



Hello

It's finally feeling like Spring after a very wet start to the year. As usual, this month we have a wide range of important awareness campaigns and local stories.

March gives us many opportunities to celebrate our communities, whether through the growing volunteer spirit at Stourport Civic Centre or the inspiring journey of residents like Callum, who are finding meaningful employment.

I'm especially pleased to share news of additional funding for our Healthy Worcestershire programme, enabling us to continue strengthening wellbeing across the county for years to come. It's a testament to what can be achieved when we work together with purpose and compassion.

Thank you for everything you do to champion health and wellbeing in your communities. Your conversations, encouragement, and commitment make a real difference every day.

Until next time.

A handwritten signature in black ink, appearing to read 'Lisa McNally'.

Lisa McNally
Director of Public Health

Upcoming Health Campaigns

Ovarian Cancer Awareness Month

In the UK 7500 women receive an ovarian cancer diagnosis each year, therefore, it is vital that we raise awareness of symptoms and change the future for women diagnosed with ovarian cancer. To find out more about the symptoms, visit [Ovarian cancer - Symptoms - NHS](#)

Prostate Cancer Awareness Month

In the UK, about one in eight men is diagnosed with prostate cancer each year. For Black men, the rate is one in four. Early detection can significantly improve the chances of successful treatment, but many men with early prostate cancer often show no symptoms. That's why it's essential to start the conversation about your health and understand your risk. You can check your risk in just 30 seconds on the [Prostate Cancer UK website](#).

9 - 15 March Safer Sleep Week

Safer Sleep Week raises awareness of sudden infant death syndrome (SIDS) and the simple advice that reduces the risk of it occurring. The theme for 2026 is Baby Necessities, the essential items that your baby needs and how to check that they're as safe as possible. To find out more about the campaign, visit www.lullabytrust.org.uk



For more advice on safer sleeping:

- Start in Life - Useful resources and advice about safe sleeping in the early years. Visit [Sleep in babies and children | Worcestershire County Council](#)
- [Caring for your baby at night leaflet - Baby Friendly Initiative](#) - practical advice to parents on looking after their sleeping baby both during the day and at night.

11 March No Smoking Day

Stopping smoking is one of the best things you'll ever do for your health. When you stop, you give your lungs the chance to repair, and you'll be able to breathe easier. There are lots of other benefits too, and they start almost immediately. To find out more, visit [Quit smoking - Better Health - NHS](#)

Local support:

The Healthy Worcestershire Stop Smoking Service offers personalised support that includes a customised action plan, free vapes, and assistance with any challenges you might have along the way. To get your free support call: **0800 772 0307** or visit [Stop Smoking Support - Healthy Worcestershire's Services](#)



Quit Coach - WhatsApp support: This is a free, friendly stop-smoking guide you can chat with on WhatsApp at anytime. Available to Worcestershire residents, you can get personalised quit plans, tips for handling cravings, and regular check-ins to help keep you on track. You can even order 'Swap to Stop' vapes directly through the chat.

Powered by AI, the support is available 24/7, so you can get encouragement and guidance whenever you need it. To get started, visit worcestershire.quitcoach.co.uk

12 March University Mental Health Day

Organised by Student Minds and UMHAN, University Mental Health Day takes place every March to get the nation talking about student wellbeing and working together to make mental health a university-wide priority. To find out more, visit [Home - UMHD](#)

Here's a reminder of the resources available to download and help you promote open conversations around mental health. [Herefordshire & Worcestershire Orange Button Community Scheme – Resource Library](#).

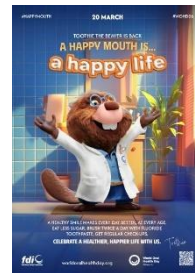
16 – 22 March Sign Language Week

This awareness week for British and Irish Sign Languages is celebrated every year in March. It commemorates the first time BSL was acknowledged as a language in its own right by the UK Government on 18 March 2003 and is held annually by the British Deaf Association (BDA).

To find out more, visit signlanguageweek.org.uk

20 March World Oral Health Day

The theme this year is 'A Happy Mouth is a Happy Life'. The campaign highlights the essential role oral health plays in overall well-being throughout life, from infancy through older adulthood. To find out more visit <https://www.worldoralhealthday.org/>



16 - 27 March Big Walk and Wheel

The UK's largest inter-school cycling, walking and scooting challenge. It inspires pupils, staff and parents to choose human power for their journey to school. To find out more, visit [Walk Wheel Cycle Trust Big Walk and Wheel - Walk Wheel Cycle Trust](#)

News and updates

Helping Callum take his first steps into employment

Callum is Neurodiverse and loves the outdoors. He had been volunteering for several years, acquiring lots of practical skills that would make him a great employee, but had never found an opportunity to secure paid work.

Having a disability shouldn't stand in the way of finding meaningful work, and Worcestershire County Council's Supported Employment Service is helping to make sure it doesn't. The service supports people who are neurodiverse, have a Learning Disability, or live with a long-term health condition. To read more visit: [Helping Callum take his first steps into employment](#)



Connection and community for all ages at Stourport Civic Centre

Stourport Civic Centre has long been a place where people come together to feel part of something bigger. It's a space rooted in community spirit where creativity, friendship and support are always within reach.

Thanks to Public Health community grant funding, the Civic Centre can grow its volunteer team even further, opening the door for more local people to get involved. To read more, visit: [Connection and community at Stourport Civic](#)



New extra funding for Healthy Worcestershire

Worcestershire County Council has approved a further £147,000 to extend the Healthy Worcestershire programme for at least three more years. It's one of the county's most successful and nationally acclaimed public health initiatives. Over 1,000 residents are currently taking part, and results show significant improvements across activity levels, strength, confidence, mental wellbeing and social contact, alongside more than 500 successful quit attempts.



Healthy Worcestershire is increasingly seen as a blueprint for how community-centred approaches can transform wellbeing while reducing pressure on wider health and social care services.

Read more here: [Healthy Worcestershire secures new funding](#)

Healthy Worcestershire

Healthy Worcestershire topics for March

Week commencing 2 March: Emotional Eating - Learn to eat more mindfully, recognise the difference between physical and emotional hunger, and nourish your body in the right way.



Week commencing 9 March: Blue Zones - what they are, where they can be found, and how people living in these areas enjoy longer, healthier lives.

Week commencing 23 March: Seasonal Affective Disorder - including symptoms, causes and practical strategies for managing darker, colder times of the year.

Week commencing 30 March: Cooking well on a budget - get tips on how to prepare healthy seasonal meals for one person without breaking the bank.

Find your nearest Healthy Worcestershire session here [Home - Healthy Worcestershire's Services](#)

Community Stories

H.E.L.P Hub brings hope

A Kidderminster-based charity is making a powerful impact in the Wyre Forest

community by offering life-changing support to people facing homelessness and hardship. H.E.L.P has been a long-trusted presence in the community, supporting rough sleepers and those who are vulnerably housed.



To read more visit: [Community Stories 2025 | H.E.L.P Hub brings hope](#)

Training & Resources

FREE CPR Training

WMAS is offering a two-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 is 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 to 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 interested group should email Cliff at cliff.medlicott@wmas.nhs.uk, with a rough idea of the numbers and details of the venue. Sessions are **free**, but you will need to provide a venue.

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:

- 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](#)
- Supporting the Mental Health of Your Colleagues - Wednesday 20 May 1pm - 2pm. Online event. To register or to find out more, visit [Supporting the Mental Health of Your Colleagues](#)
- Work Well Live Better Bi-Annual Showcase Event. Tuesday 30 June 9am - 1.30pm in person at The University of Worcester Arena. To register or to find out more, visit [the Bi-Annual Event](#)

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

Have your say!

Time for dads to have their say

Calling all dads and male carers: 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?



Complete this survey, and support Dads and male carers in Worcestershire: worcestershire.gov.uk/dads

Consultation on proposals for Local Government Reorganisation in Worcestershire

The future of local government in Worcestershire is being shaped right now, and residents are invited to have their say. Two options are being considered, and everyone is encouraged to review them and share their views.

The consultation runs until **Thursday, 26 March 2026**.

Find out more and take part: [Consultation on Proposals for Local Government Reorganisation in Worcestershire - Ministry of Housing, Communities and Local Government - Citizen Space](#)



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.