



Hello!

Firstly, I am delighted to share that our National Walking Month challenge has been a huge success this year with walkers from across Herefordshire and Worcestershire walking a collective **6,638 miles**, the equivalent of 263 marathons! Well done to all involved, and if you haven't yet tried one of our free Health Walks I highly recommend them: [www.worcestershire.gov.uk/healthwalks](http://www.worcestershire.gov.uk/healthwalks)

As usual during the summer months we have lots of health and wellbeing campaigns and activities happening, including Gypsy, Roma and Traveller History Month, Men's Health Week, Volunteers Week, Loneliness Awareness Week, Learning Disabilities Week and Carers Week. You can find out more about those and how we are supporting and celebrating them locally below.

Our grant programme is continuing to have a big impact with stories this week shared from a local dementia support group and also Kinship Carers UK who we have supported to expand further across Worcestershire. Please take a look and share these stories with your contacts.

As always I hope you have a safe, happy and healthy month! Until next time.

Lisa McNally  
Director of Public Health

## Upcoming Health Campaigns

### Gypsy, Roma and Traveller History Month

Join Worcestershire's Gypsy Roma and Traveller Partner Network to celebrate Gypsy, Roma, Traveller History Month 2026 with the theme 'Onwards with Hope'.

Find out more about how you can get involved including educational resources, colouring packs and what's going on in Worcestershire: [Public Health celebrates Gypsy, Roma and Traveller History Month in June 2026 – Worcestershire Insights](#)

### 1-7 June Volunteers Week

Volunteering offers a wide range of personal, professional, and social benefits, ranging from improved mental wellbeing to enhanced career prospects.

### **Local Volunteering Opportunities:**

[Love Volunteering Worcestershire](#) is the dedicated, free, and local platform connecting residents with a wide variety of volunteering opportunities across the county. Launched to support local charities, council services, and NHS roles, it is a key resource for finding regular roles or one-off projects.

### **1 – 7 June Child Safety Week**

Child Safety Week is the Child Accident Prevention Trust's annual community education campaign. The theme this year is 'Making prevention possible'. Empowering families to make simple changes without feeling overwhelmed and helping families build confidence and skills in managing the real risks to children's safety. To find out more and download free resources visit [Child Safety Week | Child Accident Prevention Trust](#)

### **8 - 14 June Bike Week**

Bike Week is about celebrating cycling in a way that works for you. So, if you simply want to go out for a cycle or try swapping a short car journey for a bike ride these are also great ways to celebrate the week and get involved. To find out more visit [www.cyclinguk.org/bikeweek](http://www.cyclinguk.org/bikeweek)

### **Local cycling routes:**

Worcestershire cycling and walking guides is a series of leisure cycling routes in and around Worcester have been created for residents who are looking to get out and about on their bikes. To find out more visit [Worcestershire cycling and walking guides | Worcestershire County Council](#)

### **8 - 14 June Carers Week**

This year's theme is 'Building Carer Friendly Communities'. This will highlight the impact carer-friendly communities can have in making a real and lasting difference to the lives of carers everywhere. To find out more visit [www.carersweek.org](http://www.carersweek.org)

### **15 - 21 June Loneliness Awareness Week**

Join thousands of people raising awareness on social media and holding connection activities across the world. Can you bring people together to connect and reduce loneliness? To find out more and download resources visit [www.lonelinessawarenessweek.org](http://www.lonelinessawarenessweek.org)

### **15 - 21 June Men's Health Week**

The Men's Health Forum is a charity supporting men's health in England, Wales and Scotland that raises awareness around men's health. To find out more visit [www.menshealthforum.org.uk/mhw](http://www.menshealthforum.org.uk/mhw)

### **15 - 21 June Learning Disabilities Week**

The theme for 2026 is "Do you see me?" which is all about people with a learning disability being seen, heard and valued. To find out more visit [www.mencap.org.uk/learningdisabilityweek](http://www.mencap.org.uk/learningdisabilityweek)

### **Local events – 'Do you see me moving':**

- Monday 15 June 11.30 am - 12.30 pm Ryland Centre, New Road, Bromsgrove B60 2JS. Event: Sports
- Tuesday 16 June 12 noon – 3 pm Wyre Forest Leisure Centre, Silverwoods Way, Stourport Road, Kidderminster DY11 7DT. Event: Sports

- Thursday 18 June 10 am - 10.45 am and 11 am – 1 pm Our Way, Bromsgrove Street, Kidderminster DY10 1PF Events: Zumba and Coffee morning
- Friday 19 June 11 am - 12 noon Spectrum Days, Old Coach Road, Droitwich WR9 8BB Events: Exercise

## News and updates



### Wythall & Hollywood Fun Run – Sunday 7 June

It's your last chance to book for this fun run! Booking close at midnight on Wed 3 June. Join in the 5K, 10K or Families on Track race. This year's 10K features a brand-new route.

Expect a warm welcome, great atmosphere, and a challenge you can be proud of.

Sign up at <https://wythallhollywoodfunrun.org.uk>



### A local support group is helping those affected by dementia

With support from a Worcestershire County Council, Public Health grant, Bewdley Dementia Support Group is creating safe spaces where people can come together and feel understood without needing to explain their situation. The group runs regular drop-in sessions alongside a wide range of activities designed to support wellbeing and connection.

To find out more visit: [Worcestershire Insights – Dementia support group in Bewdley goes from strength to strength](#)



### Kinship Carers UK has been working to expand its network of local support groups across Worcestershire

These groups give carers a place to talk openly, share experiences and build confidence in their caring role. With help from a Worcestershire County Council Public Health grant, Kinship Carers UK has been able to set up and strengthen groups in Stourport, Wyre Forest, Redditch, Bromsgrove and Worcester.

The free groups are looking to reach more people who may need support so please do share: [Worcestershire Insights – Helping kinship carers feel less alone in Worcestershire](#)



## EasyPeasy

Our new partnership with EasyPeasy gives parents and carers of children aged 0-5 in Worcestershire free access to the EasyPeasy app.

With over 1,000 tips and activity ideas available, you can get advice from parents and early-years experts on everything from toothbrushing and getting dressed, to playtime and bedtime.

To access the full version of the app for free, go to <https://easypeasyapp.com/worcestershire> and add your postcode when registering for your account.

## Healthy Worcestershire



Healthy Worcestershire sessions are helping people stay well this June with a mix of tips, activities and friendly sessions across the county.

W/C 1 June: **Improving your immune system over summer:** Look at how to keep your immune system strong and learn how to make the most of fresh seasonal food and better weather to prepare for colder months.

W/C 8 June: **Quiz Week:** A fun general knowledge quiz for everyone to enjoy.

W/C 15 June: **Healthy Snacks:** Learn how to choose balanced snacks to keep energy levels and mood steady, maintain focus, and avoid overeating at mealtimes.

W/C 22 June: **Sports Week and Happy 2<sup>nd</sup> Birthday Healthy Worcestershire:** Packed with safe and enjoyable games to help people get moving, whatever their fitness level. There is no need for sports kit. Team up and represent your venue. Prizes and bragging rights are up for grabs.

W/C 29 June: **Scam Awareness:** Sessions will help people spot common scams and stay safe. The focus will be on postal and telephone scams, with simple advice to share with others.

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](http://healthyworcestershire.org.uk)

## Community Stories



Inclusive cycling at Evesham Velodrome

Thanks to a Public Health Community Grant, adults with Profound and Multiple Learning Disabilities (PMLD) are now enjoying weekly cycling sessions at Evesham Velo.

The initiative was led by the Myriad Centre, a specialist day service in Worcester that supports adults with complex needs. Their team applied for the grant to make cycling accessible for their clients, covering transport, session fees, and equipment hire.

To read more and to watch the video visit [Worcestershire Insights – Community Stories 2025 | Inclusive cycling at Evesham Velodrome – Worcestershire Insights](#)

## Training & Resources

### Worcestershire co-production training offer (SEND)

This programme supports meaningful participation and co-production across education, health, social care and the voluntary sector.

All sessions are free and open:

- to staff and volunteers working in the Local Area Partnership across education, local authority, health, social care and the voluntary sector
- young people and parent carers who want to attend and contribute

To find out more, visit [Training offer \(SEND co-production\) | Worcestershire County Council](#)

### 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:

- Work Well Live Better Bi-Annual Showcase Event. Tuesday 30 June, 9 am to 1.30 pm 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](http://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](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 [hwadmin@worcestershire.gov.uk](mailto:hwadmin@worcestershire.gov.uk).