

From: HWB Admin
Sent: 02 October 2023 09:41
Subject: Worcestershire Health Champions - October Newsletter



Hello and welcome to our latest newsletter! October is always a busy month for sharing health information. This month we have lots to share with you for World Mental Health Day.

To begin preparing ourselves for winter, we are encouraging people to take up their flu and covid vaccines. Washing your hands well is also important to stop the spread of those winter germs. So please do share our information with your friends, family and colleagues to keep ourselves well this winter.

Thank you once again for being a Health Champion, we value everything you do!

A handwritten signature in black ink.

Upcoming Health Campaigns

October – Stoptober

Stoptober is a major annual event to encourage smokers to quit in October, with the aim of stopping smoking permanently. Find out more: nhs.uk/better-health/quit-smoking

In Worcestershire stop smoking support is available for families with a baby under three years old. To find out more, go to worcestershire.gov.uk/smoking



10 October - World Mental Health Day

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health. This year the theme is 'Mental health is a universal human right'. Access resources at: mentalhealth.org.uk

- [Local Mental Health support for adults](#)
- [Local Mental Health support for Children and Young People](#)



Worcestershire's Young Poet Laureate Amelie Simon wrote a poem for Youth Mental Health Day last month.

Watch the full version here: [‘We are \(mostly\) well-oiled machines’](#)

BREATHE – A Digital Theatre Zine for schools and young people on World Mental Health Day

BREATHE is a 12-minute video featuring digital drawings, animation, spoken word, songs and music with interactive content by a diverse collective of artists from Worcestershire on themes such as loneliness, wellbeing, anger, nature, glimmers, self-care, shame and creativity. Find out more: mobilisearts.co.uk/digital-theatre



This free resource is available for schools in Worcestershire alongside a creative PSHE lesson plan. For your video and lesson plan please email Dr Hannah Phillips: hannahphillipsmobilise@gmail.com

15 October - Global Handwashing Day

Wash your hands with soap and water to help you stay well, especially before eating, cooking, or feeding others. To find out more visit [Global Handwashing Day](#). To download resources for schools and nurseries visit [Global Handwashing Resources](#)



Local resources are available for different settings including school, nurseries and workplaces which includes toolkits and posters which can be used to promote good hand hygiene. The resources can be accessed from <https://bit.ly/HandwashingAssets>

16 October - Restart a Heart Day

Restart a Heart is a designated yearly day of action with the aim to teach vital life-saving cardiopulmonary resuscitation (CPR) skills to as many people as possible. Visit [Restart a Heart Day by BHF](#)

Local Information: On providing CPR in an emergency situation and how to access defibrillators across the county. [Access to CPR and defibrillators | Worcestershire County Council](#)



16 – 22 October - Get Online Week gives everyone the chance to find the help they need to improve their digital skills. getonlineweek.com

Visit our libraries for support to get online, or you can find a course through Adult Learning Worcestershire. Go to worcestershire.gov.uk/courses and search for Digital Skills.

Autumn flu and COVID-19 vaccine programmes

Anyone eligible for the COVID-19 autumn booster in England can book via the NHS



website, by downloading the NHS App, or by calling 119 for free if they can't get online.

Those eligible include all those aged 65 and over, pregnant women and those with an underlying health condition. These people will also begin receiving invitations from the NHS to encourage them to get their COVID-19 and flu vaccines.

To find out more, read this blog from the UK Health Security Agency [Get Winter Strong: why having a flu vaccination matters.](#)

Resources



STIs Warning to University Students UKHSA is urging all those heading to university to use a condom with any new or casual partners, and to get tested for sexually transmitted infections (STIs) regularly.

There are a very high number of STIs reported at the moment, and young people aged 15 to 24 years remain the most likely to be diagnosed with STIs. Resources available on [Google Drive](#) .NHS: [Sexual health clinic finder](#) . Sexwise: [STI types](#)

Social media assets supporting the **flu and COVID-19 vaccine programme** to encourage those who are currently eligible for vaccination to come forward are now available on [Google Drive](#).

Further assets in the coming weeks will be uploaded to the [Campaign Resource Centre](#)

Vaccine communications toolkit for universities

UKHSA has worked with partner organisations, student bodies and meningitis charities to create a [new vaccine communications toolkit](#). It supports universities and further education settings with health protection messages for students.



We produced local resources for fresher's week that included a poster on vaccinations and handwashing. To access [visit](#)



Public Health Consultation

Staying Healthy in Worcestershire Survey



What should our priorities be when helping people stay healthy for longer? We want your views.

Tell us in our new survey, It takes just 5 minutes of your time. Click to complete: [Staying Healthy in Worcestershire](#)

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



[Better Health in Worcestershire – Facebook page](#)



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

www.worcestershire.gov.uk/healthchampions



worcestershire
county council

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.