



Hello!

As autumn arrives, many people are thinking about their health, wellbeing and how they'll manage through the colder months. That's why this edition brings together support that can make a real difference. We've got information on help with energy costs, digital skills, advice on stopping smoking, staying connected and looking after our mental

wellbeing.

October also brings several important health awareness campaigns, including Breast Cancer Awareness Month, Suptober, World Mental Health Day, Baby Loss Awareness Week and Global Handwashing Day. These national campaigns provide valuable opportunities to start conversations, raise awareness and encourage positive action that can make a real difference to people's lives.

Thank you for being a Health Champion and for the valuable role you play in improving health across Worcestershire.

Until next time...

Lisa McNally
Director of Public Health

Upcoming Health Campaigns

28 September - 2 October Positive Ageing Week

Positive Ageing Week is an annual celebration of inspiring stories from older people living active, healthy lives across Herefordshire and Worcestershire. Look out for local stories and advice from older adults on the benefits of staying active, encouraging people of all ages to prioritise health, wellbeing and an active lifestyle.

Healthy Worcestershire, a Public Health programme, helps residents stay active, connected and independent so they can live well for longer. Take a look at the October activities below and get involved. Link to the toolkit here:

activehw.co.uk/positive-ageing-week

Breast Cancer Awareness Month

Breast cancer can affect people of all genders, although it is much more common in women. In the UK, around 59,000 women and 420 men are diagnosed with breast cancer each year, with most cases occurring in people aged 40 and over.

This month we focus on how knowing the signs and symptoms can help with early diagnosis and treatment.

For information on symptoms and what to look out for, visit the NHS website:

[Symptoms of breast cancer in women - NHS](#)

[Symptoms of breast cancer in men - NHS](#)

1 – 28 October Stoptober

Stoptober is back! If you stop smoking for 28 days, you're five times more likely to quit for good.

Smoking can feel like a coping mechanism. When you smoke, nicotine reaches your brain and creates a false sense of calm.

In Worcestershire, Public Health has a range of stop smoking support. Find free support to help you quit at worcestershire.gov.uk/stopsmoking

Want to support the campaign? Download resources here:

- Worcestershire resources for Stopober & all year round: bit.ly/StopSmokingWorcs.
- National resources at campaignresources.dhsc.gov.uk/campaigns



1 October & 16 October Restart a Heart Day

Restart a Heart (RSAH) on the 16th October is an annual initiative led by Resuscitation Council UK (RCUK) every October, which aims to increase the number of people surviving out-of-hospital cardiac arrests by improving cardiac arrest awareness and CPR education.

Ahead of the official day, the Resuscitation Council UK is offering a free virtual training event, Restart a Heart Live, scheduled for Thursday, 1 October 2026. Anyone can register to take part, and it's a fun, accessible way for primary and secondary schools to get students of all ages learning this lifesaving skill. To find out more, visit resus.org.uk/get-involved/restart-heart-day

9 - 15 October Baby Loss Awareness Week

This week raises awareness of baby loss and the support available to bereaved families. It also provides a safe and supportive space for anyone affected by pregnancy or baby loss to remember their babies.

Share these links to support and resources:

- Sands: sands.org.uk
- Tommy's: tommys.org
- The Lullaby Trust: lullabytrust.org.uk
- Worcestershire bereavement support: [Bereavement support | Worcestershire County Council](#)

Local events and opportunities to remember:

- St Peter's Baptist Church, Worcester (WR5 3TZ) - Saturday 10 October, 2pm to 3.30pm
- Worcester Sands Ribbon Display, Priory Park Bandstand, Malvern (WR14 3DR) Running until Thursday 15 October
- Arrow Valley Visitor Centre, Redditch (B98 0LJ) - Visitors can add a ribbon in memory of their baby. The Baby Loss Ribbon Bridge is located by the lake.
- Arrow Valley Wave of Light Remembrance Walk - Thursday 15 October, 6.30pm
- Wave of Light - Light a candle at 7pm on 15 October as part of the global act of remembrance.

10 October - World Mental Health Day

World Mental Health Day takes place every year on 10 October. It's a reminder of the importance of, and the need to prioritise and invest in, good mental health.

Herefordshire and Worcestershire Health and Care NHS Trust and partners, including Worcestershire County Council, Herefordshire Council, HW Wellbeing Recovery College, Mind and Community First, have launched a resources hub webpage highlighting mental health support, training, webinars, events and the Orange Button Community Scheme across both counties.



Visit the resources hub: hacw.nhs.uk/campaign-for-mental-health

15 October Global Handwashing Day

Washing your hands is one of the easiest ways to protect yourself and others from illnesses such as food poisoning and viruses such as flu and norovirus. Our [Clean Hands, Safe Hands | Worcestershire County Council](#) resources can be used at home and at work to help keep you, your family and your colleagues safe from infectious diseases.

[Hand hygiene interactive training sessions](#) are now available for schools, workplaces or community settings in Worcestershire. The Public Health team will bring along a special UV lightbox to help demonstrate how to wash hands effectively. Contact phapplications@worcestershire.gov.uk for more information.

19 - 25 October Get On-Line Week

Get Online Week is a national campaign that highlights the benefits of digital inclusion and the support available to help people get online. Whether it's accessing services, staying connected with family and friends, or developing new skills, being online can open up a world of opportunities. To find out more, visit: getonlineweek.com

Please see below the new Worcestershire Digital Inclusion Survey in the 'Have Your Say' section or visit our digital help page: worcestershire.gov.uk/digitalhelp

News and updates

Strengthening Worcestershire, funding programme set to reopen

Local voluntary and community organisations will soon be able to apply for a new round of funding through the Strengthening Worcestershire programme, delivered by Worcestershire Community Foundation in partnership with Worcestershire County Council.



The new funding round will support projects that meet essential needs, improve financial resilience, reduce isolation, promote independent living and good health, improve access to information, advice and digital tools, and support unpaid carers.

Applications open on 1 October and close on 29 October 2026.

Find out more about the programme, including eligibility criteria, click on this link: [Strengthening Worcestershire Fund 2026 - Worcestershire Community Foundation](#)

Save the Date: Bridges of Light 2026 Illuminates Worcester

We are excited to announce Bridges of Light, a two-day light festival, with a focus on communities, creativity and collaboration.



- Wednesday 28 and Thursday 29 October 2026
- 6pm - 9pm
- Worcester City Centre
- Free to attend and suitable for all ages

Experience the imagination and creativity of Worcester's communities, brought to life through high-quality light artworks created in collaboration with inspiring artists.

To find out more visit [What's on | Severn Arts](#)

Healthy Worcestershire

This month our Healthy Worcestershire sessions will help residents stay heart healthy, learn more about how their bodies work and make meaningful connections.



w/c 5 Oct: **Creative Writing for Wellbeing**. Discover how putting thoughts and ideas into words can support wellbeing, boost confidence and encourage self-expression.

w/c 12 Oct: **The importance of flexibility**. Learn how maintaining flexibility can support mobility, reduce stiffness and help people stay active as they age.

w/c 19 Oct: **The importance of muscle**. Learn why maintaining muscle strength is important for everyday tasks, independence and overall health.

w/c 26 Oct: **Halloween Party Week**. Come along, get moving and enjoy a Halloween-themed HIIT Dance to Music special

There will also be Tai Chi at October sessions, excluding Halloween week. Tai Chi uses slow, controlled movements that can help improve balance, coordination and relaxation.

Healthy Worcestershire sessions take place at more than 30 venues across Worcestershire. They are free, open to everyone, and there is no need to book. To find your nearest session, visit healthyworcestershire.org.uk

Community Stories

Young people transform Younity Youth Hub

A summer arts project at the Younity Hub gave young people from The Walshes estate the opportunity to design and create a vibrant mural for the centre.

Delivered during the summer holidays by Severn Arts in partnership with Active Youth Outreach Services, the project gave local young people the opportunity to work alongside professional community artist Aidan Ryan, also known as Mind49, to design and paint a mural inspired by what The Walshes means to them.



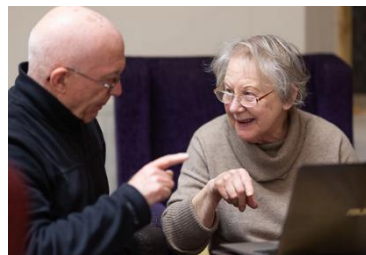
The project was designed to support positive engagement during the school holidays, encourage creativity and help young people develop a stronger sense of ownership and pride in their local area.

To read more visit [Worcestershire Data Observatory – Young people transform Younity Youth Hub – Worcestershire Data Observatory](#)

Training & Resources

Free Digital Skills Training

AbilityNet and BT Group are offering free digital skills training for older people and disabled adults. Sessions can be delivered one-to-one or in groups and cover topics including using smartphones and tablets, email, online services, shopping, banking, and staying safe online.



Free tablets may also be available for eligible disabled adults and people aged 55+ in selected areas, including Worcestershire. To find out more, tel: 0300 180 0028, email digitalskills@abilitynet.org.uk or visit their website: abilitynet.org.uk

MENO-FEST Comes to Worcester This October

MENO-FEST will take place on 7 October 2026 at Worcester Rugby Football Club, WR3 8TR, bringing together a range of expert speakers to share knowledge, experiences and practical advice on all aspects of perimenopause and menopause.

This free community event is set to be bigger and better than ever, with an expanded programme covering a wider range of topics relevant to those experiencing perimenopause, as well as those supporting them. Everyone is welcome to attend, including community members, family members and friends, healthcare professionals, workplace representatives and anyone interested in learning more about menopause and its impact.



To book your ticket visit [Meno-Fest - In person event Tickets, Wednesday, October 7 • 9:30 AM - 3 PM | Eventbrite](#)

Free Energy Advice Training - 27 October 2pm-3pm

Act on Energy is offering free one-hour online training sessions for frontline staff and volunteers supporting residents with energy costs. Topics include energy support schemes, billing updates, tariffs, switching suppliers and practical energy-saving advice.

To book your free place, follow this link eventbrite.co.uk/e/practical-energy-saving-advice-save-money-on-your-energy-bills-tickets

Research and Development Conference 2026

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 2026. The conference will showcase innovative research from across the country through four virtual sessions:



Monday 13 October

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

Tuesday 14 October

- 10am-12pm: Management of Long-Term Conditions

- 1pm-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: trybooking.com/uk/GLAO

View the full agenda: 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 in doing this, 'Work Well Live Better' has the following upcoming events:



Coping with Anxiety

Thursday 22 October 1pm-2pm (online)

Understand the nature of anxiety and its impact on thoughts, emotions and behaviour. Explore strategies and approaches that support managing anxiety and building emotional resilience. Book using this form: [Coping with Anxiety Webinar](#).

Bi-Annual Showcase Event

Tuesday 24 November 9am-1.30pm Venue: University of Worcester Arena

Celebrate successes, hear inspiring stories, and connect with organisations championing workplace wellbeing. Book using this form: [Bi-annual Showcase Event](#)

2026 in Review & Preparing for 2027

Tuesday 8 December 1pm-2pm (online)

Reflect on key learnings from the year and get ready to plan a successful and impactful 2027. Book using this form [2026 in Review & Preparing for 2027](#)

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

Funding opportunity: £1,000 unrestricted grants

The Easyfundraising Impact Fund is back for a second round, with 15 unrestricted grants of £1,000 available to organisations in our network to apply for, which is double the amount awarded in the spring.

Applications are open from Thursday 24 September to Sunday 8 November. If you applied previously, you can apply again, whether you were successful or not.

The fund is open to UK-based charities, sports clubs, schools, CICs, social enterprises, youth groups, churches and other not-for-profit organisations.

The application is quick and simple, with grants awarded to organisations that best explain how they would use the funding. As the grants are unrestricted, the £1,000 can be spent wherever it's needed most.

Apply now: easyfundraising.org.uk/impact-fund

Have your say!

Worcestershire Digital Inclusion Survey Launches This October

From 1 October 2026, a new Worcestershire Digital Inclusion Survey will be launched in partnership with the county's Digital Inclusion Partnership. The survey aims to build a better understanding of how residents access and use the internet, digital devices and online services.



The information gathered will help identify where additional support may be needed and will inform future digital inclusion initiatives across Worcestershire, ensuring that more people can benefit from technology and online services.

The survey is anonymous and open to all Worcestershire residents aged 18 and over. To take part and to find out more, visit worcestershire.gov.uk/digitalsurvey

To make the survey as accessible as possible, there will be several ways to get involved:

- Complete the survey online
- Fill in a paper copy
- Receive support to complete the survey if needed

Once the survey opens on 1 October 2026, details of how to access it, along with locations where paper copies can be collected and returned, will be made available.

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?



To complete this survey and support dads and male carers in Worcestershire, use this link: 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



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.