

From: HWB Admin
Sent: 03 July 2023 12:13
Subject: Worcestershire Health Champions Newsletter - July



July 2023 Newsletter

Welcome to our new look Worcestershire Health Champions newsletter. As an existing Health Champion you will receive our newsletter with information on local health campaigns, resources and training opportunities.

Worcestershire Health Champions are people who want to make a difference in their communities by sharing health and wellbeing messages, either in their personal or professional lives. For more information visit the webpage <https://www.worcestershire.gov.uk/worcestershire-health-champion>

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](#)

Introducing our New Director of Public Health



Hello! I'm Lisa. I recently joined Worcestershire County Council as Director of Public Health. I want to sincerely thank you for being a Health Champion. What you do is absolutely crucial to making Worcestershire a healthier place to live. It's so important for us all to talk about health and wellbeing as part of our everyday lives.

If you do have any questions, or any ideas about how to improve the health and wellbeing of your community, please do get in touch. I'm passionate about talking to people, hearing communities' needs and working together.

Upcoming Health Campaigns

3rd – 9th July Alcohol Awareness Week - Alcohol Awareness Week is an opportunity for charities, local authorities, GP surgeries, businesses and more to think and talk about alcohol harm with their communities. To find out more visit [About Alcohol Awareness Week](#) | [Alcohol Change UK](#)

Local support: [Alcohol use](#) | [Worcestershire County Council](#)

28th July – 4th August Love Your Parks Week – celebrate our green spaces this Love Your Parks Weeks., whether it's walking the dog, picnicking with friends, or pushing our little ones on a playground swing. To find out more visit [Love Parks Week](#) | [Keep Britain Tidy](#)

Enjoy parks in Worcestershire: [Country parks, picnic places and nature reserves](#) | [Worcestershire County Council](#)

Stay Connected pledge is helping to put an end to loneliness by encouraging organisations across Worcestershire to help people feel more connected, less isolated, and ultimately healthier.

Stay Connected
Putting an end to loneliness

Join a growing number of organisations who are making the pledge. To find out more about Stay Connected, please visit www.worcestershire.gov.uk/stayconnected

More free public health campaign resources are available on the Campaign Resource Centre: [Campaign Resource Centre \(dhsc.gov.uk\)](http://dhsc.gov.uk)

Training & Resources



Summer handwashing activity pack – The pack encourages children to wash their hands. It includes activities such as 'colour in an ugly bug', a maze, a wordsearch, plus an opportunity to design their own ugly bug and send it to us. The best ugly bugs will be used in our next handwashing campaign in the autumn. The pack can be downloaded from: <https://bit.ly/HWSummerPack>

Toothbrushing packs – We have some toothbrushing packs (toothbrushes and toothpaste) to be distributed to vulnerable groups in the community. The packs come in boxes of 60. If you would like some of the packs to distribute to your service users, please email MWhistance@worcestershire.gov.uk and kleyland1@worcestershire.gov.uk.

Orange Button Community Scheme - If you've undertaken a certain level of

mental health and suicide prevention training, you can now wear an 'Orange Button'. Orange Button wearers have the confidence to provide information and signposting support about suicide. It's freely available across Herefordshire and Worcestershire, to find out how you can join the scheme, please visit [Orange Button Community Scheme | Worcestershire County Council](#)

Tastelife: Understanding Eating Disorders – Online event 5th July 11am- 12.30. This FREE online session is packed full of information and coping tips for those who struggle with eating disorders, their carers' and supporters, It is also open to anyone working in the voluntary sector, mental health first aiders, line managers and professionals who would like to find out more. To book on visit

[Tastelife: Understanding Eating Disorders | Courses & Workshops | Recovery college \(hwwellbeingandrecoverycollege.org.uk\)](#) or email HW_WellbeingRecoveryCollege@comfirst.org.uk

Want to become a Worcestershire Health Champion?

If you know somebody who would like to be a Worcestershire Health Champion, please forward this email to them. They can sign up below.

[Sign up](#)

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.