



Hello!

The darkest days of winter are behind us, and lighter nights are just around the corner. It's the perfect time to focus on brighter, healthier days ahead - spring is calling!

February kicks off with Time to Talk Day on 6 February—the nation's biggest mental health conversation. Remember that our website has a good list of support services, details are below.

I'm excited to tell you that our free and friendly Healthy Worcestershire sessions from 3 to 8 February will focus on starting open conversations about mental health. With fun activities and meaningful discussions, these sessions are all about supporting well-being, building connections, and, of course, enjoying a brew while talking things through.

We're proud to now have over 20 Healthy Worcestershire venues across the county, where every session is free and welcoming. Find your nearest venue at healthyworcestershire.org.uk.

Please do come along and tell your friends.

Lisa McNally
Director of Public Health

Upcoming Health Campaigns

3 – 9 February - Children's Mental Health Week



The theme this year is 'Know Yourself, Grow Yourself'. Place2Be is working in partnership with Here4You, supported by The Walt Disney Company and the Inside Out 2 characters. There are free resources for schools and families to help you take part in the week.

To find out more visit childrensmentalhealthweek.org.uk

Local Support: Reading Well for children provides quality-assured information, stories and advice to support children's mental health and wellbeing. It covers general

information and advice about understanding and managing feelings, school and online pressures, bereavement, parental mental health needs, and living well with specific diagnosed conditions and physical disabilities.

You can borrow Reading Well books from all Worcestershire libraries.

More info: worcestershire.gov.uk/reading-well

3 – 9 February - Sexual Abuse & Sexual Violence Awareness Week

Raising awareness of sexual abuse and violence and to provide an opportunity for any organisation or individual to engage in dialogue.

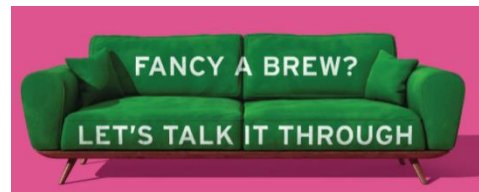
More info: sexualabuseandsexualviolenceawarenessweek.org

For local support for victims of domestic abuse and violence visit

worcestershire.gov.uk/domestic-abuse-support

6 February - Time to Talk Day

Time to Talk Day is a day for friends, families, communities and workplaces to come together to talk, listen and change lives.



Resources are available to download for workplaces, schools, youth and community groups and individuals. Visit timetotalkday.co.uk.

If you or someone you know needs support, they can take the first steps to find help here worcestershire.gov.uk/mentalwellbeing



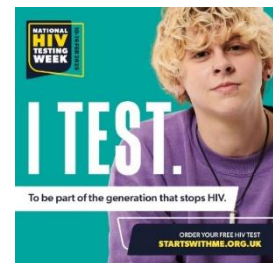
Healthy Worcestershire sessions running throughout the week from 3 - 8 February will focus on the themes of Time to Talk Day. These sessions are all about starting open conversations around mental health in a friendly, supportive environment. With fun activities and discussions, you'll explore ways to support mental well-being and build social connections. Whether you're new to the topic or want to learn more, it's a great chance to connect with others. Come along and join the conversation!

To find a session near you visit healthyworcestershire.org.uk

10 – 16 February National HIV Testing Week

We all have an HIV status - it's either positive or negative. Knowing your status is a crucial step in taking control of your health and breaking down stigma. HIV Testing Week is your opportunity to claim your status. Testing is quick, free, and confidential.

To find out more visit eddystone.org.uk/pages/hiv-testing-week



11 February - Safer Internet Day - Too good to be true? Protecting yourself and others from scams online

**Safer
Internet
Day 2025** | **Tuesday**
11 February

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk

This year Safer Internet Day focuses on the issue of scams online and for young people, how to protect themselves and others, as well as what support is available to them.

To find out more visit saferinternetday.org.uk.

Local Support: Libraries across Worcestershire are here to help you improve your IT skills, build confidence, and navigate the digital world safely. Our amazing Digital Champion volunteers are on hand all year round to help you stay safe online.

You can also get involved with Learn My Way – a FREE digital skills learning programme covering everything from searching the internet to staying safe online. Visit your local library go to worcestershire.gov.uk/digital-inclusion-helping-you-online

News and updates

Read & Unwind Time: A time to set aside for the pleasure of reading

'Read & Unwind Time' is available at your local library, where you will find the space to read, away from the distractions of everyday life, in the company of fellow readers.



To suit busy lifestyles, we have arranged for most of these sessions to take place in the early evening. So bring your book and read in the company of others.

For more information about 'Read and Unwind Time' visit worcestershire.gov.uk/read-unwind-time-your-local-library

RoadPeace – Supporting Road Crash Victims



RoadPeace provide support to those over the age of 18, who have been bereaved, injured, or are caring for someone injured as the result of a road crash.

A referral can be made to RoadPeace at any point, whether the day after a collision or 20 years later. RoadPeace provide a national helpline, dedicated 1:1 support, a regional peer support group, befriender service, resilience building programme and services of remembrance. Contact them on **0800 160 1069**, email helpline@roadpeace.org or visit roadpeace.org/west-mercya-project.

Families on Track – Registration opens soon

Wythall and Hollywood fun run will return on Sunday 22 June 2025 as will 'Families on Track'. Families on Track is a 5 K relay race for the whole family and consists of 3 laps of varying distances: 1km, 500m and 250m on a safe, enclosed course.



Don't forget that you can save 10% on your 5K and 10K entry to the race at the moment. Find out more and book at wythallhollywoodfunrun.org.uk



Healthy Worcestershire are local health and wellbeing sessions, that are all about feeling good and connecting with others.

You can take part in gentle exercises like strength and balance, hear helpful health tips on a different theme each week, have a chat and enjoy some quality time with others.

There are now over 20 Healthy Worcestershire venues live across the county, with more coming soon!

The latest venues are Bromsgrove Rugby Club, Little Witney Village Hall, Horizon Hub Worcester, Honeybourne Village Hall, The Walshes Community Centre and Redditch Borough Football Club. Find out more at healthyworcestershire.org.uk

Have your say!

SafeLives Survey Extended



The SafeLives quick survey to understand people's knowledge of domestic abuse and awareness of where to get help has been extended.

The feedback will help us to improve support services for those in need across Worcestershire. Take part before it closes online1.snapsurveys.com/Public_Worcestershire



Closing date: 17 February 2025

Social media



Like and follow our social media channels to stay up to date with all the latest local health information and opportunities.

Don't forget to tag us in your posts so we can re-share your health messages. You can also share any information and activities that help you and others stay well in our [Facebook group: How are you doing Worcestershire?](#)



Better Health in Worcestershire



Better Health in Worcestershire



How are you doing Worcestershire?



Insights Worcestershire

www.worcestershire.gov.uk/healthchampions



worcestershire
county council

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