

Public Health News

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Edition 1



Sugar smart campaign and consultation

Sugar Smart B&NES is calling on a range of organisations to make Sugar Smart pledges to help make the “healthy choice, the easy choice”. Organisations that have already pledged to join the initiative include Bath City Football Club, local leisure centres, schools, universities and early year settings and the Royal United Hospital. Radstock and Westfield Big Local are also supporting the campaign and will coordinate a Sugar Smart grant scheme in Autumn 2017 to fund sugar smart activities within the communities of Westfield and Radstock.

Organisations can visit www.sugarsmartuk.org and add their actions directly onto the website. You can find out more about the campaign on Facebook at: www.facebook.com/sugarsmartbanes

We are currently consulting with the public to inform the campaign. To take the short “Sugar Smart” survey and be in with the chance of winning some fantastic prizes please visit www.bathnes.gov.uk/sugarsmartsurvey



One You - active 10 app

We have been promoting Public Health England’s new One You physical activity campaign which is encouraging adults to build 10 minutes continuous brisk walking into their day as a simple way to improve their health. The ‘Active 10’ app has been developed to show how much brisk walking a person is doing each day and how to incorporate more of it into their lifestyles. You can visit the website: http://po.st/Active10_Bath_NESomerset or search active 10 in the app store to download the free app.



New group to support adults who have been bereaved by suicide

Public Health and Bath District Cruse Bereavement have joined forces to set up a support group for adults bereaved by suicide that will meet every third Wednesday of the month at the Open House Centre, Manvers Street Baptist Church in Bath starting 21st September 2017, 18.30 – 20.00. The group is run by trained volunteers who have themselves been bereaved or affected by suicide. Please find attached two different sized flyers for your use and promote amongst your networks or find the posters here: <http://tinyurl.com/y8ouyhr4>



Sexual Health Training Programme

The Sexual Health training programme is **free** to anyone working with young people and/or parents/carers in B&NES, and all courses are aimed at groups of mixed abilities and differing professional backgrounds. Please find attached the 2017-18 programme. To book a place on any course, you need to access the Bath and North East Somerset Council Learning Pool website at <http://bathnes.learningpool.com/>. Professionals who do not work for B&NES Council can create an account at the Learning Pool, and then book a place, by:

1. Clicking: *support and login options* and then click: *create new account* at the bottom
2. Clicking: *create new account*
3. adding your personal details



Seasonal Flu Vaccination

The 2017/18 flu season is almost here. Please help us to support the national flu campaign by promoting the free NHS flu vaccination to eligible groups. Eligible groups can have the jab at their GP surgery or participating pharmacy from late September/October. Children in reception and years 1, 2, 3 & 4 will be offered the flu nasal spray by their school nurse. 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/ecom_dh/public/home.jsf or download and print them and other resources from <https://www.gov.uk/government/collections/annual-flu-programme#2017-to-2018-flu-season>



Stoptober 17

Stoptober encourages smokers across England to make a quit attempt during October. Launched in 2012, Stoptober is the 28-day stop smoking challenge from PHE that encourages and supports smokers across England towards quitting for good. Stoptober is based on the insight that if you can stop smoking for 28-days, you are five times more likely to be able to stay quit for good. The campaign chunks down the quitting process, presents it as a more manageable 28 days and rallies people around a specific date to get started.

Stoptober encourages as many smokers as possible to prepare to quit from 1 October by taking part in the campaign and utilising the range of free resources and support available. Throughout October the campaign will continue to recruit smokers to take part, whilst also encouraging and supporting people to quit through the 28-day smoke-free journey. For more information (find out what's happening across B&NES) or to sign up to the 28 day challenge please visit: http://po.st/Stop17_Bath_NESomerset or call 01225 831852