

# Public Health News

November 2017



## Alcohol Awareness Week 13-19 November 2017

The theme of Alcohol Awareness Week 2017 focuses on alcohol and how it affects families. We'll be using this opportunity to start a conversation around harmful drinking to help break the cycle of silence and stigma that is all too often experienced by families. For more information on the campaign visit: <https://www.alcoholconcern.org.uk/alcohol-awareness-week>  
For local information, events and resources visit <http://www.bathnes.gov.uk/services/public-health/one-you/drink-less>



## Mental Health Time to Change Pledge

Bath & North East Somerset (B&NES) is calling all employers to sign the Mental Health Time to Change Pledge. The Council has joined a growing number of companies nationally who have signed the pledge, demonstrating their commitment to taking action to improve attitudes towards mental health – overcoming the stigma surrounding mental health issues and offering more support in the workplace. To find out more contact the Public Health Team or visit:  
<http://www.bathnes.gov.uk/latestnews/council-signs-time-change-pledge-support-mental-health>



## NHS diabetes programme bulletin

NHS England is launching a new bi-monthly bulletin to keep up to date all partners, stakeholders and providers involved in the delivery of the NHS Diabetes Programme. The bulletin will include updates from across all streams of the Programme (NHS Diabetes Prevention Programme, Treatment and Care and Digital), share knowledge between delivery sites, help to build and maintain local engagement in the Programme and share reports, results and impact. Within your organisations, please can you publicise to interested colleagues that they can sign up to receive the bulletin here: <https://www.england.nhs.uk/email-bulletins/nhs-diabetes-programme-bulletin/>. The first bulletin is due to go out in November.



## New guidance for professionals working with children and young people who self-harm

Over the past year a working party made of up of professionals from a range of B&NES services and young people from our CAMHS Participation Group have come together to review current guidance for professionals working with young people who self-harm. It has been unanimously agreed that B&NES will adopt the information and guidance on the **HarmLESS** website developed by Oxford Health NHS Foundation Trust and this content will replace all previous guidance. HarmLESS <https://www.oxfordhealth.nhs.uk/harmless/> provides up to date information about:-

- What is meant by self-harm including thoughts and acts of self-harm, and risks and triggers for young people
- Guidance on how to react and talk to young people who are self-harming using the acronym SLEEP (Stop, Listen, Empathise, Explore, Plan)
- An online assessment tool to complete with a young person. This assessment automatically generates a safety plan
- Links to others useful resources and web sites

# STAY WELL THIS WINTER

- Links to (B&NES) Child and Adolescent Mental Health Services (CAMHS)

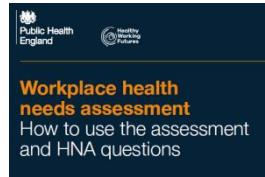
Anyone currently using the document entitled *Multi Agency Guidelines for Professionals Working with Children and Young People who Self-harm* should note that as of November 2017 this is now out of date and should be removed from circulation.

## It's not too late to get your Seasonal Flu Vaccination

Eligible groups can still have their free NHS flu jab at their GP surgery or at a participating pharmacy. Children in reception and years 1, 2, 3 & 4 will be offered the flu nasal spray by their school immunisation team. For further information, click [here](#) on the NHS Choices website. You can order posters and leaflets free of charge from the DH order line:

[https://www.orderline.dh.gov.uk/ecomm\\_dh/public/home.jsp](https://www.orderline.dh.gov.uk/ecomm_dh/public/home.jsp) or download and print them and other resources from

<https://www.gov.uk/government/collections/annual-flu-programme#2017-to-2018-flu-season>



## Workplace Health Needs Assessment

Public Health England have published the [\*Workplace Health Needs Assessment\*](#), a tool developed with Healthy Working Futures to help employers of all types and sizes to carry out workplace health needs assessments and provide practical workplace health advice. If you use this tool please do let us know how useful you find it. These resources add to existing materials for employers and local areas, including: employer toolkits developed with Business in the Community and others regarding [mental health](#), [musculoskeletal health](#), [suicide prevention](#) and [suicide postvention](#); and a set of [health and work infographics](#)



## Blue Light Training – working with change resistant drinkers (10 January 2018)

Due to high demand, another training date has been made available; book your place now for 10<sup>th</sup> January 2018 (see attached flyer).

Email: [public\\_health@bathnes.gov.uk](mailto:public_health@bathnes.gov.uk)

Telephone: 01225 394067

Website: [www.bathnes.gov.uk/services/public-health](http://www.bathnes.gov.uk/services/public-health)