

WELLBEING NEWS

Quarter One 2022 Edition

Welcome to our first newsletter for 2022!

START WELL



"It has been a really busy first quarter with lots of activities in our local communities. We have been having a bit of a reshuffle of work and aligning our delivery priorities to ensure we are supporting the communities who need our support most. We will be focused upon borough priorities around healthy weight, mental health and supporting clients holistically with their social prescribing needs. We will continue work to engage and identify early signs of poor health through local health checks and community engagement activities.

Communities are in challenging times and supporting people with their wider social needs is vital to ensure that they can access the wide range of services across St Helens that can help!"

Sarah Holden,
CHCP Head of Public Health Services North West

Infant Feeding

Our Infant Feeding Team are working on expanding and rolling out our 'Baby Welcome' status at local cafes, venues and shops. This means venues will also be looked at in terms of other amenities such as changing facilities, highchairs etc. as well as being supportive and welcoming for both breast and bottle feeding infants.

We are supporting the promotion of antenatal infant feeding classes alongside the NCT and have developed a leaflet.

Post-Covid we are working towards getting back on the post-natal ward at Whiston and hope to be back there soon to support our new parents!

The support from the feeding team has been amazing! My daughter has been in hospital from 3 days old and without the feeding team I wouldn't have known what to do.

Very informative and enjoyable. Chris clearly explained the steps to introduce solid food in a fun, relaxed way. She answered any questions asked and gave me lots of tips and advice that I'll be using when I begin to feed my child solid food.

Easter Holiday Activities and Food Programme

With the squeeze on the cost of living, we are delighted to have helped 11 families who took part in our Holiday Activity and Food Programme over Easter. Families took part in 4 sessions at the Thompson Centre in Parr including fun games to get them active and food education sessions using the Eatwell guide. They were given a selection of healthy foods to put together lunch including pasta salad, salad wraps and picnic-type lunches. It also gave us an opportunity to sign up interested families for some of our other exercise and fitness sessions.

We are working with the children's centres to deliver a similar programme over the summer holidays.

I have saved around £200 by taking part in these sessions and they have really kept my kids occupied.

Congratulations!
In recognition of this work, we have been awarded a Mayor's Good Citizen Award!

Family Fun

Young people's activity sessions are proving popular, and acting on the feedback, we are looking at setting up more localised sessions in Parr, Four Acre and Moss Bank.

We are also working on a new food programme to support NCMP families with food choices, portion sizes and healthier snack ideas and setting up a new service offer for young people to bridge the gap between family sessions and adult services.

“
My kids love coming to the sessions at Peter Street, they go mad if we need to miss a week or if we are going to be late.”

EARLY IDENTIFICATION OF RISK

Early intervention and prevention of ill-health is essential. Whether that be spotting early signs of poor mental wellbeing or picking up early signs of high blood pressure. The service will be working across communities to offer health checks and a chance to talk to someone about reducing the risk of long-term health conditions. Small changes today, can make a huge difference to long-term health and wellbeing.

Health Checks

As Covid restrictions have lifted, our Health Trainers have been able to get out and about into the local community again to deliver health checks. We have been working closely with Torus and Wargrave Big Local to get local communities checked and there are plans to introduce clinics at local children's centres in the next quarter.

Men's Health Week

It was Men's Health Week at the beginning of June. To support this, we set up a week of different sessions aimed at local men. This included local guided walks, cook and taste sessions, cuppa, chat and check your blood pressure sessions, walking football, table tennis, darts, cards, board games, boccia, mobility circuits and activities at the allotments.



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LOCAL MEN BENEFITTED FROM MEN'S HEALTH WEEK ACTIVITIES

Mike's Story



“

I was very lonely but since I attended the Men's Mixed Activities at Peter Street Community Centre, I have felt like I belonged somewhere. It also gets me out of the house. I have certainly encouraged other participants from some of the other groups to attend the Men's Group. I feel a lot of people now look up to me to keep them motivated.

It was good for me to meet new people; they are good, decent people. There is a friendly atmosphere in the groups, and I have also made new friends. I have become good at interacting with new participants and making them feel welcome.

As a result of attending the groups I have become more confident to engage in other things. It is great to know that there are services and people out there that put these types of groups on that can really help people. I spend a lot more time out of the house now.

Attending the groups has helped my wellbeing quite a lot, I enjoyed the sessions and find that I'm now more sociable. I feel a lot better around other people in general and my wellbeing has improved as a result.

I have more of a routine to my week.

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HEALTHY WEIGHT



Getting Active

Our latest Couch to 3k programme saw 15 participants meet their final goal at Sutton Academy running track. For those who are looking for a slightly gentler pace, we have run several local health walks at St Benedicts, Crownway and Wargrave.



**104
PEOPLE**

ATTENDED A
HEALTH WALK
IN JUNE

We are also delivering weekly activities and clinics for local children and young people as part of our Tier 3 Weight Management programme at Peter Street Community Centre.

Tier 2 Healthy St Helens

We currently have 193 people on our Healthy St Helens programme with a focus on moving more and healthier eating. We are looking at increasing clinics from 2 a week to 4 to meet demand. We will also be introducing new weekly recipes and polls on our Facebook support groups.

Our team have made links with local GP practices and have been approached to deliver further sessions at two local practices.

SUPPORTING LOCAL COMMUNITIES



Social Prescribing

The Social Prescribing Team have started taking referrals from the Newton and Haydock PCN for patients with a severe mental illness. They have also been working with the library service and Liverpool Philharmonic on an exciting new social prescribing mother and baby music project.

Coming up, our social accounts are soon to be finalised and we will be going into an alternative education provision venue to deliver a session on how social prescribing could provide extra support for students and families.

“

I have spoken to Michelle and Elaine regarding my problems with pension credit and I can seriously say I have had a fantastic appointment with brilliant information shared.

Elaine is outstanding in what she did, she is very clued up and her manner was awesome. She was everything I could have asked for.

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Volunteering and Healthy Neighbours

We have been working with Torus on the Healthy Neighbours Project by supporting with the recruitment of volunteers. We have recruited 6 'Street Champions' in the target areas alongside other Healthy Neighbours volunteers and have arranged an interactive volunteer training day at the end of July that will help them to learn about healthier lifestyle messages. We are also in the process of recruiting a Volunteer Coordinator and a Wellbeing Worker who will work specifically with Four Acre and Parr communities.

This place-based work will help us raise awareness and encourage people to get involved in activities and training that supports their wellbeing and builds community resilience. This will include community events, guided walks, classes or sessions, leaflet drops and targeted social media campaigns to help get the message out there.



Wellbeing at Pride

Our team was on hand at this year's Pride festival to answer any questions on healthier lifestyles, mental health and quitting smoking. We gave out advice, information and toothbrush packs and as you can see, enjoyed ourselves thoroughly at the same time!





STOP SMOKING

We have been rolling out the targeted lung health check project in St Helens working with Cheshire & Merseyside Cancer Alliance and partners and we continue to train Smokefree Champions in our target areas. This will further develop as we are designing a 'Making Every Local Contact Count' train the trainers package as part of our partnership with Torus and wellbeing volunteers in community and health neighbourhood projects.

Following the latest recommendations in NLTP and the Khan review, we are working towards providing direct access to e-cigarettes for smokers accessing stop smoking support.

19 smokers who are pregnant have also set quit dates with us and there has been a big drop in the number of smokers at delivery compared to previous years. We continue to support work on improving the pregnancy care pathway and we are planning to work within Whiston Maternity to provide support to pregnant smokers and will be trialling individual carbon monoxide screening tools for all pregnant smokers who set a quit date.



**205
PEOPLE**
HAVE SET A
DATE TO
QUIT SMOKING

CHCP: WHO ARE WE?

City Health Care Partnership CIC (CHCP) is a co-owned, 'for better profit' NHS health and care organisation. We're all about helping local people lead healthier, happier lives, through the services we provide and by giving something back to our communities. Find out more about us at www.chcp.cic.org.uk.

ST HELENS WELLBEING

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