



August 2023



Welcome to our August Worcestershire Health Champions newsletter, we hope you are enjoying the summer so far.

Do you know someone who is passionate about sharing health and wellbeing messages in their community? If so, please forward this newsletter to them and encourage them to sign up.

[Sign up](#)

Upcoming Health Campaigns

1st – 7th August - World Breastfeeding Week (#WBW2023)

#WBW2023 will focus on breastfeeding and employment/work. It will showcase the impact of paid leave, workplace support and emerging parenting norms on breastfeeding. To find out more visit www.worldbreastfeedingweek.org



Local Information:

Worcestershire families can access feeding support from midwives, health visitors and trained breastfeeding support workers. Find details by visiting:

- [Our Services | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](http://Our Services | Herefordshire and Worcestershire Health and Care NHS Trust (hacw.nhs.uk))
- [Worcestershire Welcomes Breastfeeding | Facebook](#)
- [Feeding | Starting Well \(startingwellworcs.nhs.uk\)](http://Feeding | Starting Well (startingwellworcs.nhs.uk))

3rd August – Cycle to Work day

Whether you've never cycled before, not ridden in a while or cycle every day, Cycle to Work day is for you. It's a day to get in the saddle and experience the brilliant benefits everyday cycling offers – mental, physical and financial – first-hand. To find out more visit: [Cycle to Work Day is August 3rd - Cyclescheme](#)

Local information: [Cycling | Worcestershire County Council](#)

Training & Resources

Happy Healthy Holidays for Teenagers is a brand-new guide for parents and carers covering important topics such as being active, nutrition, sleep, sun safety and water safety. You can also find an extensive section covering mental health and exclusive codes giving you free access to online learning courses such as “Understanding your teenager’s brain”.

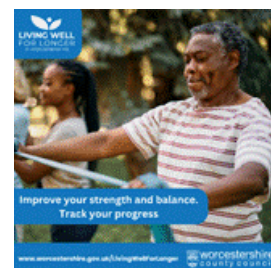
Download the guide here: [Happy Healthy Holidays for Teenagers.pdf - Google Drive](#)



Pick up a free resistance band from any Worcestershire Library if your over 50

Resistance bands exercise all parts of the body. These exercises can build & maintain muscle strength, balance, posture, increase mobility and help with joint pain.

Bands are available in two strengths, light strength (blue) and medium strength (orange). Find out more and track your progress online: www.worcestershire.gov.uk/LivingWellForLonger



Further free public health campaign resources are available on the Department of Health and Social Care campaign resource centre: [Campaign Resource Centre \(dhsc.gov.uk\)](http://www.dhsc.gov.uk)

Social Media

Don't forget to like our social media channels to stay up to date with all the latest local health information and opportunities.



[How are you Doing Worcestershire? - Facebook group](#)

[Better Health in Worcestershire – on Twitter](#)

www.worcestershire.gov.uk/healthchampions



If you no longer wish to receive information from the Public Health Team around campaigns and would like to be removed from the Worcestershire Health Champions mailing list, please email hwbadmin@worcestershire.gov.uk.