



Hello everyone,



I hope you are having a restful and healthy Summer, keeping cool and safe! We have another month jam packed with health goodness!

This month we are promoting Alcohol Awareness Week. Too much alcohol can be the cause of so many other health related incidents and illnesses and reduction is the key. We are working closely with Cranstoun Worcestershire, our local drug and alcohol service, to spread messaging and raise awareness, as well as providing funding through our Safer Worcestershire Project. You can read more about Cranstoun and the good work they are doing on our [Insights Page](#).

Also coming up in July is the one-year anniversary of our Healthy Worcestershire sessions. These groups are making a real difference to communities across the county and I am delighted to share that after a hugely successful first year we are expanding to reach even more people in more venues. More on how to find a venue near you below.

Thanks so much and have a lovely July!

Lisa McNally
Director of Public Health

Upcoming Health Campaigns

7 – 13 July - Alcohol Awareness Week

The theme this year for Alcohol Awareness Week is 'alcohol and work'. Alcohol Awareness Week is an opportunity for charities, local authorities, GP surgeries, businesses and more to think and talk about the relationship between alcohol and work with their communities. To find out more visit [Alcohol Awareness Week | Alcohol Change UK](#)



Local Information

Cranstoun Worcestershire is organising a drop-in session for anyone during Alcohol Awareness Week on Wednesday 9 July 10am – 3pm at Hope Church, The Granary, Worcester WR1 2DA.



24 July Samaritans Awareness Day (24/7)

The Samaritans are raising awareness throughout July, to let people know that they can talk to them, day or night, 24/7. To find out more visit [Samaritans Awareness Day - 24/7 | Samaritans Campaigns | Previously Talk to Us](#)

25 July – 3 August Love Your Parks Week

Organised by Keep Britain Tidy, this highlights the vital role green spaces play in boosting the health and wellbeing of residents and communities. To find out more visit www.keepbritaintidy.org/get-involved/support-our-campaigns/love-parks-week



Free Park Yoga in Worcestershire

- [Springfield Park Kidderminster](#), DY10 2PS 9.30am – 10.30am every Sunday morning from 4th May to 14th September.
- [Brickfields Worcester City](#), 9.30am – 10.30am every Sunday morning from 4th May to 14th September.

Tai Chi in the park

A Tai Chi class is held at Gheluvelt Park in Worcester everyweek to improve mobility, balance and reduce the risk of falls for its participants.

Wild Chi CIC classes are set to run all year and are open to all regardless of age, gender, experience or ability. To find out how to join a class you can search [Wild Chi CIC on Facebook](#).

Parks in Worcestershire

Worcestershire County Council manage a wonderful variety of sites and facilities for informal recreation, biodiversity and landscape. To find out more information about each of the sites and the facilities they have visit [Country parks, picnic places and nature reserves | Worcestershire County Council](#)

News and updates

Public Health wins LGC Award

Worcestershire County Council's Public Health team is celebrating a major achievement after the 'We Are Westlands' project won its category at a prestigious local government awards.



The team was announced as the winner at the Local Government Chronicle (LGC) Awards earlier this week.

Worcestershire's entry, the groundbreaking We Are Westlands project, has been delivered in Droitwich Spa alongside the community, where residents and professionals worked together to focus on preventing health problems, providing better access to services and support, and helping people stay well.

To find out more visit [Public Health from Worcestershire County Council celebrates national win | Worcestershire County Council](#)

Redditch Shed expands community connections

Thanks to funding from a Public Health Stay Connected Grant, the Redditch Community Shed has been able to increase its opening days from two to three per week.

Located within the Kingfisher Centre, the Shed provides a welcoming space where people can work on projects, develop crafting skills, and enjoy social connection.



To find out more about this project visit [Insights Worcestershire](#)

- If you wish to apply for a community grant to increase connection and reduce loneliness visit our website for more information: The [Stay Connected Community Grant | Worcestershire County Council](#)



The 'What's on for families' website (Family Fun and Support Worcestershire) has been updated to include loads of activities for children over the summer in Worcestershire (with lots of free events too!)

Family Fun and Support Worcestershire is a large directory of activities, events and sessions for families with children aged 0-16 years as well as support and classes for expectant parents.

To find out more visit the website and follow the Facebook page.

<https://familyfunandsupport.com/>
[Facebook - familyfunandsupportworcestershire](#)

Wythall and Hollywood Fun Run 2025!

More than 750 runners and their families gathered at Wythall Park last weekend for the Wythall and Hollywood Fun Run and some international GB athletes turned up to cheer everyone on.



People of all ages took part in a 5K or 10K race, or team up with friends and family for the Families on Track 5K relay. The fun run was organised by Wythall Community Association, with support from Worcestershire County Council and Events of the North.

To find out more about the event visit [PICTURE SPECIAL: Wythall and Hollywood Fun Run 2025!](#)

To see more pictures and find out what people thought about the day go to wythallhollywoodfunrun.org.uk

Healthy Worcestershire

Healthy Worcestershire is one year old!

We have grown from one venue to 30 that span right across the county.



In our first year, there have been over 10,000 visits to these local health and wellbeing sessions, that are all about feeling good and connecting with others.

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. If you'd like to learn about a particular topic, just let our session leaders know, they're happy to adapt and cover what interests you!

Find your nearest venue at: healthyworcestershire.org.uk

Creative Health

Youngsters create clothing brand for mental health!

You Turn, a youth support centre based in Evesham, is taking an innovative approach to addressing young people's mental health concerns through creativity.



The project was supported by a Public Health grant that allowed the centre to purchase technology and equipment for design creation and printing.

More here: [Youngsters create clothing brand for mental health!](#)

Training & Resources

Work Well Live Better Creating a Healthier Worcestershire Workforce



Our Worcestershire Workplace Health programme 'Work Well Live Better' has the following upcoming events:

- **Coping with Change** – Wednesday, 23 July – 1 – 2pm. Online Event. To register click on this link [Coping with change](#)
- **Building Emotional Intelligence** - Thursday, 21 August – 1-2.00pm – Online Event. To register click on this link [building emotional intelligence](#)
- **In Person Quarterly Breakfast Event** - Thursday, 18th September – 9.30-11.30am – University of Worcester. To register visit [quarterly breakfast event](#)

To find out more about Work Well Live Better visit workwelllivebetter.co.uk

Gambling Harms: What you need to know

Join the fantastic team at Aquarius for this 90-minute Workshop online and discover 'what is gambling harm?' and the different types of gambling. This workshop is supported by a lived experience talk - This workshop aims to:



- Raises awareness of different forms of gambling – the impact of gambling on the person & those around them.
- The single gambling question to get people to start asking it and think about the wider situation.
- How to refer people, what support is on offer from the service & the wider support available to people.
- During the session an “Expert by Experience” will share his story of what he experienced and his Recovery.

Online Wednesday 2nd July 18:30 -20:00pm:

<https://www.hwellbeingandrecoverycollege.org.uk/events/gambling-harms-what-you-need-to-know-provided-by-aquarius/>

Online Wednesday 9th July 9:30 - 11am:

<https://www.hwellbeingandrecoverycollege.org.uk/events/gambling-harms-what-you-need-to-know-provided-by-aquarius-morning/>

Have Your Say!

Help improve websites for Children, Young People and Families

Herefordshire & Worcestershire Healthcare NHS Trust are asking children, young people, parents, carers, and professionals to share their feedback on our websites.

- www.hacw.nhs.uk
- www.camhs.hacw.nhs.uk

They want to understand:

- How you find out about our services
- How you access support
- What information and content you would like to see more of

Links to the survey is www.smartsurvey.co.uk/s/CYPFWebsite

The survey will close on Thursday 31st July at 5pm. If you would like to speak to someone you can email whcnhs.communityengagement@nhs.net



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?](#)



Healthy Worcestershire



Healthy 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 hwbadmin@worcestershire.gov.uk.