

Public Health News

December 2017



Recruiting Connect 5 Trainers

We are looking to recruit Connect 5 trainers who will be willing to deliver Connect 5 courses across B&NES during 2018/19. Connect 5 is a training package that gives participants the knowledge and skills to talk about mental health and wellbeing with the public. It is underpinned by the Five Ways to Wellbeing and a cognitive behavioural model for understanding stress, distress and learning tools for self-management. Funded by Health Education England (HEE) we are working with Wiltshire and Swindon across the Sustainable Transformation Partnership (STP) to deliver a series of free Connect 5 courses both within the Council and across partner organisations. For more information on Connect 5 visit <https://www.nwppn.nhs.uk/index.php/our-work/connect-5-train-the-trainer-programme>. If you are interested in being a part of this programme and training as a Connect 5 trainer then here is the deal!

- We pay for you to attend the Connect 5 trainers course which is delivered over 4 ½ days (19 February (morning only) 20 & 21 February, 1 & 2 March (full days). These days are likely to be delivered in Bath but could possibly be split between Bath and Swindon. You are then a fully endorsed Connect 5 trainer
 - You deliver (with another trainer) 2 x Connect 5 courses to partners working across B&NES. The dates of these will be agreed in liaison with you. Each course lasts 2 ½ days which means 10 days of your time.
 - You are also able to deliver Connect 5 within your own organisation
 - For those interested in delivering Connect 5 in the future you will have access to materials, skills and a network of trainers
- To be considered as a Connect 5 trainer you need to be able to commit to the trainer the trainers course (dates above) and be available (or released from your organisation) to deliver 2 x 2 ½ day courses. For more information or to express an interest in becoming a Connect 5 trainer contact Clare Laker by email clare_laker@bathnes.gov.uk as soon as possible.



Illegal Tobacco Campaign #ReportIt

The Illegal Tobacco Campaign is **BACK** and it's going to be bigger than ever! **#ReportIt** is looking to launch across B&NES in January and will be supported with a smartphone pop up advert, which will encourage all smart phone users who receive the advert to follow the link and provide any information they have on illegal tobacco activity within their communities. February will bring the start of our bus branding and so please keep your eyes peeled for First Buses across the area with the above logo. We will then be having a roadshow event at the beginning of March, bringing the 'Report It' team to the streets of Bath and North East Somerset to encourage people to speak up about Illegal Tobacco and provide information and advice on what to look for.

As a part of this campaign training is being offered to any team who works in the community or has direct contact with members of the public. If you would like to receive a short but informative training session then please email Ruth Sampson: ruth_sampson@bathnes.gov.uk Keep an eye out for updates on this campaign on the Public Health pages of the Councils website, as well as on social media. Follow us @bathnes for the latest news and information, use the #ReportIt to get the conversation started!



Free Making Every Contact Count (MECC) training

MECC is about making the most of opportunities to improve the health and wellbeing of the people we work with. By supporting people to make changes in their lifestyles it is possible to prevent ill-health, improve health and wellbeing and reduce health inequalities. MECC is not about telling people what to do rather it looks at more effective ways of having healthy conversations and how to spot opportunities to talk about wellbeing. MECC training courses are two half days, it is essential participants attend both sessions. The next training courses are on 25 January 9.30-13.00 and 1 February 9.30-13.00 2018, Guildhall, Bath. To find out more about MECC and to apply for this free training course click [here](#).



Organisations and community groups have been working to get Sugar Smart in Bath and North East Somerset!

The Sugar Smart campaign has a goal to raise awareness of the hidden sugars in everyday food and drink, as well as increasing the affordability and availability of healthy options. The Sugar Smart team locally is made up of Council staff from several departments, community volunteers, and staff members in public health/Virgin Care. They have been sending resource packs out to educational settings (from Early Years through to Universities), business places, public sector environments (e.g. hospitals, dentists, and Council owned property), sports facilities, and organising activities for community groups to enjoy across B&NES.

The team are now in the process of collating survey results, gathering volunteers, and will host an open discussion forum in the New Year. Following this, they will continue to sign as many organisations as possible up to be Sugar Smart. There are several pledges that organisations can make to get Sugar Smart. For more information, see the [webpage](#), and follow them on [Facebook](#) and [Twitter](#) to keep up to date with the campaign!



Bath and North East Somerset Pharmaceutical Needs Assessment 2018 to 2021

All relevant stakeholders and the public are being invited to take part in a Pharmaceutical Needs Assessment (PNA) consultation for Bath and North East Somerset. The PNA is a document which assesses whether the provision of local pharmaceutical services across the area is sufficient to meet the health and wellbeing needs of the local population. It considers whether we have enough pharmacies, and whether they provide the right services for local people now and in the future. It is also intended to assist the NHS and other local commissioners to develop future pharmaceutical services. The consultation provides an opportunity to help shape the future of local pharmacy services and ensure that the information included within the draft PNA is accurate. The consultation launched on 11 December 2017, and runs until 18 February 2018 – it is available during this time via the Council's Consultation webpages: <http://www.bathnes.gov.uk/services/your-council-and-democracy/consultations>

Current BANES Clinical Commissioning Group (CCG) consultations - let them know what you think

The CCG is currently running two public consultations and would like feedback from as many people as possible. The first consultation is about helping people get fit and improve their lifestyles before routine non-urgent surgery. The CCG is planning to support patients who smoke and/or have a Body Mass Index (BMI) of 30 or above (an obese body weight) to quit and/or lose weight before their routine procedure. Have your say in the online survey [here](#). The second consultation is about the CCG's proposals to restrict access to fertility treatment by altering the eligibility criteria, and stopping funding for vasectomies and female sterilisations except in exceptional circumstances. You can read the full detail of the proposals on the CCG website [here](#) and fill out the fertility survey [here](#) and the vasectomy and sterilisation survey [here](#). All surveys are available as paper versions; please email banes.yourvoice@nhs.net to request a copy or an alternative format e.g. large print, Braille or CD/tape.

Email: public_health@bathnes.gov.uk

Telephone: 01225 394067

Website: www.bathnes.gov.uk/services/public-health