

In this Issue:

Ovarian Cancer Awareness Month

Chathealth Launch

Mental Health Resources including
Eating Disorders Awareness Week

World Health Awareness Days

Ovarian Cancer Awareness Month

March is internationally recognised as Ovarian Cancer Awareness Month

What is it?

Ovarian cancer occurs when abnormal cells in the ovary start to multiply, creating a tumour.

What are the main symptoms?

- Persistent stomach pain
- Persistent bloating
- Difficulty eating
- Needing to wee more frequently

Be Clear on Cancer PHE campaign

Public Health England's 'Be Clear on Cancer' campaign has good resources available and guidelines on when to contact a GP. They also have posters with information on the kinds of symptoms to look out for, especially if they are prolonged. To view the resources available for download click [here](#).



Persistent tummy troubles that can be possible signs of cancer include:

- Diarrhoea
- Being bloated most days
- Discomfort in the tummy area
- Constipation
- Nausea/feeling sick
- Blood in your poo

If you have any of these symptoms for three weeks or more, tell your doctor.

You should also see your doctor if you notice any other unusual changes, such as a lump in the tummy area, post-menopausal bleeding, or unexplained weight loss, as these can be signs of cancer too.

Text from Ovarian Cancer Action—ovarian.org.uk

For more information
about Ovarian Cancer, click
on the pictures:





Eating too much salt can contribute to high blood pressure, which puts you at risk of developing serious heart problems such as heart attacks or strokes. The [Happy Hearts website](#) has information [here](#) on how to establish if you are at risk of developing high blood pressure.

Happy-hearts.co.uk is an information hub for the public and professionals to help understand the importance of looking after heart health and offering practical support to those who want to make changes. It has easy to understand information about the causes, risks and positive actions people can make. It also offers resources and guidance for a range of professionals.

They also have specialised information on dealing with cardio vascular diseases and reducing risk in light of the impact of COVID-19.

[Cheshire & Merseyside Happy Hearts | Home \(happy-hearts.co.uk\)](#)

How much salt?
Use the key below to determine whether your food contains a high, medium or low amount of salt.

Per 100g	Per 100g	Per 100g	Per portion
Less than 0.3g	Between 0.3g and 1.5g	More than 1.5g	More than 1.5g

Salt Awareness Week
8 - 14 March 2021
More Flavour, Less Salt!

WASH
What's in your Salt & Health

PHE's Every Mind Matters Campaign

PHE's Every Mind Matters campaign: "Make Inside Feel Better"

In January 2021 Public Health England launched the Better Health, **Every Mind Matters** campaign. This campaign encourages people to visit the Every Mind Matters site and to use the free [Mind Plan](#) tool, to look after their mental wellbeing. The campaign, is aimed at adults, especially those most at risk of mental health problems.

Resources to promote the campaign can be downloaded free, from the links below. Hard copies can also be ordered:

- [Social media animations](#) including a [social toolkit](#)
- [Social statics](#)
- [Embedding instructions for the Mind Plan tool](#)
- [Web banners](#)
- [Radio](#)

TOP TIPS FOR DEALING WITH STRESS NHS

TIP 01
Divide big tasks into small ones

TIP 02
Create to-do lists

TIP 03
Stay active

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.
Visit Every Mind Matters for more tips and advice

Better Health every mind matters

Salt Awareness Week 2021

This year's salt awareness week will look a little different due to the fact that we are all stuck at home. This is a good opportunity, however, to look at the volumes of salt on the foods we consume at home. When cooking, salt is not the only option to add flavour to your food, there are plenty of tasty alternatives!

Source: [World Salt Awareness Week - World Action on Salt, Sugar & Health](#)

What are some of the alternatives to salt in our food?

- Try using black pepper as an alternative to salt when seasoning food.
- Add fresh herbs and spices to dishes, such as garlic or ginger.
- Make your own gravy instead of using cubes or granules.
- Try baking or roasting vegetables such as red peppers, courgettes or squash, to bring out their flavour.
- Make recipes using ripe tomatoes and garlic.

Source: [Tips for a lower salt diet - NHS](#)

Change4Life Salt Awareness

Change4Life has a food scanner app which will tell you if foods contain more than the recommended amount of salt. Click [here](#) to download it.

The Change4Life also has some information on how we can become aware of the hidden salt in the food we buy. Some foods may not taste salty, but have high volumes of salt in them, which is where the food scanner app comes in useful.

Click on the picture to view Change4Life's salt



LOCAL MENTAL HEALTH RESOURCES

Looking after your mental wellbeing following a flood



In recognition of the impact that flooding can have on mental wellbeing, a new page outlining psychological support following a flood has been created on Warrington's Happy? OK? Sad? site. The page includes details of free, local support and links to evidence-based resources people can use to help build their resilience. To view the page, [click here](#).

Launch of No MORE Suicide website

The [No More Suicide website](#) is a suicide prevention resource aimed at organisations and the general public, in Cheshire and Merseyside.



The site includes:

- An outline of regional and national awareness campaigns, (with links to free downloadable resources).
- Details of national support, for people who are feeling suicidal and for those worried that someone else may be having thoughts of suicide.
- Information about suicide bereavement support. Also details of how people bereaved by suicide, can get involved in the Cheshire & Merseyside Lived Experience Network.
- Information about the work and strategy of Cheshire and Merseyside's NO MORE Suicide Partnership Board.

Details of local suicide prevention initiatives, will soon be added to the site. These initiatives include the men's mental health projects funded by suicide prevention monies across Cheshire and Merseyside. In Warrington these projects are [MoveMENT](#) and [Enjoy Football's #OneGameAtaTime](#).

ChatHealth Warrington Launch

ChatHealth, a secure text messaging service for young people, parents and carers, was launched in Warrington in February 2021. The service can provide information, advice and support on a range of health and wellbeing issues. The concerns people contact the service with include mental health, self-harm and bullying, as well as physical health issues. ChatHealth is anonymous and confidential and is staffed by Health Visitors and School Nurses.

The service is available **Monday to Friday, 9.00am to 5.00pm**. Messages are responded to within 24 hours during this time. ChatHealth doesn't aim to replace face to face appointments, but to offer more choice, when trusted health advice is needed. ChatHealth is not an emergency service.

The numbers for ChatHealth Warrington and the national website are below:

young people aged 11 to 19 can call 07507 330101

parents/carers of children aged 0 to 5 can call 07507 327981

parents/carers of children and young people aged 5 to 19 can call 07480 635994

Another option is to visit chathealth.nhs.uk to start a chat.

ChatHealth Warrington is run by Bridgewater Community Healthcare NHS Foundation Trust. Resources to promote ChatHealth Warrington, can be found [here](#).



MENTAL HEALTH RESOURCES CONT.

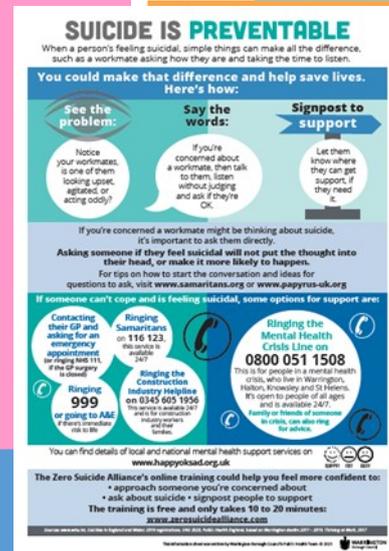
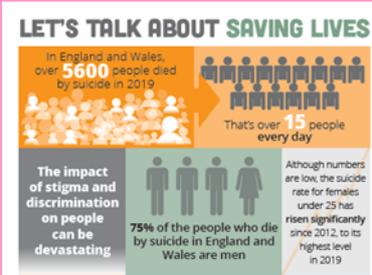
Warrington's suicide prevention infographics

The service details and statistical information on the local suicide prevention infographics has just been updated. The aim of the infographics is to enable people to feel more confident to help someone who is suicidal, get the support they need. Both infographics:

- Provide details of local and national mental health support services.
- Include some basic statistical information about suicide.
- Give an outline of free suicide prevention training.

The general (orange) infographic is aimed at everyone, especially people who may be new to suicide prevention. The workplace (blue) infographic is aimed at people who may be worried about a colleague, especially people working within the construction industry. To complement this infographic the Happy? OK? Sad? site has a page on [workplace mental wellbeing](#).

You can download both infographics from Warrington's Happy? OK? Sad? site, just click [here](#), then look under the dropdown heading "flowchart and infographics".



Lived Experience Network for Self-Harm and Suicide Prevention

In February 2021, the public health collaborative Champs launched the Lived Experience Network (LEN). The aim of the Network is to give people with lived experience of self-harm and/or suicide, a voice. The Network will bring together people with a range of experiences, to co-develop and co-deliver work linked to Cheshire and Merseyside's NO MORE Suicide strategy. There are a number of ways people can get involved in the Network including:

- reading and commenting on proposed strategy documents
- attending focus groups
- attending task groups and meetings
- taking part in specific workshops to influence a particular piece of work

To become a member of the LEN people need to complete and return a couple of forms. More details about the LEN, including a downloadable information pack, can be found on the [Lived Experience Network page](#) of the NO MORE Suicide website.

We Are Undeatable – February social campaign

People living with long-term health conditions including mental health conditions have faced additional challenges during the pandemic, for some this has resulted in less activity. We Are Undeatable's new campaign aims to let people with health conditions know that there are still ways they can safely get moving, and that this could help both their mental and physical wellbeing.

A social media guide for the campaign and new campaign assets are available to download free from the "Social Media" section of the [Supporters' Hub](#). You will need to register, via the link above, before you can access these resources.

The We Are Undeatable campaign was developed by 15 leading health and social care charities working in partnership. It focuses on encouraging people with long-term health conditions to find ways to get more active, which suit them.



MENTAL HEALTH RESOURCES CONT.

Let's Keep Talking

The Let's Keep Talking campaign, was launched in January 2021. The campaign encourages people, who may be struggling with their mental health during the pandemic, to talk to someone they trust. It also asks us to reach out to people who may be vulnerable or isolated. You can download the free Let's Keep Talking Toolkit for Partners from the [Kind to Your Mind website](#). The toolkit includes an explanation of the campaign, posters and social media assets.

Let's Keep Talking is aimed at the following groups, who may be more likely to experience poor mental health during the pandemic:

young people, people on furlough, key workers and people who are vulnerable and isolated. The Let's Keep Talking resources signpost to the mental wellbeing website, Kind to Your Mind. This regional site includes podcasts and links to free online CBT, as well as information about local and national mental health support services. The Let's Keep Talking campaign was developed by Champs, the public health collaborative for Cheshire and Merseyside.



Kooth's social media campaign: Don't Do it Alone

The [Don't Do It Alone](#) campaign aims to break down stigma and encourage young people to ask for support with their mental health. The campaign features Chunkz, Amelia Dimz, Riyadh Khalaf, Jax Jones, and Joy Crookes talking about things that they do alone, and how dealing with their mental health is not one of them.

Resources to promote the campaign can be found on the [Don't Do It Alone resource page](#). The materials include a video, social media images and guides on talking to young people about mental health, as well as a range of resources to promote Kooth.



[Kooth](#) offers free online support and counselling to young people aged 11–18 in Warrington. On the site young people can find information and advice about a wide range of issues such as family worries, friendship problems, exam stress and other concerns. There's also the opportunity for peer support through the chat forums.

Eating Disorders Awareness Week 1-7 March—BEAT



This is the first time a specific eating disorder has been chosen as the theme for Eating Disorders Awareness Week.

Binge eating disorder is the most common but often the least understood. It is especially difficult to find treatment and our Helpline Advisors consistently hear that people with binge eating disorder experience significant shame and fear in reaching out for support.

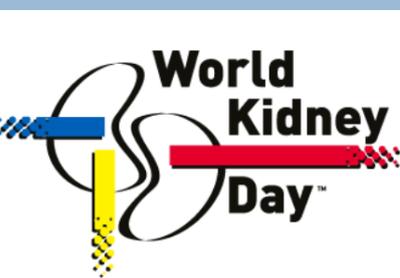
Text taken from [Why Binge Eating Disorder \(beateatingdisorders.org.uk\)](#)

In Warrington, support is available through North West Boroughs Healthcare. Click [here](#) to view their webpages with information and useful links relating to eating disorders.

North West Boroughs Healthcare also have support specifically for young people in Warrington. Click [here](#) to view the young people support webpages.



Quick Links:



World Hearing Day—3rd March

WHO's international hearing campaign's theme this year is 'Hearing care for ALL! Screen, Rehabilitate, Communicate'. They are organising a virtual 'Hearathon' and launching the first ever World Report on Hearing.

Source: [World Hearing Day 2021 \(who.int\)](https://www.who.int/campaigns/world-hearing-day-2021)

World Obesity Day—4th March

Obesity is a disease. We are raising awareness and improving understanding of its root causes and the actions needed to address them.

Changing the way obesity is addressed across society, we're encouraging people to become advocates, standing up and calling for change.

Source: [Homepage | World Obesity Day](https://www.worldobesityday.org/)

World Kidney Day—11th March

World Kidney Day is a global campaign aimed at raising awareness of the importance of our kidneys to our overall health and at reducing the frequency and impact of kidney disease and its associated problems worldwide.

Source: [Homepage - World Kidney Day](https://www.worldkidneyday.org/)

World Sleep Day—19th March

Three elements of good quality sleep are:

- 1. Duration:** The length of sleep should be sufficient for the sleeper to be rested and alert the following day.
- 2. Continuity:** Sleep periods should be seamless without fragmentation.
- 3. Depth:** Sleep should be deep enough to be restorative.

Source: [Toolkit | \(worldsleepday.org\)](https://www.worldsleepday.org/)

World Oral Health Day—20th March

This year, the FDI World Dental Federation is launching its new campaign 'Be Proud of Your Mouth' which will be the theme for the next three years World Oral Health Days.

Source: [World Oral Health Day](https://www.worldoralthday.org/)

World TB Day—24th March

The theme of World TB Day 2021 - 'The Clock is Ticking' –conveys the sense that the world is running out of time to act on the commitments to end TB made by global leaders. This is especially critical in the context of the COVID-19 pandemic that has put End TB progress at risk, and to ensure equitable access to prevention and care in line with WHO's drive towards achieving Universal Health Coverage.

Source: [World TB Day 2021 \(who.int\)](https://www.who.int/campaigns/world-tb-day-2021)

Thank you for reading. If you want any further information or resources please email:

resources@warrington.gov.uk