



Hello!

I do hope you have all been coping with the record-breaking hot and humid temperatures of the last month.

July normally brings brighter days and we're likely to experience more warmer weather. The key message remains the same; stay hydrated, seek out shade, and checking in on people who may be more vulnerable.

With many of us looking for ways to cool down, it's tempting to spend more time near rivers, lakes and the coast. Swimming in open water (without a lifeguard) presents many risks. Public Health has been supporting the Royal Life Saving Society campaign to raise awareness of the dangers and what do if you or a friend gets into trouble. Take a look below for some key messages to share with your communities.

This month also includes several national awareness days that shine a light on key public health issues, offering great opportunities to share positive messages and encourage healthier choices.

As always, we'll be posting updates, resources and practical tips across our social media channels throughout July. If you don't already, please follow us and help spread the word by sharing our posts within your networks. Your support helps our messages reach further and strengthens the collective impact we can make across Worcestershire.

Thank you,

Lisa McNally
Director of Public Health

Upcoming Health Campaigns

South Asian Heritage Month

South Asian Heritage Month 2026 (theme: Unity in Diversity) celebrates the richness and diversity of South Asian communities.

Local events include:

4 July - The Great Bangla Heritage Bazaar - Redditch Library 12noon to 3pm

Worcester Mela Festival

A vibrant programme of culture, creativity and community throughout July.

- 5 July – Worcester Mela Festival
- 11 July – Mughal Miniatures (family performance)
- 18 July – Culinary Feast (street food, demos, performances)
- 24 July – Poetry Slam at The Hive
- 25–26 July – Storytelling at The Hive
- 25 July – Qawwali Night (live Sufi music)

For more information visit [Festival Programme of Events - Worcester Mela](#)

6 – 12 July Alcohol Awareness Week

Alcohol Awareness Week 2026 (6–12 July) focuses on the theme “Alcohol and me,” encouraging people to reflect on their personal relationship with alcohol and how it may affect their health, wellbeing, and daily life. The campaign offers practical tools, tips for cutting down, and real-life stories to help individuals explore positive changes, while highlighting the wider benefits of reducing alcohol for ourselves, our relationships, and our communities.

To find out more visit: [Alcohol Awareness Week | Alcohol Change UK](#)

24 July - 24/7 Samaritans Awareness Day

Samaritans Awareness Day takes place on 24 July, highlighting that support is available 24 hours a day, 7 days a week. It helps to raise awareness and funds to help prevent suicide.

To find out more visit [Samaritans Awareness Day](#)

24 July to 2 August - Love Parks Week

Love Parks Week is a nationwide summer celebration designed to get communities out into the great outdoors to enjoy their local green spaces and advocate for the environment. To find out more visit [Love Parks Week | Keep Britain Tidy](#)

News and updates

Summer Water Safety

With temperatures already recording record-breaking highs, it's tempting to cool off near or in Worcestershire's local ponds, rivers, or brooks.

We're supporting the Royal Life Saving Society's campaign to be aware of the dangers open water can present.

- Open water can be much colder than you'd think and cold-water shock can be very serious.
- There are often hidden hazards, such as tree branches, rocks, and weeds, that are difficult to see below the water.

Here's some tips from them:

- Fight your instinct to thrash around
- Lean back, extend your arms and legs
- If you need to, gently move them around to help you float
- Float until you can control your breathing



- Only then, call for help, swim to safety or continue floating until help arrives

More info on the RLSS website, including tips to stay safe around water in the home:
[Summer Water Safety | Royal Life Saving Society UK \(RLSS UK \)](#)

Wythall and Hollywood Fun Run

Hundreds of runners and their families gathered at Wythall Park for this year's successful fun run, with 5K, 10K and family relay races.

Plans are already underway for next year's run on Sunday 13 June 2027. You can now book at this year's Super Early Bird rate.



Go to <https://wythallhollywoodfunrun.org.uk> to see pictures from the day and to book for 2027

Worcestershire Public Health Director Wins National Mental Health Award

Worcestershire's Director of Public Health, Lisa McNally, has won the 2026 Sarah Stewart Brown Award for Public Mental Health.



The award recognises her leadership in promoting mental wellbeing, particularly her work with communities to strengthen local support and reduce stigma, as well as her national advocacy for better mental health across all ages.

Lisa said the award reflects the collective efforts of the Public Health team and community groups across Worcestershire, while highlighting the need for greater action to improve mental wellbeing.

To read more visit [Worcestershire's Director of Public Health honoured with national award for work to improve mental health | Worcestershire County Council](#)

Measles Cases Rise: Adults Urged to Check MMR Vaccination Status

Public Health in Worcestershire is urging adults to check their MMR (measles, mumps and rubella) vaccination status following a rise in local measles cases, mainly among adults.

While childhood vaccination rates remain high, those who are unvaccinated or unsure are at risk. Measles is highly infectious and can cause serious complications.

Adults are encouraged to check their records via the NHS App or contact their GP. Two doses of the MMR vaccine provide the best protection.

To read more visit [Measles in adults - are you protected? | Worcestershire County Council](#)

Free workplace wellbeing support for Worcestershire businesses

Do you know an organisation that could benefit from expert workplace wellbeing support, at no cost?

Work Well Live Better is offering a limited number of Worcestershire businesses five fully funded days of bespoke training and support. There are no fees, no training costs, and no financial commitment.



Support is designed around an organisation's needs and can be used flexibly for maximum impact for example, emotional resilience workshops, mental health awareness for managers and employee wellbeing programmes

Places are limited and expected to fill quickly. To find out more or express interest in the remaining Targeted Support places, get in touch today via workwelllivebetter@optima-uk.com

Healthy Worcestershire

Healthy Worcestershire has just celebrated its **second** anniversary.



Over the past two years, Healthy Worcestershire has been helping people across the county thrive, feel their best, and connect with their local community and the impact has been incredible.

In the last year alone, we have had 1,000 sign-ups to the programme with 580 people coming to sessions regularly.

Every week features a new topic. Bone health and breathing is the focus this July.

Here's the week-by-week schedule:

w/c 6 July: Bone health

w/c 13 July: Diaphragmatic breathing

w/c 20 July: Square breathing

w/c 27 July: Nodi Shadhana alternating nostril breathing

w/c 3 Aug: Humming Bee breath

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

Community Stories

New benches keeping residents active and connected

A new community-led project on the Westlands estate is already helping residents stay active and connected. With support from a Worcestershire County Council, Public Health Community Wellbeing Grant, six benches have been installed across key walking routes, with six more planned. The idea came from local residents, Tony and Lynn Libetta, who saw neighbours struggling to stay mobile without places to rest. The benches are now well used, offering safe stopping points that make everyday journeys feel achievable again. Find out more here: [New benches helping Westlands residents stay active and connected](#)



Music lessons improve outcomes for children in Redditch

Music lessons at Tudor Grange School in Redditch are opening up new opportunities for students thanks to support from a Worcestershire County Council, Public Health Community Wellbeing Grant. The funding enabled the school to purchase a wide range of musical instruments, which are now central to lessons, performances and extracurricular activities. Teachers say the instruments have transformed engagement by removing barriers and giving students more hands-on ways to learn and participate. Students say the experience has boosted their confidence and enjoyment, while staff report positive impacts on wellbeing and future life chances. Read more here: [Music lessons improve outcomes for children in Redditch](#)



Keep Herefordshire & Worcestershire Working Conference – 8th July

A valuable event for HR professionals, managers and business owners to explore support for building a healthier, more resilient workforce. Gain practical insights to reduce absence, improve wellbeing, and strengthen recruitment and retention.

Date: 8 July

Time: 9:30am–3:30pm

Venue: Abbey Hotel, Malvern

Find out more via the Herefordshire & Worcestershire Chamber of Commerce. [Keep Herefordshire & Worcestershire Working Conference | Herefordshire & Worcestershire Chamber of Commerce](#)

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:

Fundamentals of Leadership and Management

Tuesday 14th July 1:00–2:00pm (online)

A practical session covering the core skills every effective leader needs, from communication to team motivation. To book visit [Fundamentals of Leadership & Management Webinar](#)

Creating a Positive Workplace Culture

Wednesday 26th August 1:00–2:00pm (online)

Discover how to shape a workplace culture where people feel valued, engaged, and empowered to do their best work. To book visit [Creating a Positive Workplace Culture](#)

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

Have your say!

Have Your Say on Research at Free Hive Event

Join a free public event at The Hive on 1 July (10am–3.30pm), hosted by the University of Worcester's School of Health and Wellbeing.



The day will ask attendees to consider the topics and interests that matter most to them, to help shape future academic research.

The event will include; expert talks, interactive workshops and hands-on activities, including a mock jury exercise. Highlights include talks on living well with dementia and disability, discussions on inclusion and marginalisation, and sessions addressing the mental health crisis. The event is open to everyone, with no prior knowledge needed.

All events are at The Hive Library on Wednesday 1st July 2026. Please book onto your selected events using the following link [Have Your Say on Research That Matters at Free University Event - University Of Worcester](#)

Have Your Say on Herefordshire and Worcestershire Health and Care NHS Trust Five-Year Strategy

Herefordshire and Worcestershire Health and Care NHS Trust is developing a new

five-year strategy and would like your input. They are inviting patients, carers, staff, volunteers and community partners to join one of their co-production events to help shape future priorities, including engagement, patient experience, reducing health inequalities, and volunteering.

Event dates:

- 27 July (Hereford)
- 28 July (online)
- 20 August (Worcester)

Places are limited so please register via the sign-up form [Co-Production Event Sign Up Form – Fill out form](#)

If you cannot attend but would still like to share your views, contact: whcnhs.communityengagement@nhs.net

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.