

# No mean feet!

**A much-needed toenail cutting service has been launched in St Helens.**

The service is for anyone who is:

- A resident of St Helens or Halton
- Unable to cut their own toenails
- Not receiving a toenail cutting service from the NHS

It will complement the service already provided by

the NHS Podiatry Service and will be run as a not-for-profit social enterprise.

It is based at:  
Low House Health Centre  
Crab Street  
St Helens  
WA10 2DJ

The cost is £6 to be seen at the clinic/your care home/sheltered housing and £9 for a home visit. There is also a one-off fee of £10 for personal nail cutting equipment.



For more information, contact Caremart Footcare on **0800 6125896** or email: [info@caremart.co.uk](mailto:info@caremart.co.uk)

## Dance and Dementia

**A national conference on dance and dementia care is being held in Liverpool.**

It will include research, dance performances and films about how dance can

promote the well-being of people with memory loss. It takes place on Friday 10 and Saturday 11 December at the Bluecoat. It costs £75 for individuals and £150 for organisations if you register before 31

October and £90/£175 after that.

For more information, contact the Aspire Trust  
Tel: **0151 639 9231**  
Email [memory.aspire@btconnect.com](mailto:memory.aspire@btconnect.com)  
Website:  
[www.chaturangan.co.uk](http://www.chaturangan.co.uk)

**Win a £10 gift voucher**

If you have followed up any information in this newsletter, we would like to hear from you. This could be getting involved in LINK, attending an event, applying for funding or making contact with a group featured. All replies have the chance to enter a draw for a £10 gift voucher of your choice if proof can be shown.

This newsletter has been produced by St Helens LINK. If you would like it in another format, please let us know. If you need any more information about the work of LINK, contact:

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# The Voice

The Newsletter of St Helens LINK



Issue 4 Autumn 2010

## Giving you a say on NHS Changes

**St Helens LINK has been asking people their views on proposed changes to the NHS.**

The NHS White Paper suggests wide-ranging changes to the NHS. These include:

- Giving GPs control of buying services for their patients, including from the private sector
- Ending Primary Care Trusts

- Patients being able to register with a GP of their choice
- Giving local authorities a new role in promoting health
- Changing LINKs into local HealthWatch.

The changes aim to put patients at the heart of the NHS, giving them more choice and information about their treatment and care.

LINK held several consultation events where people could find out more about the planned changes, ask questions and give feedback. The views collected at events have been sent directly to the Department of Health.

There will be more information about the results of the consultation in future newsletters and on the the LINK website [www.linksthelens.org.uk](http://www.linksthelens.org.uk)



Consultation at Crownway Community Centre.



Town Hall Consultation.

# Come and play!

**Barnados is holding drop in play sessions for disabled children and young people.**

These indoor/outdoor sessions take place once a month at the 4F Play Centre, Warrington Road, Rainhill L35 0NE.

Children must be supervised by their



The 4F Play Centre in Rainhill.

parents/carers at all times.

Sessions cost £1.50 and must be booked in advance.

For full details of times and dates, contact **0151 426 9115** or see the events calendar at [www.linksthelens.org.uk](http://www.linksthelens.org.uk)

# The Keep Safe Card

**St Helens People's Choice are launching a Keep Safe card and key ring to support local people with learning disabilities.**

This is part of the Safer in Town scheme with St Helens Hate Crime Partnership to help people with learning disabilities to communicate, become more independent and stand up for their rights.

The card or key ring will contain useful telephone numbers in case of an accident, injury or crime and will run alongside the Safer in Town sticker to be displayed in shop windows throughout St Helens.



Cards cost £2 each and will be available from People's Choice, 2nd Floor, Tontine House, 24 Church Street, St Helens after a special launch on **15 November at St Helens Town Hall at 2pm.**

For more information call People's Choice on **01744 613853** or visit [www.sthelenspeopleschoice.btck.co.uk](http://www.sthelenspeopleschoice.btck.co.uk)

## Health grants for groups

The Alliance and Leicester is giving grants of up to £500 for projects on the theme of healthy living. Grants are for voluntary and community groups with an income of less than £50,000.

For more information, contact:  
The Community Foundation for Merseyside  
Tel: **0151 966 4604**  
Email: [info@cfmerseyside.org.uk](mailto:info@cfmerseyside.org.uk)  
[www.cfmerseyside.org.uk](http://www.cfmerseyside.org.uk)

# Do you care about Dignity?

## Join our Dignity in Care group!

**Do you feel strongly that people should be treated with dignity and respect?**

St Helens LINK is setting up a group looking at the issue of dignity in health and social care settings. Anyone can attend meetings including members of the public and health care staff.

If you are interested in attending these events, or just have an issue around dignity which you would like the group to discuss, contact the LINK team on **01744 457119** or email [sthelenslink@sthelenscvcs.org.uk](mailto:sthelenslink@sthelenscvcs.org.uk)

# Fancy a dance?

**St Helens Council is running a series of FREE dance classes. These are:**

**Fabulous from Forty** – Salsa, Bollywood, contemporary dance and more! They will take place at 6pm every Thursday at St Michael's Parish Church, Four Acre.

**Mature Movers!** These sessions are aimed at keeping you fit and healthy whilst having fun. Classes take place at 1pm every Wednesday at The Thompson Centre, Allanson Street Primary School, Gaskell Street, Parr.

**Salsa** - Savour the passion and flavour of the Latin American culture as you learn how to salsa! Classes take place every Saturday at 2pm in St Helens Baptist Church Hall, Hall Street, St Helens.

For more information contact St Helens Arts Service on **01744 673495.**



## Getting Personal

St Helens CVS is running half day training sessions throughout October on personalisation (self-directed care) and the changes it will bring for individuals and organisations.

Some of these courses are FREE to LINK members.

For more information, contact the Training Team on **01744 457117** or see [www.sthelenscvcs.org.uk](http://www.sthelenscvcs.org.uk)

## Moving on transport

St Helens LINK has set up a Transport issues group which will be looking at:

- Wheelchair access on buses
- Free travel passes for people with disabilities
- Bus stops – seating and shelter.

Anyone with an interest in the above can attend. If you would like details of meetings, contact the LINK team on **01744 457119** or email: [sthelenslink@sthelenscvcs.org.uk](mailto:sthelenslink@sthelenscvcs.org.uk)