our Virtual Voices about their experiences with GP Access, as we have received a lot of feedback regarding this issue in Warrington. We have collated this information and shared

than the general population in accessing primary care during the Covid-19 pandemic and its associated restriction

[Read Report](#)

how we used our social media presence during the pandemic.

A highlights video of our annual report can be found here.

[Read Report](#)

it throughout our networks. Our report is available below.

[Read Report](#)

BOOSTER information

Halton and Warrington Booster vaccination programme update

Headlines

- More than **155,000** Halton and Warrington residents have now received a COVID-19 booster vaccination
- Residents urged to get their booster as soon as possible
- Walk in vaccination clinics are happening across Halton and Warrington every day
- Practices are ringing and texting their patients to book into clinics
- Appointment slots are available via the National Booking Service (or by calling 119)

Latest update

More than **155,000** people across Halton and Warrington have had their booster vaccination.

53,932 Halton residents have had their booster while **100,760** people have had their booster in Warrington.

COVID-19 booster needs to be at the top of your Christmas to do list

With Christmas around the corner, the NHS in Halton and Warrington is urging people to get their booster vaccination as soon as they're invited in order to protect themselves over the festive period.

Everyone aged 12 and over can book their COVID-19 vaccinations through the Online Booking Service or by calling 119 as soon as they're eligible.

More than 155,000 people across Halton and Warrington have now had their booster, but thousands more eligible doctors are urging people to get the jab as soon as possible.

The government raised the COVID-19 threat level from Level 3 to Level 4, with the UK Chief Medical Officer and NHS England Medical Director warning the emergence of Omicron adds additional and rapidly increasing risk to the public and healthcare services.

Urging people to not put off getting their jab, local GP Dr Laura Mount said: "We're expecting a huge rise in cases over the next month and the best way to protect yourself and your loved ones is to get a booster as soon you can.

"We know that the booster protects against the new variant. So, with Christmas just under a week away, it's really important that we are all as protected as we can be. We know everyone is busy at this time of year, but please don't wait to get your vaccine – book your vaccine as soon as you're invited and protect yourself and those around you."

Spreading the message

After being recognised by the Prime Minister for ensuring Warrington communities have access to COVID-19 vaccinations in last week's briefing, local GP Dr Laura Mount spoke to BBC North West Tonight, BBC Radio Merseyside and the Warrington Guardian about the importance of coming forward for your vaccine as soon as you're invited.

You can listen to Laura on BBC Radio Merseyside [here](#) (listen from 2:09:09)

Residents tell us why they're getting vaccinated now
People attending a local vaccination site told us why they're getting boosted now and not waiting for their vaccination. Watch [here](#).

How do I get my vaccination?

If eligible, booster vaccinations can be arranged at a local clinic in the following ways:

- Responding to an invitation from the NHS
- Attending a local [walk-in vaccination clinic](#)
- Online via the [National Booking Service](#) (or by calling 119),
- Via the [Warrington and Halton Teaching Hospitals booking page](#)

The NHS will notify you with the details of local pop-up vaccination clinics as and when they are available. You can also see the latest details on our social media channels.

Who's eligible?

- All adults (18+) who had their second COVID-19 vaccination at least three months ago.
- 16 and 17-year-olds who are in an at-risk group, are a main carer for someone in an at-risk group or live with someone who's more likely to get infections (e.g. due to cancer treatment).
- 12 to 15 year olds

It's essential we continue to follow the national guidance – washing our hands regularly, wearing a face covering when required, keeping their distance from people outside their own household and restricting our social interactions outside our homes.

These simple actions will help stop the spread of the virus in our communities and reduce the number of people with COVID-19 requiring hospital care, which helps us maintain as many services as possible.

You can find out more about booster vaccinations on the [NHS booster vaccination website page](#).

The latest Halton and Warrington information will be available on NHS Halton CCG and NHS Warrington's [booster information page](#).

The latest government announcements are available [here](#).

Please continue to share these messages with your networks

Other Information

Up-to-date Shopping List for all donations



We are running really low
on these items

All non-perishable items
(Tins, packets, cartons, jars, etc)
Except beans & pasta

Plus
Toiletries & cleaning products

We also need

Carriers Bags
&
Egg Boxes

Donations accepted
at our Warehouse
Hilda Whitfield House
9 Tanning Court
WA1 2HF
Mon-Thu 4pm-7pm
&
Golden Square
Information Centre
Tue-Sat 10am-2pm



Warrington Foodbank - Tel: 07583 080 521 - Email: info@warrington.foodbank.org.uk
Website: www.warrington.foodbank.org.uk - Registered Charity 1152525

THANK
YOU

Talking Well in Birchwood

Come along for a brew and a chat to find out about support, activities and events in your neighbourhood.

Thursday Mornings 10am - 12 noon

9 and 16 December 2021

6, 13, 20 and 27 January 2022

at Encounter Centre, Birchwood, WA3 7PJ





► Are you pregnant or have a baby and feeling low, anxious, alone?



Talk & support, mum to mum



'The volunteer makes me feel normal. She listens like it's okay.'

'The 1:1 support really helped my confidence - as a mum and in myself.'

'I was made to feel really comfortable. Nothing was a problem; it was just "talk to us about it."'

'Everyone there has been through similar things - it feels like a family.'



For more information text/call Holly on: 07562 207644
or email: parentsinmind.nw@nct.org.uk

Registered charity in England and Wales: 801395 and Scotland: SC041592

08/12/20

Just turn up ... no need to book and it's free



Peer Support Group
for those living with
depression, anxiety
and related conditions



PeerTalk®

EVERY MONDAY 7.00^{pm} – 8.30^{pm}
 The Gateway
 89 Sankey Street
 Warrington
 WA1 1SR.

Find out more at:

-  07719 562 617
-  peertalk.org.uk
-  @peer_talk
-  @peertalk1
-  enquiries@peertalk.org.uk
-  [peertalkcharity](#)



In partnership with
**THE NATIONAL LOTTERY
 COMMUNITY FUND**

The PeerTalk Charitable Foundation, registered charity no. 1169830.



ONLINE NORTH WEST ARTHRITIS ACTION GROUPS

JOIN US ON ZOOM TO MEET
OTHERS, SHARE HINTS AND
TIPS, AND LEARN ABOUT
SELF-MANAGEMENT
TECHNIQUES

REGISTER BY EMAILING
INFO@ARTHRITISACTION.ORG.UK



[Presentations for groups](#)

I can offer free presentations to community groups and staff on arthritis and self-management via zoom, team or by phone. I've done several joining online with a group meeting in person, so happy to adapt to hybrid models.

[Online Arthritis Action Groups](#)

We continue to run our popular Arthritis Action Groups online, including evening groups and online coffee mornings. Join to meet others with arthritis, share tips and experiences and learn more about self-management. The full

list of dates is on our website <https://www.arthritisaction.org.uk/media-centre/events/>

[New Young Adult's Hub](#)

We've launch a new resource for young adults with helpful guidance and tips for navigating arthritis including receiving a diagnosis, working, parenting and much more.

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Tourette's Syndrome Symposium

Tourette's Syndrome Symposium for people living with TS,

11th June 2022

Further speakers TBC

Current confirmed speakers:

Susan Conners, M.Ed. – An internationally sought-after speaker, teacher, trainer and author of “The Tourette Syndrome/OCD Checklist: A Practical Reference for Educators and Parents” on the education of children with Tourette Syndrome (TS), Obsessive Compulsive Disorder (OCD) and other related neuro disorders.

Johnny Davidson MBE & Paul Stevenson – Adults with TS who are advocates for those living with the condition, travelling the country to speak in schools.
Elaine Smurthwaite & Sarah McClory (Tourettes Scotland) – Elaine and Sarah will discuss sensory integration, the impact sensory difficulties can have on a person with TS, and the sensory ladder.

Bea Wood (Miss Transgender UK 2017) – Bea will be talking about living with ADHD and adult onset TS.

For more info or to book tickets for the event, visit <https://bit.ly/3GCFbUS>

WHH Charity



NHS
Warrington and
Halton Hospitals
NHS Foundation Trust

Registered Charity Number: 1051858

LOTTERY

£10,000 ANNUAL JACKPOT!

PLUS 10 x £500 PRIZES

- 1 x £1,000 Weekly Prize
- 29 Additional weekly cash prizes totalling £600 every week (1 x £100, 4 x £50, 4 x £25, 20 x £10)

Only
£2
Per Play

THE WHH CHARITY LOTTERY

has been established to help raise funds to support YOUR local hospital. Not only does it give YOU the opportunity to win some fantastic cash prizes it will contribute to providing MORE for the patients at Warrington and Halton Hospitals.

Money raised through YOUR support of the lottery will directly support the hospital through providing additional equipment and facilities that benefit both patients and staff.

Any help and support YOU and the WHH Charity can give to support patient care is greatly appreciated by our clinical colleagues.

Thank you and good luck!

☎ 01925 662666   

The WHH Charity, Warrington Hospital, Lovely Lane, Warrington, WA5 1QG

Walking to improve our mental health and wellbeing



Walking is an ideal activity to keep healthy, active, stay connected and reduce our chances of becoming unwell.

Walking can have a positive effect on our mood, our confidence, and can create opportunities to connect, to give and to learn from others.

Through Get Warrington Women Walking we aim to encourage women to look after their mental health and wellbeing and raise awareness of the mental health benefits of walking.

There will be a variety of different walks to suit different walking abilities with an emphasis on every woman feeling welcome and included.

The Five Ways to Wellbeing are key to positive mental health and wellbeing. Walking is an ideal opportunity to learn, connect, give, be active and take notice of what's around us.

For more information or to book your place
Contact Pip



email: Pip@warringtonspeakup.org.uk



tel: 01925 246938



@GetWarrTalking



@GetWarringtonTalking



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