

**From:** HWB Admin  
**Sent:** 01 September 2023 08:00  
**Subject:** Worcestershire Health Champions Newsletter - September 2023



September sees the beginning of autumn, with the days growing shorter and leaves beginning to change colour. It's a great time to explore our wonderful countryside and look after our health by walking in Worcestershire.

September also heralds the start of a new school year. Included in this newsletter is some helpful information on staying healthy at school and in further education.

Some of our recent Public Health campaigns, which you may have seen, are being featured in a Healthwatch Worcestershire survey. We would really appreciate your feedback. The link for the survey is below.

## Upcoming Health Campaigns



### 4 to 10 September Know Your Numbers Week, Blood Pressure UK

The theme this year is keeping the focus on home monitoring as it's the easiest way to 'Know Your Numbers' so you can take steps to lower them. To find out more visit <https://www.bloodpressureuk.org/know-your-numbers/know-your-numbers-week/>

### 7 September International Day of Clean Air for Blue Skies

This year we are asking people to consider walking, wheeling, cycling or using public transport for journeys instead of the car. We are also raising awareness about leaving your engine running or idling, when stationary, especially around schools. Help us to

spread the word about the campaign in your community. For more information please visit <https://www.cleanairblueskies.org/>

### 10 September - World Suicide Prevention Day

Help support Worcestershire this World Suicide Prevention Day, please share the national resources from IASP #creatinghopethroughaction. Visit [WSPD Resources, Banners, Light a Candle \(iasp.info\)](https://www.iasp.info/).



#### Local Support:

The Orange Button Community Scheme. Orange Button wearers have the confidence to talk about suicide and direct people to support. Find out more: [Orange Button Community Scheme](https://www.orangebutton.org.uk/). The Now We're Talking Acting Together to Prevent Suicide page [Now We're Talking Together To Prevent Suicide | Healthy Minds \(hwhct.nhs.uk\)](https://www.nowweweretalking.org.uk/). This page has help & support for those thinking about suicide or worried about someone who might be.

### 11 to 17 September Sexual Health Week

The theme this year is 'Playing it Safe' and will focus on empowering people to access contraception, testing, treatment and understanding healthy relationships. To find out more and download resources visit [Sexual Health Week 2023 - Playing it Safe \(brook.org.uk\)](https://www.brook.org.uk/). For more information on Sexual Health Services across Worcestershire please visit [Worcestershire Integrated Sexual Health Service \(WISH\)](https://www.worcestershiresexualhealthservice.nhs.uk/).



### 13 September World Sepsis Day

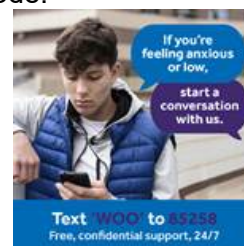
World Sepsis Day is on 13 September every year and takes place as part of a UK-wide Sepsis Awareness Month in September. To find out more [The UK Sepsis Trust Home Page | What is Sepsis? | Sepsis Symptoms](https://www.uksepsistrust.org.uk/). Look out for local stories from Public Health as we get closer to the day.

### 19 September Youth Mental Health Day #BeBrave

This year's Youth Mental Health Day theme is #BeBrave. Support parents on Youth Mental Health Day by sharing the following resources for them and their children. [Youth Mental Health Day - stem4](https://www.stem4.org.uk/).

#### Local support

- Free evidence-based courses on children's development and mental health. Use this link: [Online Learning \(heiapply.com\)](https://www.heiapply.com/) and this free passcode: **PARENTSROCK**.
- Young people and their parents can get free, confidential and anonymous mental and emotional health text support 24/7 by simply texting "**WOO**" to **85258**.
- Young people can get information, online support and join moderated discussion groups at **KOOTH** [www.kooth.com](https://www.kooth.com)
- **Young people** (including those at a further education college) can speak to their **school nurse** using **ChatHealth**. This is a text message service for confidential advice and support on a variety of issues. **Text: 07507331750** between 9 am and 4.30 pm, Monday to Friday.



[Back to School or College](#)



Is your child heading back to school or college? Make sure they are up to date with their vaccinations including the MMR vaccine and the MenACWY (Meningitis) vaccine. For more information on protecting your child through vaccination and when they should have each one, visit the UKHSA blog [Protecting your children through vaccination - UK Health Security Agency \(blog.gov.uk\)](https://www.gov.uk/blog/protecting-your-children-through-vaccination).

## Training Opportunities

**Suicide Prevention Training.** Health Champions can now book onto funded Suicide Prevention Training in Worcestershire – places going fast! Available for anyone living or working in Worcestershire. After the training, all participants will have the option to sign up to the [Orange Button Community Scheme](#). Places can be booked here [Free Suicide Prevention Training - Worcestershire Tickets, Multiple Dates | Eventbrite](#).

**Energy Advice Training.** Are you a front-line worker who works with people who may be struggling to pay their bills? Attending a training session will provide you with the essential knowledge and skills to better support your clients and to understand what is going on in the world of energy. Link to reserve a ticket: <https://www.eventbrite.com/e/energy-advice-training-tickets-704445725127?aff=oddtcreator>

## Have your Say!



**Healthwatch Worcestershire** want to hear from people about recent Public Health Campaigns. The survey can be completed online [Public Health Campaigns Survey](#)

([surveymonkey.com](https://www.surveymonkey.com)) For a freepost paper copy of the survey contact [info@healthwatchworcestershire.co.uk](mailto:info@healthwatchworcestershire.co.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](http://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](mailto:hwbadmin@worcestershire.gov.uk).