

# Public Health News

## January 2018



### New Change4Life Campaign - 'Look for 100 calorie snacks, two a day max'

Change4Life has launched a new campaign to help families choose healthier snacks when shopping and to reduce children's sugar intake. The campaign is reminding families that fresh or tinned fruit and vegetables are a healthier choice for a snack but if you are providing packaged snacks, the simple tip is: '**Look for 100 calorie snacks, two a day max.**' Families are encouraged to [sign up](#) to the campaign to receive helpful tips, ideas and money off vouchers. The B&NES Sugar Smart team are encouraging more organisations to take 'pledges' to get Sugar Smart – a great way to link to the new snack campaign. To sign up contact [SugarSmart@BATHNES.GOV.UK](mailto:SugarSmart@BATHNES.GOV.UK) or for more information, see the [webpage](#), and follow them on [Facebook](#) and [Twitter](#) to keep up to date with the campaign!



### Youth Mental Health First Aid Training (YMHFA)

YMHFA teaches the skills needed to spot the signs of mental health issues in children and young people aged 8 – 18 years. It helps participants to build the confidence needed to offer first aid and knowledge to signpost to further support. YMHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening. This two day course is suitable for anyone working with or supporting children and young people aged 8-18 who has not undertaken mental health training before. In particular it will be of interest to primary and secondary school and college staff, children and family services youth workers etc.

**When: Summer course** 4 & 5 June 2018 (9.00 – 17.00 both days) & **Autumn course** 8 & 9 October 2018 (9.00 – 17.00 both days). **Where:** Ammerdown Conference Centre, Ammerdown Park, Radstock, Bath BA3 5SW **Cost: £85** (heavily subsidised rate for Bath & North East Somerset) this includes participants pack, lunch and refreshments.

**How to apply: Council employees** - sign up via the Hub. Summer course: <http://thehub.bathnes.gov.uk/Event/64684> Autumn course: <http://thehub.bathnes.gov.uk/Event/64685>. **Non Council employees** - please email Deborah Carter for an application for an application form [deborah\\_carter@bathnes.gov.uk](mailto:deborah_carter@bathnes.gov.uk). For more details about the course content please contact [clare\\_laker@bathnes.gov.uk](mailto:clare_laker@bathnes.gov.uk) This course is being organised by B&NES Public Health Team and is not a part of the Government's offer to provide a one day YMHFA course to one member of staff from all secondary schools in England.



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

Bookings are currently being taken for the Make Every Contact Count (MECC) training course on **April 12 and 26** (Both morning ½ day sessions – Guildhall, Central Bath). This course is free at point of delivery and will be of relevance to anyone and

everyone who has the opportunity to have conversations with others about their health and wellbeing, however brief that may be. For further information and details on how to apply click [here](#)



### Citizens' Panel now recruiting

Bath and North East Somerset Clinical Commissioning Group and B&NES Council are working with Virgin Care and local providers to deliver the Your Care Your Way programme which has been designed over two years with local people to help bring health and social care services together and make the best use of technology. We are launching the Citizens Panel in B&NES and we're now open for registrations from people who use services, people who care for people who use services and interested local people to tell us what they think, co-design service changes and hear about what we're doing to join-up services. We're looking for members from all walks of life to help build a representative panel of citizens: whether people use the services at the moment or not, we're interested in opinions and ideas of how they can be improved. **Informed, asked or involved?** We know that life gets busy, so as part of the sign-up process people will be asked to pick their 'level' of membership as well as what areas of the services they're particularly interested in. We'll use this information to make sure we only contact people about things they're interested in but they can change their preferences at any time (and as many times as they like). We are keen not to duplicate the wealth of local groups that already exist rather we are keen to work closely with local partners. We will keep you up to date when we launch our first engagement project. You can find out more and sign up online (the easiest method) at [www.bathneshealthandcare.nhs.uk/citizenspanel](http://www.bathneshealthandcare.nhs.uk/citizenspanel) Alternatively contact Martha Cox on 01225 831328 or at Martha Cox, Virgin Care, Kempthorne House, St Martins Hospital, Clara Cross Lane, Bath, BA2 5RP for a paper version of the form.



### 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>



### DryJanuary

In case you were wondering, it is not too late to start and sign up for **DRY JANUARY**. If you're thinking of stopping drinking and are looking for inspiration have a look at the Dry January campaign. There's still plenty of time to get involved. According to Alcohol Concern, 79% of people who take part save money, 62% slept better and 49% lost weight. There are loads of resources on their website, with stories from those who have taken part and gave up drinking, together with apps to help you control your drinking and information leaflets to help inspire you to do the same. It's not too late to join in, and if you think that it's too late to

make a start, it isn't! So go on, take time out and enjoy. **SIGN UP TODAY** and challenge a work colleague to do it with you, or your whole team! We would love to see your pictures on the pin board.

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

Telephone: 01225 394067

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