



Hello!

As we move through the summer holidays, this month's focus is the many ways we can support the health and wellbeing of children, young people, families and communities across Worcestershire.

August begins with World Breastfeeding Week, an opportunity to celebrate the benefits of breastfeeding and raise awareness of the support available locally for families. We also mark Playday, reminding us of the important role that play, outdoor spaces and positive family connections have in helping children thrive.

With many children preparing to start school, we're sharing resources to help families make this important transition with confidence. You'll also find information on summer activities, healthy holiday support, and practical guidance to help young people stay healthy, happy and safe throughout the school break.

Finally, I'm delighted to share two brilliant career opportunities to support the health and wellbeing of residents in Worcestershire:

- [Head of Community Wellbeing](#) - Full Time - Malvern Hills, Freedom Leisure
- [Health and Wellbeing Coordinator](#) - Fit for Life, iCareiMove

Applications are now open for these Public Health supported programmes, please share with your networks!

Take care,

Lisa McNally
Director of Public Health

Upcoming Health Campaigns

1 – 7 August World Breastfeeding Week

World Alliance for Breastfeeding Action (WABA) is a global network of organisations and individuals who believe breastfeeding is the right of all children and mothers and who dedicate themselves to protect, promote and support this right. To find out more visit [World Breastfeeding Week \(WBW\) - World Alliance for Breastfeeding Action](#)

Local support - www.worcestershire.gov.uk/breastfeeding

5 August - Play Day

Playday is celebrated across the UK. This year's Playday theme highlights the vital importance of quality spaces for play that support children and young people's happiness, physical and emotional health and well-being, and connection to the world around them. To find out more visit www.playday.org.uk

Local support/resources:

- University of Worcester Play Day - The University of Worcester is hosting a free Play Day on Thursday 6 August, from 11.00am to 2.00pm, at its City Campus. The event will include a range of outdoor games and activities for families and will also introduce families to Play Streets, which will enable residents to temporarily close their street to through traffic, creating a safe space for children to play and communities to come together. Further information can be found here: [University of Worcester – Play Day information](#)
[Play Worcester – activities and Play Streets](#)
- Play, learn and thrive with the EasyPeasy App - The EasyPeasy app is designed to help you create the playful, positive connections that will help your child grow and thrive, using everyday materials that you'll already have access to at home. To find out more visit [EasyPeasy App | Worcestershire County Council](#)
- Free holiday activities and healthy meals with HAF - HAF (Holidays, Activities, and Food) is a Department for Education (DfE) funded programme aimed at enabling children and young people in receipt of benefits-related free school meals (FSM) to attend school holiday activities and experiences during Easter, summer and Christmas. To find out more visit [What is the HAF Programme? | Worcestershire County Council](#)

News and updates

Is your child ready for school?

Starting school is an exciting milestone for both children and families. As your child prepares to begin their school journey, there are many simple ways you can help them feel confident, independent and ready to learn.

This guide for parents and carers in Worcestershire brings together useful information, practical tips and local support to help make the transition to school as smooth and positive as possible. From developing everyday skills and building confidence to understanding what schools expect, you'll find everything you need to support your child's next big step. To find out more and access helpful resources, visit [Is your child ready for school? | Worcestershire County Council](#)

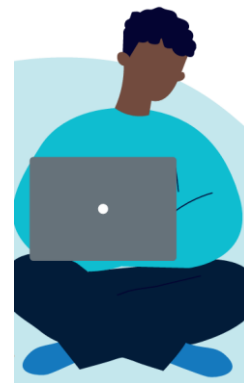


Healthy Happy Summer Holidays Guides

Help young people stay healthy, happy and safe this summer by sharing Worcestershire's Healthy Happy Summer Holidays Guides. Separate guides for teenagers and parents/carers include advice and local support on wellbeing, mental health, staying active, online safety, healthy relationships, and summer activities.

View the guides here: [Parent carers' and teenagers' guides to a happy healthy summer | Worcestershire County Council](#)

Thank you for helping us reach as many young people and families as possible



Keeping people safe during the hot weather

During the recent heatwaves, Public Health in Worcestershire worked with local water rescue charities to help keep residents safe. Volunteers from Severn Area Rescue Association (SARA) and South Worcestershire Flood Rescue carried out patrols at key locations, providing water safety advice and rapid response support. Over two evenings, more than 300 people were spoken to across the county, helping raise awareness of the risks associated with open water swimming and hot weather.



To find out more visit [Worcestershire Insights – Keeping people safe during the hot weather – Worcestershire Insights](#)

New Rainbow Room opens at Best Start Family Hub

A new Rainbow Room has opened at Best Start Family Hub in Tudor Way, Worcester, creating additional space for activities and support services for local families. The room is dedicated to the memory of former Family Hub Practitioner Simone Cooke, who is remembered for her warmth, kindness and positive impact on families and colleagues.



The new space, along with a new buggy shelter, will help the hub expand its offer and support more parents, children and young people. The project forms part of Worcestershire County Council's ongoing investment in Best Start Family Hubs across the county.

To find out more visit [Worcestershire Insights – New Rainbow Room opens at Best Start Family Hub and honours much loved colleague – Worcestershire Insights](#)

Healthy Worcestershire

During the week of 10 August, Healthy Worcestershire sessions will explore Humming Bee breath.



This calming breathing exercise involves making a soft humming sound while breathing out. The gentle vibration can help quiet the mind and relax the body.

Each free group offers gentle activity, friendly chat and a drink. The sessions are free and open to everyone.

To find your nearest session, visit healthyworcestershire.org.uk

Community Stories

Great Bangla Heritage Bazar brings community together

More than 250 people attended the Great Bangla Heritage Bazar at Redditch Library on 4 July, celebrating culture, community and wellbeing. Funded through Public Health Worcestershire's Community Wellbeing Grant. The event marked the culmination of a year-long community programme led by local Bangladeshi residents.



The day featured traditional arts and crafts, cultural displays, music, food, family activities and health information. Over the past year, community-led activities have helped reduce social isolation, encourage healthy lifestyles and raise awareness of preventative health services. The event demonstrated how community-led partnerships can help improve health, reduce inequalities and strengthen connections across Redditch.

Enhancing Health and Wellbeing through investment in Worcester Woods Country Park.

Thanks to additional joint investment from Worcestershire County Council Public Health and the Countryside and Greenspace Team, Worcester Woods Country Park has recently undergone a series of improvements designed to increase opportunities for physical activity and outdoor recreation.



By investing in high-quality, accessible greenspaces, Worcestershire is creating opportunities for residents to be more active, connect with nature, spend time with family and friends, and improve their physical and mental wellbeing.

To read more about the improvements, visit [Worcestershire Insights – Countryside and Greenspace Team investing in healthier more active communities – Worcestershire Insights](#)

Training & Resources

Research and Development Conference 2025

Bookings are now open for Herefordshire and Worcestershire Health and Care NHS Trust's 6th annual virtual Research and Development Conference, taking place on 13 and 14 October 2025.



The conference will showcase innovative research from across the country through four virtual sessions:

Monday 13 October

- 10am to 12.15pm: Learning Disability
- 1pm to 3pm: Psychosis

Tuesday 14 October

- 10am to 12pm: Management of Long-Term Conditions
- 1pm to 3.15pm: Health Inequalities (hosted by the University of Worcester)

The event is free, open to everyone and attendance certificates are available on request.

Book your place: <https://www.trybooking.com/uk/GLAO>

View the full agenda: <https://www.hacw.nhs.uk/evidence-based-practice-conference>

For enquiries, contact alice.madden1@nhs.net.

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:

- 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](#)
- Quarterly Breakfast Event
Monday 21st September 9:30–11:30am
University of Worcester Arena (topic TBC)
Join us in person for networking, insights, and great conversations with like-minded organisations. [Breakfast Event](#)

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

Have your say!

Help Shape Future Care and Support in Worcestershire

Residents across Worcestershire are invited to take part in a survey about planning for future care and support needs.

Your feedback will help improve local information, advice and services, enabling people to make informed choices, plan ahead with confidence and remain independent for longer. Whether or not you have thought about future care before, your views and experiences are important.



To complete the survey, visit <https://www.cabr.org.uk/preparingforcare>

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 date:

- 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.