



Hello everyone,

I hope you are all staying safe and cool and enjoying the Summer! There is lots going on across this month particularly for children and families with school officially out!

We will be supporting world breastfeeding week this week, as well as world play day which is all about accessible open spaces for children to play. We are also sharing info on our libraries Summer Reading Challenge which aims to support children to stay atop of their reading during the holidays. A reminder that our amazing Family Hubs are open throughout the year to provide support for families in all stages of parenthood.

Finally, a reminder that our Facebook page '[How are you doing Worcestershire](#)' is an open group and you are more than welcome to join and post wellbeing related tips, tricks and support on there. With 2.7k members and more joining every week – it's the place to be!

Until next time!

Lisa McNally  
Director of Public Health

## Upcoming Health Campaigns

### 1 – 7 August - World Breastfeeding Week

The Worcestershire Infant Feeding Team is highlighting the support available to help local families on their breastfeeding journey.

Working closely with community midwives and health visitors, the team offer guidance and encouragement to expectant and new mothers, and their partners. Infant feeding support workers and breastfeeding peer supporters are on hand to offer both practical advice and emotional reassurance. The team also run community breastfeeding support groups, giving families a chance to meet others and share experiences in a relaxed and welcoming setting.



Find out more about the team and access support:

- Social media - [Facebook](#) [Instagram](#)
- Website: [www.hacw.nhs.uk/infantfeeding](http://www.hacw.nhs.uk/infantfeeding)

- Email: [whcnhs.breastfeedingsupport@nhs.net](mailto:whcnhs.breastfeedingsupport@nhs.net)

Or go to: [worcestershire.gov.uk/breastfeeding](http://worcestershire.gov.uk/breastfeeding)



## 6 August - Play Day

The theme for this year's Playday is 'Spaces for Play' which highlights the vital importance of accessible, inclusive spaces where children and young people have opportunities to play freely, spending time, and connecting with friends – and feel valued as part of their community.

To find out more visit [Playday](http://Playday)

## News and updates

### Best Start Worcestershire

Expectant parents and families with young children in Worcestershire can now find support, advice and local services online more easily than ever before.

The new "Best Start in Life" website brings together a wide range of local information in one "easy-to-navigate" place. It has been created by health experts, using both the latest research and real-world experience of supporting families during the crucial early years.



Visit [worcestershire.gov.uk/beststart](http://worcestershire.gov.uk/beststart) to explore everything from pregnancy planning and postnatal services to toddler activities and local support groups.

### Archery Tag

In an innovative move to encourage physical activity among students, Hanley Castle High School and Sixth Form in Worcester has launched a new Archery Tag programme with the help of a Public Health grant. The new after-school club aims to inspire young people to engage in a fresh and dynamic form of exercise that blends teamwork, strategy, and agility. Read more here: [Archery Tag is a real winner!](#)



### Reserve Your 'Get School Ready' Bookbag Today

As September approaches, families across the community are getting ready for that exciting first step into school and Worcestershire's libraries are here to help! Each bookbag is created to help you and your child get ready for the first day of school. Inside, you'll find stories about starting school, helping your child feel less nervous and more excited. There are also helpful tips for you. These offer advice on setting routines, reading together, and making the start of school a positive experience. For more information and to reserve your bookbag, visit the [Get School Ready webpage](#).

### Get involved with the Summer Reading Challenge this summer!

Our libraries are proud to once again be taking part in the Summer Reading Challenge and already we have had over 1,000 sign-ups in the first week!

Running until 13 September, the challenge invites children aged 4 to 11 to dive into magical books inspired by this year's theme, Story Garden, which celebrates nature, imagination, and outdoor adventures.



It's completely free to take part, just sign up at your local library! The challenge is packed with fun incentives, including medals, certificates, and even free entry to National Trust Croome for those who reach key milestones.

To find out more visit [Summer Reading Challenge | Worcestershire County Council](#)

## Water Safety

As the weather heats up and more young people head outdoors, Public Health from Worcestershire County Council is sharing some of the risks associated with a quick dip in open water, and what to do if you get into trouble.

Open water can be much colder than you'd imagine and may cause problems with breathing and moving, known as 'Cold Water Shock'.



Tips for staying safe near open water

- Think before you enter – open water might seem refreshing, but cold-water shock, strong currents and hidden hazards beneath the surface can all be life-threatening.
- The water is often colder than it looks, making it difficult to move or breathe (Cold Water Shock)
- If you fall into water unexpectedly, remember the RNLI's *float to live* advice:
  - Fight the instinct to thrash around
  - Lean back, extend your arms and legs
  - Move gently if needed to help you float
  - Float until you can control your breathing
  - Only then call for help, swim to safety, or continue floating until help arrives

For more information and safety guidance, visit [www.rlss.org.uk](http://www.rlss.org.uk)

## Healthy Worcestershire

Our Healthy Worcestershire programme marked its first anniversary last month.

Within its first year, Healthy Worcestershire has had a positive impact on people's health and wellbeing. A remarkable 99% of participants said they are now leading healthier lifestyles. In addition, 65% reported improvements in their strength, balance and flexibility.



Don't just take our word for it go to [healthyworcestershire.org.uk](http://healthyworcestershire.org.uk) to find out more and hear what people have had to say about it.

## Free Virtual Nutrition and Lifestyle Sessions

Join our FREE 12-week weight management programme every Monday 1pm to 2pm online via Microsoft Teams. This rolling course is designed to help you lose weight and keep it off for good.

Led by a qualified nutritionist, the sessions are interactive, practical, and discussion-based. You'll gain the tools and support to build healthier habits, make informed food choices and increase your activity levels.

Start your journey to better health from the comfort of your home! Go to [healthyworcestershire.org.uk](https://healthyworcestershire.org.uk) to sign up.

Don't have Microsoft Teams? No problem. If you are on a laptop, you can use a web-based version. If you are joining from a mobile phone, simply download the free app.



## Worcester Warriors Foundation Versus Arthritis

Warriors Foundation Versus Arthritis is a community-led support programme designed to help people living with MSK conditions.

Venue: Cecil Duckworth House, Royal Porcelain Works, Severn Street, Worcester WR1 2NE.

Sessions run on the second Thursday of every month 11am - 12.30pm.

No need to book - next session Thursday 14 August



## Creative Health

### Snoezelen sessions support active living

Worcester Snoezelen is helping people with disabilities get moving and feel better, physically and mentally, through dance! A Public Health grant is supporting the introduction of dance and movement sessions as part of the charity's established 'Activity Wednesday' programme. These weekly sessions will run for 50 weeks a year and welcome around 25 participants each week. The activities are designed to boost circulation, improve appetite, support better sleep, and promote overall physical and mental wellbeing. More here: [Snoezelen sessions support active living](#)



## 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:

- 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](#)





- Fundamentals of Problem Solving - Thursday, 23rd October – 1.00-2.00pm – Online Event. To register visit [fundamentals of problem solving](#)

To find out more about Work Well Live Better visit [workwelllivebetter.co.uk](http://workwelllivebetter.co.uk)

## Suicide in the Media Advice Sessions

Herefordshire and Worcestershire's Suicide Prevention Programme has funded a series of online Suicide in the Media Advice Sessions delivered by Samaritans. The sessions are free for anyone living or working across Herefordshire or Worcestershire who might communicate publicly about suicide.

These sessions will cover how to talk about suicide responsibly including through positive storytelling. You don't have to be a communications or media professional to attend.

The sessions taking place are listed below:

- Tuesday 12 August, 1.30-2.30pm
- Tuesday 9 September 10-11am

To book your place, fill in this form [Samaritans Media Advice Session Booking Form - Herefordshire and Worcestershire](#)

## Free Workshops from Herefordshire & Worcestershire Wellbeing & Recovery College



- Responding to a disclosure of sexual violence – Provided by WMRSASC - Wednesday 13th August 9:30 - 14:30pm at The Survey School, Worcester. To learn more and to book a place visit [Responding to a disclosure of sexual violence – Provided by WMRSASC | HW Wellbeing & Recovery College](#)
- Finding out about domestic abuse and the work of West Mercia Women's Aid - provided by West Mercia Women's Aid - Tuesday 2nd September 10 - 12pm Online. To learn more and to book a place visit [Finding out about domestic abuse and the work of West Mercia Women's Aid – provided by West Mercia Women's Aid | HW Wellbeing & Recovery College](#)
- Reasonable Adjustments hosted by Autism West Midlands - August 15th 10am – 11:30am online. To learn more and to book a place visit [Reasonable Adjustments: Hosted by Autism West Midlands Online | HW Wellbeing & Recovery College](#)

## Free Energy Advice Training - Act on Energy

For frontline workers who works with people who may be struggling to pay their bills.



- Friday 15th August 10am -12pm
- Tuesday 9th September 11.30am - 1.30pm
- Wednesday 24th September 11.30am - 1.30pm
- Wednesday 22nd October 11.30am - 1.30pm
- Wednesday 5th November 11.30am - 1.30pm
- Wednesday 26th November 11.30am - 1.30pm
- Tuesday 9th December 11.30am - 1.30pm

To find out more or to book a place visit [Energy Advice Training Tickets, Multiple Dates | Eventbrite](#)

## 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](http://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](mailto:hwadmin@worcestershire.gov.uk).