

# Public Health News

July 2018



## Introducing our new Public Health monthly challenge!

Each month there will be a challenge for you to try and encourage others to take part in too!

*With the lovely sunny weather we are having, many of us are escaping to the seaside for some sea breeze and there's no better time for traditional British fish and chips! **One You** have a tasty and healthy [homemade fish and chips recipe](#), why not give it a go this month! They also have some other great recipes on their [Easy Meals app](#), which is free to download.*

If you haven't already signed up, [One You](#) can help you make small, practical changes that fit in with your life providing lots with free tips, tools and support.



## Free mental health training – Connect 5: Places on autumn and spring level 1-3 courses now available

Connect 5 is an accessible, evidenced based training programme that is relevant to any public facing workforce. It provides participants with skills and competencies that build confidence in having conversations about mental health and wellbeing. It presents tools to empower others to take proactive steps to build resilience and look after themselves. Connect 5 takes the position that we don't need to be mental health specialists to support those who are experiencing emotional and mental health problems. The course is accredited by the Royal Society of Public Health and courses are delivered by a range of locally accredited trainers. For further information and to apply for a course [click here](#)



## Applied Suicide Intervention Skills Training (ASIST)

Applied Suicide Intervention Skills Training (ASIST) is an evidence based two day course that prepares caregivers including those in professional roles to provide suicide life assisting first aid intervention. The cost of this course is heavily subsidised. For further details [click here](#)

## 13 Reasons Why

Readers living or working with young people may already be aware that Netflix is now showing series 2 of *13 Reasons Why* a drama about the lives of a class of American school students following the suicide of their peer Hannah.

Series 1 was widely criticised for glamorising suicide and for failing to tackle the mental health issues that often precede it. Some young people have said they felt the series could have made clearer how to find the right support and how things might have worked out for Hannah, the main character, had she received the support she needed.

This series covers a range of issues in addition to suicide including, extreme bullying, sexual assault and rape. If you know young people who are watching *13 Reasons Why* the series provides a good opportunity to talk with them about these sensitive issues and to provide them with information about sources of support if they or a friend are feeling low or desperate. For this series Netflix have provided details of how to access support, however, this is specific to American teenagers. Here, further information and help is available from Kooth <https://kooth.com/> – the online Counselling Service for Young People Living in Bath and North East Somerset; or the websites of national charities Young Minds [www.youngminds.org.uk](http://www.youngminds.org.uk) (mental health) and Papyrus (young suicide) <https://www.papyrus-uk.org/>. For support following sexual assault or rape, contact local service The Bridge [www.thebridgecanhelp.org.uk](http://www.thebridgecanhelp.org.uk) Tel 0117 342 6999.



### FREE Making Every Contact Count (MECC) training

Free Making Every Contact Count (MECC) training - [August](#) and [September](#) courses.

This course is about supporting people to make the most of every opportunity they have to start up a conversation about health with the people they meet through their work and broader lives. Telling people to change unhealthy behaviour is unlikely to be successful; instead MECC provides the skills to work in a different way, encouraging brief interventions that can lead to longer term change. MECC training is delivered over two half day sessions

- 1st and 8th August 9.30 – 13.00 Guildhall Bath <https://mecc-august-2018.eventbrite.co.uk>
- 27th September and 4th October 9.30 – 13.00 Southdown Methodist Church, Bath <https://mecc-27sept-4oct-2018.eventbrite.co.uk>

### Sexual Health Training Programme 2018/2019

We are pleased to announce our sexual health training programme for 2018/2019.

The programme has been developed with the latest evidence and supporting policies in relation to sexual health and young people. [For further details click here](#)

All courses are free to those working with young people and/or parents/carers in Bath and North East Somerset and are aimed at groups of mixed abilities and differing professional backgrounds.

To book a place on any course, access the Learning Pool at <http://bathnes.learningpool.com/> Professionals who do not work for B&NES Council can create an account at the Learning Pool by clicking the *support and login* option, then *create new account*. If you have any problems in creating an account or making a booking please contact the Children's Workforce Training Team on 01225 394210 or [childrensworkforce\\_training@bathnes.gov.uk](mailto:childrensworkforce_training@bathnes.gov.uk)

For further information contact [paul\\_sheehan@bathnes.gov.uk](mailto:paul_sheehan@bathnes.gov.uk) or phone 01225 394065





### Ride to work by bike

Find out more about this community-led scheme for local businesses to offer long term electric-bike loan to staff so that they can commute by electric bike. <http://ridetowork.bike/sign-your-business-up>



### Our Power energy scheme launched in Bath and North East Somerset

Two new energy tariffs have just been launched offering a choice of green and affordable deals by supplier Our Power supported by Bath and North East Somerset Council and Bath & West Community Energy. The Council is endorsing this scheme because it contributes to Council objectives of tackling fuel poverty and supporting renewable energy in the district.

The scheme will include the 'Our Fairer Energy' tariff from Our Power, which is currently one of the cheapest tariffs available on the market for dual fuel pre-payment meter customers. Around 11,000 households in B&NES (14%) pay for energy by pre-payment meter.

The other 'Our Local Green Energy' tariff will provide 100% renewable electricity as part of a dual fuel offer with gas. Electricity will be locally sourced and community owned wherever possible, using green energy from Bath & North East Somerset and the surrounding area. This will enable residents to buy from local community owned solar energy arrays in B&NES for the first time. [Read more](#)

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