January 2026

Hello and happy new year!

The beginning of the year is a good time to start afresh and make some healthy changes. This year, there are plenty of ways to make your 2026 a healthy one. Whether that's setting a new goal, joining a fitness or social club, reducing your alcohol intake, quitting smoking or committing to practising mindfulness or breathwork.

In this newsletter, you'll find updates on upcoming initiatives, resources to support your work, and stories that showcase the impact of our collective efforts.

As we step into 2026, I want to reiterate our shared mission: to ensure that everyone has the opportunity to live a healthier life. I look forward to working alongside you as we continue to tackle challenges, celebrate successes, and make Worcestershire happier and healthier.

Thank you for being an essential part of this journey.

Lisa McNally
Director of Public Health

Upcoming Health Campaigns

Love your liver awareness month

The key aim of the month is to put a spotlight on liver disease risk factors and the steps we can take to keep our livers healthy.

More information and resources available from britishlivertrust.org.uk/love-your-liver-month

19 January – Samaritans Brew Monday

On Brew Monday, the third Monday in January, Samaritans reminds everyone to reach out for a cuppa and a catch-up with the people you care about.

To find out more and to download resources visit [Brew Monday 2026 | #BrewMonday |There's always time for a cuppa and a catch-up]

visit samaritans.org/support-us/campaign/brew-monday

WorkWell Insights: Leading with Mental Health in Mind

Also on Monday, 19 January, at The Abbey Hotel, Malvern, an event for employers to support staff mental health. Ideal for business owners, HR professionals, workforce strategists and managers.

Gain practical tips and advice to support the mental health of your employees, helping them to thrive while strengthening your business.

Public health representatives will be there on the day to raise awareness about the Orange Button community scheme.

To sign up and for more information: Leading with Mental Health in Mind

News and updates

Women's cycle club pedals positivity!

Women on Wheels (WOW), a women's cycling club, has recently been awarded a Public Health Community Grant to help expand its reach and impact.

The grant has enabled WOW to train additional volunteer ride leaders, ensuring safe and enjoyable rides across the county.

To read more, visit insights.worcestershire.gov.uk

New building opens up limitless opportunities for charity

A Worcestershire County Council Public Health grant is supporting Simply Limitless to refurbish the building and transform it into a community space offering vital health and wellbeing services for residents.

Simply Limitless has been delivering holistic health and wellbeing programmes for over 15 years, supporting more than 1,000 people annually, from birth to retirement, through a flexible, person-centred approach.

To read more, visit insights.worcestershire.gov.uk

Pupils slide into wellbeing!

In an innovative and unusual approach to promoting health and wellbeing, St Joseph's Primary School in Malvern has transformed its outdoor space with a brand-new all-year-round sledging slope and picnic area.

Thanks to a Public Health Community Grant, this unique project is giving pupils a fresh way to stay active, build confidence, and enjoy the outdoors.

To read more, visit insights.worcestershire.gov.uk

Free online learning for families

Togetherness offer FREE access to self-guided online learning resources expertly designed for parents, carers, grandparents and teens.

Learn to understand the changes in your child's development and how to support them, whilst also strengthening your relationship.

Topics include:

- understanding pregnancy, labour, birth and your baby
- baby development
- child behaviour and emotional development
- neurodivergence or additional needs
- adolescence for teens and parents
- adult emotional health including trauma

Worcestershire County Council gives families FREE access to Togetherness resources. Go to **togetherness.co.uk/learn** and use the code **PARENTSROCK**.

Volunteer Sam honoured with national award for helping local families

Sam Richins, who volunteers at the Buttercup Family Hub in Worcester, has been named a winner of the Stephenson Award by Action for Children.

Sam has been volunteering with the service for over four years, giving her time, energy and kindness to support local families every week. Sam received her award from Angela Rippon at a special ceremony in London.

If you're interested in volunteering at a Family Hub, please go to worcestershire.gov.uk/familyhubsvolunteer

Empowering people to reduce alcohol intake

At the end of the month/start of February we will be running a campaign to encourage people to reduce their alcohol intake. With lots of people taking part in Dry January, we are hoping to encourage people to continue drinking less into February and beyond.

The campaign will run for a month across our social media channels and in communities. If you see the campaign, please feel free to share with your network. Alcohol has a tremendous impact on all aspects of health and wellbeing and reducing drinking not only benefits you but also the people around you.

Free Home improvements to help save energy and make homes warmer

Worcestershire County Council is now offering residents in Malvern Hills, Wychavon and Worcester City free home improvements to help keep homes warm and lower household fuel bills.

If you have a combined household income of £36k or less then you could be eligible for free home insulation, Solar panels, Air Source Heat Pump or High Heat Retention Storage Heaters, energy efficient windows and doors.

To find out more about the Warm Homes Local Grant scheme and how to apply, visit: worcestershire.gov.uk/whlg

Coming in the New Year: Pop-up vaccination clinics for MMR or HPV catch-up jabs.

Anyone who missed out on the MMR or HPV jab there is another chance this January or February. Pop-up clinics will be running across Worcestershire to offer free catch-up MMR and HPV vaccinations for anyone who did not receive them as part of the routine childhood immunisation programme.

The pop-up clinics will be held at community venues across Worcestershire throughout January and February. Look out for the full list of dates and locations on our website www.worcestershire.gov.uk

Home For Lunch

Health and care partners across Herefordshire and Worcestershire are focusing on enabling more patients to leave the hospital earlier in the day, so they can be home sooner, even *Home for Lunch.*

Research shows prolonged hospital stays can have a significant negative impact on someone's health.

They are calling on everyone to support this initiative by making sure families are aware of it and able to support their loved one to leave the hospital and return to a home that is ready for them.

Please help us spread the word to anyone you are supporting who may need a hospital stay.

Wythall & Hollywood Fun Run

If you are looking to get fit in 2026, a Couch to 5K programme is a great way to do it. Adding a goal of completing your 5K at a fun run will help to make sure you stay on track.

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

Book now to get the Super Early Bird rate. It's the lowest price you'll ever pay to register. Go to https://wythallhollywoodfunrun.org.uk to find out more.

Healthy Worcestershire

If your new year's resolutions are to get active, be healthy and have fun, Healthy Worcestershire could be the perfect place to start.
Healthy Worcestershire delivers weekly group sessions within communities. These offer a friendly and supportive space to stay active, learn about health and wellbeing, and meet new people. There's 30 venues in Worcestershire and an online option too.

In January topics include winter safety, breathwork and budgeting.

Go to healthyworcestershire.org.uk to find out more.

FREE Virtual Nutrition and Lifestyle sessions

Join our new, FREE 12-week online lifestyle programme. Led by a qualified nutritionist, each weekly session is packed with expert advice and practical tips.

This programme is completely free and will help those who are looking to lose weight, feel more energetic, or simply develop healthier habits.

From tackling snacking and portion sizes to understanding fats and sugar, the programme provides the tools and motivation to help people feel their best inside and out.

The course features culturally appropriate recipes and tailored dietary advice. Qualified experts provide nutrition and exercise support which is appropriate for patients with a variety of health conditions, such as type 2 diabetes.

This New Year keep on quitting smoking

2026 could be the year you give up smoking for good.

Your next quit could be the one that sticks, and you are more likely to succeed with support.

Worcestershire residents can get a variety of support to quit smoking including:

- support available to all adults
- support for families living with a child under 19
- support for pregnant women and families

Tailored help includes a consultation and advice from a trained stop smoking advisor, plus vape starter kit vouchers to help you transition away from cigarettes. Follow-up support is also provided to make quitting easier.

Go to www.worcestershire.gov.uk/stopsmoking or call **01905 828 185**.

Community Stories

Winyates Community Hub is an anchor

Winyates Community Hub offers a range of services to the community, including wellbeing and holistic activities, mental health support/domestic abuse support, baby bank, food bank, community café and reuse shop. Volunteers play a huge role in supporting the local Winyates community.

Community Stories 2025 is celebrating some of the wonderful grant-funded work of community organisations across Worcestershire. The Public Health Community Grant Programme is backing brilliant local ideas that help people live happier, healthier lives

To read more about this project visit insights.worcestershire.gov.uk

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:

- 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

- 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

To find out more about Work Well Live Better visit 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

Shaping Mental Health Services Survey

We want to hear from people about their thoughts on local mental health services.

Local areas will now have more say in what they want and need. By working with local people and communities, NHS Herefordshire and Worcestershire can set out what is needed for mental health over the next five years.

This survey asks people what they think about local mental health services now, what has improved, and what they would like in the future. Your answers will help shape future plans and show where we need to work more with people in Herefordshire and Worcestershire.

Survey: To complete the survey, please use this link: https://www.surveymonkey.com/r/ShapingMentalHealthServicesSurvey

Deadline and completion - The deadline to complete this survey is **11.59pm, Friday, 30 January 2026.** The survey should take approximately 6 minutes to complete.
Information about the survey is also available online: https://www.hwics.org.uk/get-involved/involvement-opportunities/shaping-mental-health-services

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 **hwbadmin@worcestershire.gov.uk**.