



Hello!

Firstly, I was delighted to be asked to support Worcestershire's first Women in STEM Week. I relish the opportunity to discuss what an amazing and varied career public health is, and how vital it is that we continue to inspire the next generation of women and girls to see themselves in these roles. You can watch the video here: [Women in STEM Week 2026 | Worcestershire County Council](#)

As we move into May, we're entering one of the most active months in our public health calendar, bringing together a wide range of campaigns, each highlighting a different aspect of how we keep our communities healthy, informed and supported. From encouraging residents to get moving during National Walking Month, to raising awareness of stroke, Lyme disease and type 2 diabetes, to championing maternal mental health, deaf inclusion, and creativity and emotional wellbeing, May gives us a powerful platform to promote prevention and connection across Worcestershire.

These campaigns only have real impact when they reach people where they are, and that's where our partners and Health Champions make such a difference. Whether you're promoting local health walks, sharing safety messages, supporting families, or helping residents understand the signs and symptoms of key conditions, your work ensures these national moments translate into meaningful local action.

Thank you for your continued commitment to improving health and wellbeing across the county.

Take care and see you next month!

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

Lisa McNally
Director of Public Health

Upcoming Health Campaigns

National Walking Month

This year, we are welcoming the return of the #WalkThisMay Challenge. The challenge is to see how many times we can walk the length of the Herefordshire and Worcestershire border (approximately 53 miles) over a two-week period. Last year, attendees at these walks covered an incredible 4,723.18 miles in just two weeks (over 89 lengths of the border). Learn more about the campaign: activehw.co.uk/national-walking-month

There is a toolkit under resources (below) to help promote this event.

Local information:

Worcestershire Health Walks aim to improve the county's health and wellbeing by encouraging more people to walk. Worcestershire Health Walks are free, easy, accessible, and local. Health walks are between 30 and 90 minutes long, and you can walk at your own pace. Joining a health walk group is a great way to improve your health and to make new friends. To find out more and to find a walking group in your community, visit worcestershire.gov.uk/healthwalks

Want to go it alone? Visit [Walks in Worcestershire | Worcestershire County Council](#) to find a walk near you.

Stroke Awareness Month

Stroke UK provides support for stroke survivors and their families. To find out more visit, stroke.org.uk

Lyme Disease Awareness Month

Lyme disease is a bacterial infection, usually caused by the bite of an infected tick. Ticks can be found in every county across the UK. They can be as small as poppy seeds and easily missed. If you spend a lot of time outdoors or own a pet, you may be at higher risk of being bitten. To find out more visit, [Take part in our Be Tick Aware Campaign 2026 - Lyme Disease UK](#)

4 - 10 May Maternal Mental Health Awareness Week

[Maternal Mental Health Awareness Week](#) highlights emotional wellbeing before, during and after pregnancy.

Health Champions can support this by promoting the **Togetherness pregnancy pathway**, a free digital offer helping parents feel emotionally supported and prepared for parenthood. Sharing Togetherness helps normalise conversations, reduce stigma and encourage early support-seeking during pregnancy. [Pathways library - Togetherness](#)

11 - 17 May Mental Health Awareness Week

Take Action is this year's theme because, while awareness is vital, real change comes when we take action too. To find out more and download resources, visit [Mental Health Awareness Week | Mental Health Foundation](#)

Local information: 18 May - Take Action for Better Mental Health

As part of Mental Health Awareness Week, partners across Herefordshire and Worcestershire are coming together on Monday 18 May, 9.30am–12.30pm at Worcestershire County Cricket Club to focus on prevention, connection and action. This interactive event will showcase mental health support across sectors, strengthen partnerships and explore how we can protect our own and others' wellbeing. Highlights include lightning showcases from providers, a marketplace of support, networking opportunities, and a guided wellbeing walk. Open to anyone working in health, social care, community services or wellbeing.



Book now via Eventbrite: [Connected Support for Better Mental Health](#)

18 - 24 Creativity and Wellbeing Week

The theme for the national week this year is “Critical Hope”. To find out more visit [Theme for 2026: Critical Hope – Creativity and Wellbeing Week](#)

Local information: Check out Public Health’s Community Creative Health Grants

Grants designed to help community organisations, artists and creatives to work together and improve Worcestershire residents’ health and wellbeing through creative activity. Visit: [Community Wellbeing Grants | Worcestershire County Council](#)

25 - 31 May Type 2 Diabetes Prevention Week

An estimated 6.3 million people live with prediabetes, but many are not aware of this. If left untreated, prediabetes can develop into type 2 diabetes, which can lead to serious health complications. However, it can often be reversible through lifestyle changes such as diet improvements, weight loss and increased physical activity. To find out more, visit [NHS England » NHS Diabetes Prevention Programme \(NHS DPP\)](#)

31 May - World No Tobacco Day

Informs the public on the dangers of using tobacco and the business practices of tobacco companies. Visit: [World No Tobacco Day](#).

Local Support:

There are lots of ways to help you quit smoking in Worcestershire.

We have just launched Quit Coach, a new, free support service available through WhatsApp, 24/7, 365 days a year. It sends guidance, encouragement and personalised tips directly to your phone or device. Support is also available in different languages It is ideal for people who prefer online support or who want extra help alongside one-to-one support from our trained advisors.

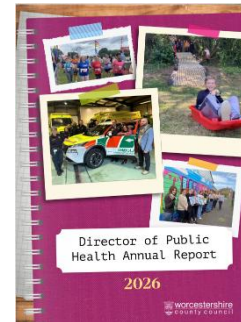


To find out more about the free support available to help you quit smoking, go to [Stop smoking support](#).

News and updates

Director of Public Health Annual Report

Professor Lisa McNally, Director of Public Health, has published her Annual Report for 2026. This year's report focuses on the work the Public Health team has been delivering alongside communities across the county. It highlights how individuals, families and communities are being supported to improve their health and wellbeing, while also recognising the positive impact of their own efforts. The report also brings together a range of real-life stories that showcase meaningful change and celebrate what can be achieved through partnership and community action.



The Director of Public Health Annual Report is now available. To view it, visit: [DPH Annual Report 2026](#)

Park Yoga is back in Kidderminster and Worcester

Free outdoor yoga sessions are back this summer at the following venues

Location: Brinton Park (Kidderminster DY11 6QT) or King George Playing Fields/Brickfields (Worcester WR4 9TL)

Day & Time: Every Sunday, 9:30 to 10:30am

Dates: Sunday 3 May to Sunday 13 September



No need to book, just bring a mat or towel. All abilities welcome.

Would your business benefit from fully funded, targeted support to help you with your biggest challenges?

Work Well Live Better, Worcestershire's fully funded workplace health programme, is offering just that! Eligible businesses can access up to 5 days of bespoke, targeted support, to help businesses with their highest priority areas, including workshops or webinars for their team in relevant health and wellbeing topics, training for leadership and management teams, support to design and implement a wellbeing strategy for your workplace, mental health awareness training, and 121 coaching support.

Spaces are limited with only 8 remaining, so to find out more and check if your business is eligible, contact workwelllivebetter@optima-uk.com.

Find out more about Work Well Live Better via their website workwelllivebetter.co.uk

Read more about the latest news from public health - [Worcestershire Insights](#)

Healthy Worcestershire

Healthy Worcestershire highlights gentle exercise and hydration this May

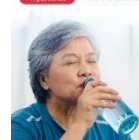
w/c 5 May: hydration. The session will explain why drinking enough water matters. It will look at how hydration supports both mental and physical health and why it's important as we get older.

w/c 11 May: everyday movement. Sessions will explore Non-Exercise Activity Thermogenesis (NEAT), the movement we do during daily life. Simple tips will be shared to help improve health and balance energy levels without hard exercise.

w/c 18 May: easy fitness from home. Inspired by NHS Better Health, the session will give you simple ideas of how to exercise at home without gym equipment.

Healthy Worcestershire sessions take place every week in 30 venues across the county, as well as online. Find your nearest session at healthyworcestershire.org.uk

5 to 9 May
Hydration
Healthy
Worcestershire



Non-Exercise Activity
Thermogenesis (NEAT)
Everyday movement
Healthy
Worcestershire
11 to 25 May



18 to 23 May
Easy fitness
From home
Healthy
Worcestershire



National Walking Month Toolkit

Active Herefordshire and Worcestershire have created an External Partner Toolkit designed to help you champion and promote the campaign within your own networks.

The toolkit includes key campaign messaging, social media graphics (including editable graphics for your own logos) and suggested posts, as well as social media handles for the partner organisations.

To download the toolkit:

General: <https://www.activehw.co.uk/resources/896218>

School Specific: <https://www.activehw.co.uk/resources/896221>

GP Specific: <https://www.activehw.co.uk/resources/896220>



National Walking Month 2026 -
General Social Media Toolkit

VCSE Impact & Storytelling Workshop

Active Herefordshire and Worcestershire will be hosting a fully funded Impact and Storytelling Workshop for VCSE organisations across the two counties.

Date: Thursday, 7 May 2026

Time: 10am to 16:30pm (core workshop 11am to 15:30pm) includes networking, optional marketplace stands, and lunch.

Location: University of Worcester, Severn Campus, Hylton Road, Worcester, WR2 5JN

Join charity-sector impact expert Emma Insley for a practical, interactive session designed to help you communicate your impact clearly and confidently. To find out more, visit [Impact and Storytelling Workshop for the VCSE sector | Active Herefordshire & Worcestershire](#)

Work Well Live Better - Upcoming webinars

Work Well Live Better is a Worcestershire workplace health programme aimed at businesses to help them improve the wellbeing of their workforce. To support businesses to do this, 'Work Well Live Better' has the following upcoming events:

- Supporting the Mental Health of Your Colleagues - Wednesday 20 May 1pm to 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 to 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!

Schools White Paper, 'Every Child Achieving and Thriving'

The Schools White Paper, 'Every Child Achieving and Thriving', sets out the government's proposals for reforming the SEND system in England. The consultation is now open - giving families and practitioners the chance to read the proposals and

respond to them. You can find the documents and consultation here:

Full White Paper: <https://tinyurl.com/y4vyeymu>

Proposed SEND Reforms (various formats): <https://tinyurl.com/mv3d4k3b>

Summaries and supporting documents: <https://tinyurl.com/vdj72w3a>

Respond to the proposals: <https://tinyurl.com/msh739sz>

The consultation closes on 18 May 2026.

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

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.