



Hello

February brings a number of important awareness campaigns, each giving us a chance to support our communities and encourage conversations that can make a real difference.

This month includes Sexual Abuse and Sexual Violence Awareness Week, Time to Talk Day, the Orange Button scheme, Children's Mental Health Week, National HIV Testing Week and Safer Internet Day. Each one highlights an area where a small action, a shared resource or a simple conversation can help someone feel supported, informed or less alone.

Now that Dry January has ended, we're also continuing our alcohol awareness work, encouraging people to reflect on their drinking habits and make choices that support their long-term wellbeing.

The Super Early Bird discount for Wythall Fun Run ends midnight Monday 2 February. It's a great goal to work towards if you are thinking of starting a Couch to 5K.

Your role in promoting these messages across Worcestershire is hugely valued, and I appreciate everything you do to help people stay healthy and well.

Lisa McNally  
Director of Public Health

## Upcoming Health Campaigns

### **2 - 8 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. To find out more visit [sexualabuseandsexualviolenceawarenessweek.org](https://sexualabuseandsexualviolenceawarenessweek.org)

### **5th February – Time to Talk Day**

This year for Time To Talk Day, we're asking Health Champions to help us raise awareness of how talking openly and honestly can be the first step towards better mental health for everyone. It's a day for all of us to come together to talk, listen and change lives. Find out more - [Time to Talk Day](#).

## Orange Button

Alongside Time to Talk Day, help us promote and raise awareness of the Herefordshire and Worcestershire Orange Button Scheme.

People wearing an orange button are trained to listen if you're finding life tough or are worried about someone else. They can share information and resources with you that can help. Anyone interested in becoming an orange button wearer who wants to find out more should visit: [Orange Button Community Scheme | Worcestershire County Council](#).

## 9 - 15 February Children's Mental Health Week

The theme for Children's Mental Health Week 2026 is 'This is My Place', and the aim is to support the systems around children and young people to help them feel they belong. To find out more visit [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

Just a reminder we have Free Online Wellbeing Resources for Families in Worcestershire at Togetherness, some of which cover emotional health. Go to [togetherness.co.uk](http://togetherness.co.uk) and use the code **PARENTSROCK** for free access.

Reading Well is a dedicated collection of books available from our local libraries that provides information and support for managing mental health and wellbeing for children, young people and adults. Go to [worcestershire.gov.uk/readingwell](http://worcestershire.gov.uk/readingwell).

## 9 - 15 February National HIV Testing Week

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 <https://eddystone.org.uk/pages/hiv-testing-week>

## 10 February Safer Internet Day

The theme this year is 'Smart tech, safe choices – Exploring the safe and responsible use of AI'. To find out more visit [Safer Internet Day 2026 - UK Safer Internet Centre](#)

## News and updates

### NHS Healthy Start Webinar - for professionals

An information session to raise awareness of the Healthy Start scheme amongst professionals and how you can support families most in need to sign up and access free food and vitamins.



To find out more or to register visit [NHS Healthy Start Webinar - for professionals Tickets, Tue, Feb 24, 2026 at 9:30 AM | Eventbrite](#)

### Work Well Live Better - targeted support programme

Work Well Live Better, Worcestershire's workplace health programme commissioned by Public Health, is offering the final few spaces on its targeted support programme. This fully funded programme helps businesses directly address workplace health challenges and focus on the areas that matter most to their teams.

Support can be tailored to each business and so far, has included Leadership & Management Training, Mental Health Awareness Training, Monthly Wellbeing Workshops, Emotional Resilience Training, and Skills Workshops. By participating, businesses can enhance employee wellbeing, build resilience, and improve workplace culture, all while targeting the areas of highest priority.



To check eligibility and apply for a space, please contact Suzie Langton at [workwelllivebetter@optima-uk.com](mailto:workwelllivebetter@optima-uk.com)

### New Health Walks set up across the County

A health walk is a short, purposeful walk undertaken on a regular basis. As well as improving physical wellbeing our walks can help with mental wellbeing by providing an opportunity to socialise with other walkers.



Our health walk groups are friendly and welcome all ages and levels of fitness. Three new walking groups have been set up this year they are

- Woodrow Walk This Way - First Monday of every month starting from Woodrow Library at 10.30am
- Sole Mates - Men's & Dad's Walking Group - First Sunday of the month from Sanders Park, Bromsgrove at 10am, meet by the bandstand
- Sole Mates - Men's & Dad's Walking Group - First Sunday of the month from Arrow Valley Park, Redditch at 12 noon, meet by the café.

For further information about our other health walks visit [www.worcestershire.gov.uk/healthwalks](http://www.worcestershire.gov.uk/healthwalks)

### Love Volunteering - new volunteer portal launched

Love Volunteering is a completely free, easy-to-use platform where residents can discover a wide range of volunteering roles across Worcestershire.



From supporting NHS and council services to filling trustee or committee roles or helping local charities and community groups, the portal makes it simple to get involved and make a real difference close to home.

Love Volunteering is linked with local volunteer centre partners through the WeCan network, as well as Citizens Advice Wyre Forest, whose own websites feed directly into the portal.

Visit the [www.lovevolunteering.co.uk](http://www.lovevolunteering.co.uk) to find out more and get involved.

### Wythall & Hollywood Fun Run – Super Early Bird discount ends Mon 2 Feb

The Super Early Bird discount ends midnight on Monday 2 February for the 5k, 10k and Families on Track races. Prices will never be this low again.

If you are looking to start a Couch to 5K, you could graduate at this friendly fun run where everyone is made to feel welcome.

If you decide on a 12 week programme, start your journey in mid-March. If you go for a 9 week programme, start your Couch to 5K in early April. Better Health have developed a Couch to 5K app in partnership with the BBC featuring some of your favourite celebrities to guide you through your training.

Book at [wythallhollywoodfunrun.org.uk](http://wythallhollywoodfunrun.org.uk)



## Reducing your alcohol intake

Now that Dry January has finished, we're encouraging people to take a fresh look at their drinking habits and think about the benefits that come with cutting back. Even small changes can improve sleep, mood and overall wellbeing.

Please keep an eye out for the campaign materials and share the messages within your teams and communities to help more people feel confident about making positive choices around alcohol.



## Healthy Worcestershire

### Healthy Worcestershire helps you thrive and feel your best

There are weekly sessions in 30 venues around the county and an online option too. Each week, get involved in gentle exercise (no gym clothes needed!), have a cup of tea and hear an interesting talk on a range of topics.



Talks this month:

#### w/c 2 Feb

**Time to Talk** – start a conversation about mental health. A chance to listen, share, and talk about what really matters

#### w/c 9 Feb

**First Aid** – an introduction to basic First Aid.

#### w/c 16 Feb

**Falls prevention/falling safety** – learn how to make small changes to avoid injuries and keep your confidence

#### w/c 2 March

**Emotional Eating** - how to eat mindfully, recognise physical/mental hunger, nourish your body in the right way.

## Community Stories

### Kicking off new women's football pathways

With support from a Public Health Community Wellbeing grant, the Worcester club has been able to open an under-18 team, helping bridge the gap between youth and adult football and encouraging girls to stay in the sport beyond the age where many typically drop out.

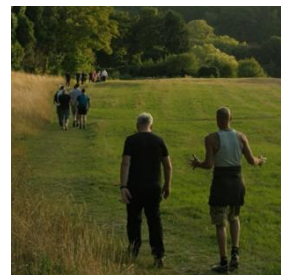
To find out more and to watch the video visit [Community Stories 2025 | Kicking off new women's football pathways](#)



### Men's walking group is changing lives

A group of men in Stourport are walking and talking their way to better mental health, and helping others do the same, with support from a Public Health Community Grant.

Men Walking and Talking brings men together every Monday evening for a one-hour walk focused on connection, wellbeing, and ending the stigma around men's mental health. The group has grown to 25 regular members.



To find out more and to watch the video visit [Community Stories 2025 | Men's walking group is changing lives](#)

## Training & Resources

### West Midlands Ambulance Service (WMAS) - Community training offer

WMAS are offering 2-hour awareness course on good CPR, use of an AED and use of bleed control kits. They're designed to improve outcomes in local areas, by encouraging knowledge of basic life support amongst residents.

WMAS are willing to offer the sessions anywhere, but the areas that they are particularly hoping to work with are:

- Those with limited bystander CPR
- Those with limited public access AEDs
- Those with limited bleed kits
- Homeless communities
- Substance misuse services

Sessions are delivered by WMAS Community Response Managers (paramedics) alongside local Community First Responders, who are community members who respond on behalf of the ambulance service to life-threatening incidents in their community.

Any group that is interested need to email Cliff on [cliff.medlicott@wmas.nhs.uk](mailto:cliff.medlicott@wmas.nhs.uk), with rough idea on numbers and the venue. Sessions are **free**, but you will need to provide a venue for it.

### Work Well Live Better - Upcoming webinars



Work Well Live Better is our Worcestershire workplace health programme to create a healthier Worcestershire workforce. To help support businesses 'Work Well Live Better' has the following upcoming events:

- 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](#)
- Managing Emotions in Tough Conversations - Monday 23 March 1pm - 2pm. Online event. To register or to find out more visit [Managing emotions in touch conversations webinar](#)
- Embracing Change for Personal and Professional Growth - Thursday 23 April 1pm - 2pm. Online event. To register or to find out more visit [Embracing Change for Personal and Professional Growth webinar](#).

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

**Have your say!**

## Time for dads to have their say

Let us know what matters to you. What support would make family life easier? What do you find most challenging? What activities interest you? How do you find events and information?



To complete the survey, please go to [worcestershire.gov.uk/dads](http://worcestershire.gov.uk/dads)

## 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](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).