



December 2025



Hello and an early merry Christmas to you!

Christmas can be a wonderful time filled with family, friends and festive fun, but it can also be a difficult, stressful and lonely time.

This festive season, please take a little time to look out for your friends and neighbours who may be struggling and reach out if you need any support.

This webpage from the Samaritans gives some good advice: [If you're worried about someone else this Christmas.](#)

I'd like to say a humungous THANK YOU for all your support this year. We really appreciate you being here, sharing important health and wellbeing messages and being champions of health in your workplaces and communities.

Have a wonderful Christmas and a happy, healthy new year.

Until next year,

Lisa McNally  
Director of Public Health

Upcoming Health Campaigns

## 1 December World Aid Day

World AIDS Day is a day to show support for people living with HIV, remember those who have lost their lives because of HIV and to learn the facts and realities of HIV today, in the UK and worldwide. Resources to hold an awareness raising session at work, school or university can be downloaded here [Join in - World AIDS Day](#)

To find out more visit [www.worldaidsday.org](http://www.worldaidsday.org)

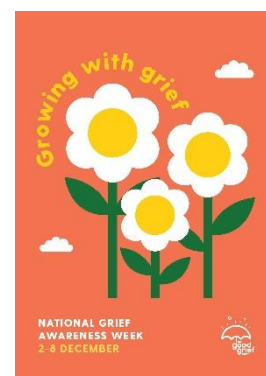


## 2 - 8 December National Grief Awareness week

Organised by the Good Grief Trust the theme this year is "Growing with Grief". Losing a loved one feels like an ending in so many ways, but in time, it can also become the ground from which something new begins. After that loss, we can't go back to who we were, but instead, we can grow into someone new shaped by love, memories, and resilience.

To find out more visit [www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

Local support Services: [Bereavement support | Worcestershire County Council](#)



## 10 December Human Rights Day

The day celebrates the idea that all human beings are born free and equal in dignity and rights and are entitled to all 30 articles of the declaration without discrimination.

To find out more visit [Human Rights Day | United Nations](#)

## January 2026 - A healthy start to the new year

### 1 - 31 January Dry January

Whether it's to give your fitness goals a boost, put a few pounds back in the bank account or to feel fresher as you boss that alcohol-free streak, the Dry January challenge is your chance to reset your relationship with alcohol at the start of the year and beyond.

To download the try dry app visit [The Dry January® challenge | Alcohol Change UK](#)

To understand alcohol and its associated risks visit [Alcohol misuse - Risks - NHS](#)

Local support: Cranstoun drug and alcohol support [Alcohol and Drug Support | Addiction Services | Cranstoun](#)

## 2026 could be the year to quit smoking

More than half of smokers aim to quit. And, with support you're more likely to quit for good.

Anyone over 18 in Worcestershire can access free, expert advice to stop smoking.

Everyone's journey to quit smoking is different. So, we offer personalised support. This includes a customised action plan, free vapes, and assistance with any challenges you might have along the way.



If you live in a household with somebody under the age of 19, you can get even more support. You don't have to quit alone.

To find out more about all our free services, visit [www.worcestershire.gov.uk/stopsmoking](http://www.worcestershire.gov.uk/stopsmoking) or call **01905 928 185** or **0800 772 0307**.

Look out next year for our new app to help quitters quit for good.

If your role involves talking to lots of people, our free training can help you confidently start conversations about stopping smoking and support individuals in taking their first steps toward quitting. Take a look in the Training & Resources section.

## News and updates

### New outdoor gym opens in Norton

A brand-new outdoor gym has officially opened outside the Sergeants' Mess Community Hub in Norton and it's already making a difference.

This free-to-use facility is designed to bring people together to move, chat, and enjoy the outdoors. Funded by the Norton juxta Kempsey Parish Council, Severn Waste, Tesco and a Public Health Community Wellbeing grant. To find out more visit [New outdoor gym opens in Norton](#)



### Bridges of Light festival sparks joy

Cygnetsong, the breathtaking light installation that lit up Worcester's main bridge across the River Severn as part of the Bridges of Light festival, has launched the new programme of art, creativity and collaboration in Worcester.



Public Health's contribution enabled local community groups, including Worcester residents of all ages, to come together in creative workshops and bring Cygnetsong to life alongside professional artists, Illuminos. Inspired by the story of the Ugly Duckling and shaped by residents' own stories and experiences the installation explores themes of resilience, strength, wellbeing and personal growth.

To find out more visit [Bridges of Light festival sparks joy](#)

### Worcestershire's Household Support Fund

As we head into the colder months of the year, residents across the county who are eligible, can apply for support through the Household Support Fund. Support through the fund, which is a UK Government Initiative, is available until the end of March next year through a range of different schemes.

Additional support with the costs of energy is available for those on low incomes living in a cold home with a cold-sensitive long-term health condition through the Warmth on Prescription scheme. Worcestershire residents will be able to see if they are eligible by contacting their GP surgery's Social Prescribing Team.

To find out more visit [Household Support Fund | Worcestershire County Council](#)

## Knockout Success at Boxing Club

Pete Martin, director of Redditch Self Defence Association, is working with young people to improve their lives, prevent them from engaging in crime and harness the power of physical activity for their self-esteem and mental health.

With the support of a Public Health Community Wellbeing grant Pete was able to offer four new classes, purchase more equipment and now takes on referrals from organisations including schools, colleges and the police.



To read more visit [Community Stories 2025 | Knockout success at boxing club](#)

## WorkWell – Getting tailored support to return to work

Work can play a huge role in our wellbeing – giving us purpose, structure and connection. But when health issues start to get in the way, it can feel overwhelming to know where to turn.



WorkWell is a free, confidential coaching service designed to help people across Herefordshire and Worcestershire who are struggling to stay in work or return to work because of a health condition. Whether they are off sick, worried about coping at work, or managing a long-term condition, WorkWell can provide tailored one-to-one support to help you move forward.

You can **refer yourself directly**, or ask your **GP, employer or another professional** to refer you. Simply visit [www.hwics.org.uk/our-services/workwell](http://www.hwics.org.uk/our-services/workwell) or for more information and to make a referral.

## Annual Update on Health and Wellbeing in Worcestershire

The Joint Strategic Needs Assessment (JSNA) is produced every year and provides a picture of the current and future health and social care needs in the county.

This information is used by health colleagues from the local Integrated Care Board (ICB), NHS England and Worcestershire County Council to help plan for and commission services. The aim is to identify needs and enable the improvement of health and wellbeing and the reduction of health inequalities.

The summary document can be found here [JSNA 2025](#) while other publications and a full range of in-depth analysis and data can be accessed here [JSNA home page](#).

## Healthy Worcestershire

We have over 30 free Healthy Worcestershire sessions to visit across the county. This includes an online session so you can boost your wellbeing from the comfort of home every Tuesday from 6:45pm to 8pm.

Enjoy gentle, feel-good activities, helpful tips for staying healthy, and friendly chat with others.

Getting started is easy, visit [healthyworcestershire.org.uk](http://healthyworcestershire.org.uk) to sign up, email [Healthy.Worcestershire@nhs.net](mailto:Healthy.Worcestershire@nhs.net), or call 0800 772 0307.



## Wythall & Hollywood fun run 2026

Put Sunday 7 June 2026 in your diary for a festival of fitness, fun, and community spirit at Wythall Park.

Secure the Super Early Bird rate now. It's the lowest price you'll pay to take part.

Watch the videos from 2025 and book your place at [www.wythallhollywoodfunrun.org.uk](http://www.wythallhollywoodfunrun.org.uk)



## Have your say!

### Big Quality Conversation survey for 2025-2026

The Big Quality Conversation survey is for patients, carers, families and friends and we would like to encourage anyone who has experienced care at one of Worcestershire hospitals in the last 12 months to share their feedback.

Complete the survey: [surveyhero.com/c/BigQualityConversation25-26](https://surveyhero.com/c/BigQualityConversation25-26)  
The survey closes on 5 January 2026.



## Training & Resources

### FREE - Very Brief Advice (VBA) Training

Very Brief Advice (VBA) training – a short, evidence-based intervention designed to help professionals confidently raise the topic of smoking and support individuals in taking the first step toward quitting.

This training is ideal for front-line workers or volunteers who regularly engage with residents, including those in primary and social care, housing, community services, and the voluntary sector.

The next Very Brief Advice (VBA) Smoking Training will be taking place online on 14 January 9.30am to 12 noon.

Please email [lhart2@worcestershire.gov.uk](mailto:lhart2@worcestershire.gov.uk) if you would like to attend.

### Work Well Live Better Creating a Healthier Worcestershire Workforce



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

- Successful Goal Setting for the New Year Ahead - Thursday 11 December, 1pm to 2 pm – Online Event. To register or to find out more visit [Successful goal setting](#)
- Managing Fatigue and Preventing Burnout - Monday 12 January 1pm to 2pm. Online event. To register or to find out more visit [Managing Fatigue & Preventing Burnout Webinar](#)

- Networking for Meaningful Connections - Wednesday 11 February 1pm to 2pm. Online event. To register or to find out more visit [Networking for Meaningful Connections Webinar](#)

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

### Free Energy Advice Training - Act on Energy

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

- Tuesday 9 December 11.30 am to 1.30 pm



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 [hwbadmin@worcestershire.gov.uk](mailto:hwbadmin@worcestershire.gov.uk).