



November 2025 edition

Ambulance Awareness Day, Cheshire

Earlier this month, we hosted our second Ambulance Awareness Day event of 2025/26 where we welcomed young people from across Cheshire to learn life-saving skills, and explore career opportunities in the ambulance service.

It was an action packed day where attendees were able to take part in interactive CPR skills training sessions, and learn more about our vital services at North West Ambulance Service.

The event was a huge success, with attendees sharing feedback with us demonstrating how much they learnt from the day. We thoroughly enjoyed meeting those who attended and look forward to continuing with our Ambulance Awareness events next year.

We will be delivering our remaining events on the following dates. *Please note these could be subject to change.

Merseyside: Wednesday 4 February 2026
Cumbria: Thursday 12 March 2026
Greater Manchester: Thursday 23 April 2026

Please keep an eye on our upcoming information burst newsletters for more details on these events and how you can book your place to join us at an event you will not want to miss!

Our next Information Burst newsletter will be shared at the end of January 2026.

Wear it festive!

Wear It Festive is all about spreading joy, embracing the season, and having a bit of fun, all while supporting a fantastic cause. Whether you get your family, friends, community group, or simply a team of colleagues together to do something festive, it's easy to join in.

How it works:

- Pick any day in December to hold your Wear It Festive Day.
- Encourage everyone to wear something fun and festive, such as Santa hats, sparkly socks, festive jumpers, or even some jolly head boppers.
- Ask participants to make a donation of £1 (or more) to take part.
- Enjoy the festivities while helping to fund the vital work of the North West Ambulance Charity.

If you would like to take part in the fun you can do so by [signing up!](#)

We'll then be in touch with more information about how we can support you in your Wear it Festive plans.

If you have any questions or would like to find out more, please contact the Charity Team via charity.office@nwas.nhs.uk.



Beat the winter blues

As the colder months roll in and the days get shorter, many of us start to feel a little less motivated or cheerful than usual. The "winter blues" are common, that dip in mood and energy can happen when we are getting less daylight and spending more time indoors.

The good news is that, there are plenty of simple things we can all do to look after our wellbeing this winter :

Get out in the daylight

Even a short walk can boost your mood.
Try to make the most of the daylight hours when you can.

Keep moving

You don't need to run a marathon to feel the benefits - gentle exercise like walking, stretching, or dancing around your kitchen can help release feel-good hormones and reduce stress.

Eat well

Comfort food is lovely on a cold day, but try and balance it with plenty of fruit, vegetables, and whole grains to keep your energy levels steady.

Rest and recharge

A regular sleep routine can help you feel more focused. Aim for a consistent bedtime and limit screen time before bed to help you switch off.

Reach out if you need help

If you're finding things particularly hard, you're not alone. Reach out to someone you trust, or your local GP or local support services for advice.

If you need to talk, support is available:

- Samaritans - Call 116 123 (free, 24/7) or visit www.samaritans.org
- Mind - Call 0300 123 3393 or text 86463 for information and support
- CALM (Campaign Against Living Miserably - Call 0800 58 58 58 or visit www.thecalmzone.net
- Shout - Text 85258 to speak with a trained volunteer via text, 24/7

By taking small, positive steps to look after yourself, and checking in on others, we can all help beat the winter blues and stay well together.

You said, we did November

We recently engaged with the Manchester Migrant Support group and delivered CPR training to the group. Feedback suggested they would benefit from receiving support on how to learn these important life saving skills.

Further to the CPR training delivered, certificates were requested to be made available for members of the group who took part in the training. We have produced these and shared them individualised with the group which will evidently show they have been involved with CPR demonstrations and were keen to learn this new important skill which can ultimately save a life.

The group lead Emma told us : "The learners really enjoyed the engagement session and basic life support training from North West Ambulance Service (Nwas). Huge thanks to Nwas for providing a skill for life to our communities. Members of our group were also delighted to receive their certificates to verify they had undertaken the training"

You said,
we did!



Get involved!



Patient and Public Panel (PPP)

Our Patient and Public Panel have over 230 volunteers already supporting improvements at Nwas. If you would like to contribute by sharing your lived experiences to help improve our ambulance service and become a member of our Patient and Public Panel, please do not hesitate to get in touch: Patient.Panel@nwas.nhs.uk

Patient stories

If you or your family have any feedback or experience that you would like to share, we would like to hear from you! Please get in touch: Talk.tous@nwas.nhs.uk

Patient Engagement Team

Just a reminder that the Patient Engagement Team are always happy to come and speak to your organisation, group or forum to share Nwas updates. This can be done virtually on MS Teams, Zoom, or in person. If you would like a visit, please do not hesitate to contact us at: Talk.tous@nwas.nhs.uk