



# Public Health Campaign Bulletin

May 2022

Public Health Resource Centre

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*For further information, please  
contact:*

**Public Health Resource Centre**  
[resources@warrington.gov.uk](mailto:resources@warrington.gov.uk)

Highlights of this issue:

**Turn to page 9 for  
information on what's  
going on in Warrington to  
support Mental Health  
Awareness Week**





## Stroke Awareness Month

Every five minutes, someone in the UK has a stroke. While there is no main cause of a stroke, there are a number of risk factors that increase your chance of having a stroke, many of which are linked to lifestyle choices. Over the past two years, stroke awareness funding has been cut and therefore it is vital people know how to reduce their stroke risk

**By making at least one change listed below, you can help reduce your stroke risk:**

- **Increasing physical activity**— joining [Stride for Stroke](#) you can raise funds and awareness for stroke victims and research across the UK. Find out more about getting active [here](#)
- **Reducing alcohol consumption.** - spreading out your drinking and keeping below 14 units a week can reduce your stroke risk. Find out more about on [Better Health](#) or download the Drink Free Days app
- **Quit Smoking** - information can be found on [Better Health](#) or speak to a Stop Smoking Advisor at Livewire on 0300 003 0818

### How to know if someone is having a stroke?

There are number of tell-tale signs that a person may be having a stroke. These are summarised using the acronym FAST

Act **FAST** and call 999.



**Facial**  
weakness



**Arm**  
weakness



**Speech**  
problems



**Time**  
to call 999

### World Hypertension Day: 17th May 2022

- The UK Stroke Association states that hypertension (high blood pressure) is the biggest risk factor for someone having a stroke
- Hypertension is often undiagnosed, its estimated 20,000 people in Warrington have don't know they high blood pressure.
- You can get your blood pressure tested at your GPs, and some pharmacies.
- Hypertension can often be treated by making simple changes to diet and lifestyle.





# Sun Awareness Week

2rd-8th May 2022



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The British Association of Dermatologists stated approximately 35% of the population suffer from sunburn each year in the UK

NHS Data shows that skin cancer is the most common cancer in the UK. The most common skin cancer in the UK cause, is commonly caused by exposure to UV, which is emitted from the sun.

## Preventing Skin Cancer

Melanoma is one of the most common, but also most preventable skin cancer types. Here are a few simple ways to reduce your lifetime cancer risk

- Avoid using UV tanning beds
- Use a UVA/UVB sunscreen when exposed to sunlight
- Stay in the shade when the UV rays are most intense (10am-4pm)
- Wear clothing that protects you from the sun, particularly if not wearing sunscreen
- For more information on sun protection and skin cancer prevention go to the [Skin Cancer Foundation](#) or [British Association of Dermatologists \(BAD\)](#) Website

## Detecting Skin Cancer

- The ABCD– Easy method is used to detect melanoma
- Asymmetry– differences in shape on each side of the mole
- Border– irregular edges which may contain notches
- Colour– asymmetrical and irregular (shades of black, brown and pink)
- Diameter– any change in size, or if the mole is larger than 6mm (approximately the width of a pencil)
- Expert– if unsure, visit your GP

Normal Mole



Mole with Melanoma



Non-melanoma cancers present themselves as red lump which may develop into an ulcer, or as a patch that is scaly or discoloured

If it has not healed within 4 weeks, visit your GP.



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## National Weaning Week

4th-9th May 2022

National weaning week to support parents in weaning their baby onto solid food. The NHS states that on average parents start weaning their child at around six months old but this varies by child.

Introducing your baby to solid foods, also referred to as weaning or complementary feeding, starts when your baby is around 6 months old. Your baby should be introduced to a varied diet, alongside their usual **breast milk** or **first infant formula**.



### Help resources for weaning

**Better Health | Start for Life:** a comprehensive guide to weaning, which shows whether your child is ready to wean, what to wean them on and how to do this in a safe manner.

**To order copies this Better Health, Start for Life Weaning Wall Chart please email The Public Health resource library.**

**resources@warrington.gov.uk**



**Better Health**  
**Start for Life**

# World Hand Hygiene Day

5th May 2022



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Good hand hygiene is important in keeping levels of infectious diseases low. It is particularly important in healthcare and other settings which may contain vulnerable individuals.

Infections such as COVID-19 can spread more easily if hand hygiene protocols are not followed.

## How to Handwash

When our hands are visibly dirty, or before eating, cooking and after using the toilet, it is important we clean them in an appropriate manner to ensure the entire surface of our hands are cleaned. The NHS have published a multi-step guide. If the hands appear visibly clean, an alcohol handrub should be used, however the hands should be left to dry naturally, rather than using a towel.



[How to wash your hands - NHS \(www.nhs.uk\)](http://www.nhs.uk)

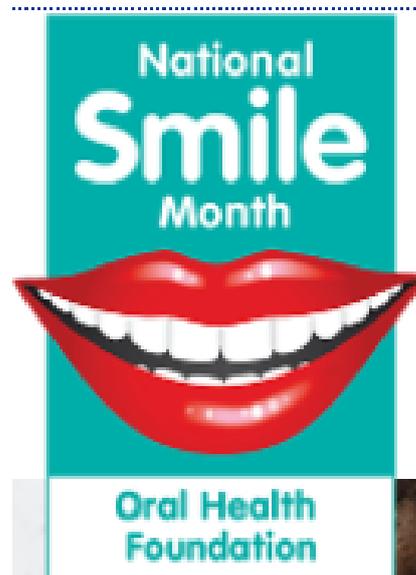
## National Smile Month

16th May-16th June 2022

National smile month aims to raise awareness of the inequalities that exist within maintaining oral

### How to maintain good oral health?

- Reduce your sugar intake. Information on the sugar content of foods and low sugar alternatives can be found through the NHS scheme [Better Health | Healthier Families](#)
- Make sure to see a dentist regularly, ideally every 6-12 months
- Brush for 2 minutes twice a day using a fluoride toothpaste, preferably after eating breakfast and before going to bed



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## Maternal Mental Health Awareness Week

2nd-8th May 2022

This campaign focuses on encouraging people to talk about mental health problems during and after pregnancy. The theme for 2022 is **'The Power of Connection'**.

### The aims of the campaign are to:

- Raise awareness of perinatal mental health problems
- Advocate for women who are affected by perinatal mental health problems
- Change people's attitudes
- Help parents get the information and support they need to recover.

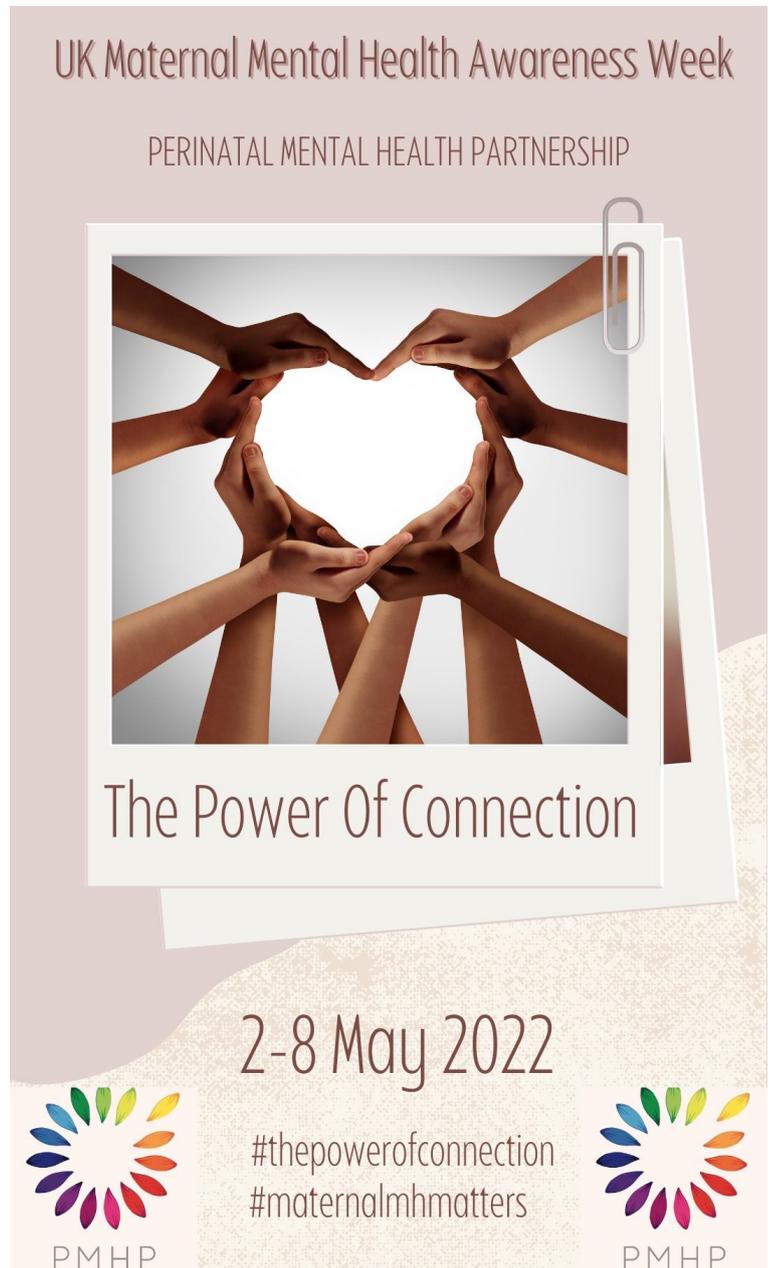
### How to get involved:

Please join the conversation during Maternal Mental Health Awareness Week to reduce stigma, spread good practice and help women and families impacted by perinatal mental health problems to feel seen, heard and supported.

### #MaternalMHmatters

Maternal Mental Health Awareness Week is led by the

[Perinatal Mental Health Partnership](#).



### Parent and baby mental health: Happy? OK? Sad?

The Warrington site [www.happyoksad.org.uk](http://www.happyoksad.org.uk) has details of local and national support for new parents. This includes links to information, advice and support for pregnant women, new mums and their partners. Websites with information on promoting the mental wellbeing and development of babies are also included. To find this section of the site [click here](#), then scroll down to the heading "new parent and baby mental health".





## Mental Health Awareness Week

9th-15th May 2022

This year, Mental Health Awareness Week will run from 9th to 15th May. This annual event, which focuses on improving good mental health across the nation, is hosted by the [Mental Health Foundation](#).

This year's theme will explore the impact of **loneliness** and how we can tackle it.

**Why loneliness?** Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness. We can all play a part in this.

So, in May 2022, we will be raising awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it. Reducing loneliness is a major step towards a mentally healthy society.



Mental Health Awareness Week

9 - 15 May 2022

Together we can tackle loneliness

#IveBeenThere

**How to get involved:** Help to spread this important message across your channels and beyond via:

- **Better Health [Every Mind Matters Loneliness webpage](#)** - Encourage people to **'Lift someone out of loneliness'** campaign where there is advice for ways to help yourself or others who may be feeling lonely and suggested support routes.
- **Mental health Foundation [Resources](#)** to help spread the word about Mental Health Awareness Week including logo's and zoom backdrops.
- **[Loneliness school pack](#)**—This pack explores what loneliness is, how it can affect our mental health, and the different ways we can connect with ourselves, others and the world around us to feel less lonely.
- **[Wear it green day fundraising pack](#)**—Wear it Green Day is Mental Health Foundation's flagship school's fundraising event for Mental Health Awareness Week, but you can hold one at any time of the year. Download your pack to support you with organising a Wear it Green Day event which contains fundraising ideas, resources and tips.
- **[80 miles in may challenge](#)**— We're asking you to walk run or jog that distance over the month, to raise funds for the Mental Health Foundation. To join the challenge and receive your free water bottle, please [join our Facebook group](#).
- **[Wear a green ribbon](#)**— The green ribbon is the international symbol for mental health awareness. All proceeds fund our life-changing work as a UK charity dedicated to mental health. Order your green ribbon pin badge or face covering.



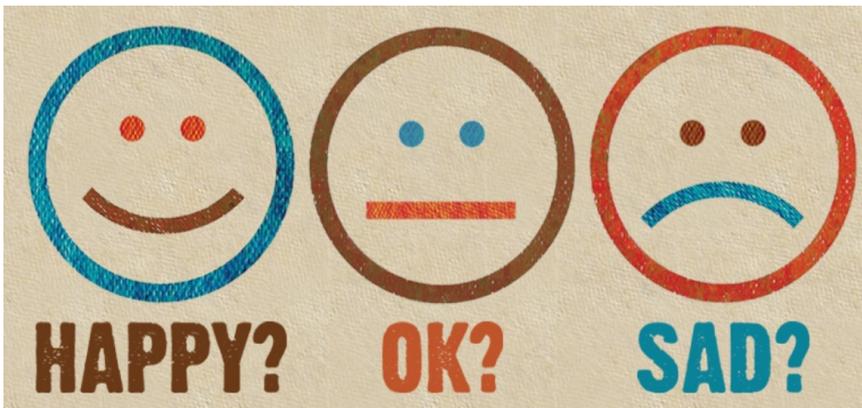
Campaign assets can be downloaded from the [Campaign Resource Centre](#) including a new 'Mental Health Awareness Week 2022 toolkit' coming soon.



## Mental Health Awareness Week

### Local support & resources

Below are links to free, downloadable mental health and wellbeing resources, which you can access through the Happy? OK? Sad? site.



On [www.happyoksad.org.uk](http://www.happyoksad.org.uk) you'll find tips for looking after your mental wellbeing, as well as directories of local and national mental health support services.

The site includes links to evidence-based resources to help you stay well and feel good. Just click the "looking after our mental wellbeing" heading, [on this page](#).

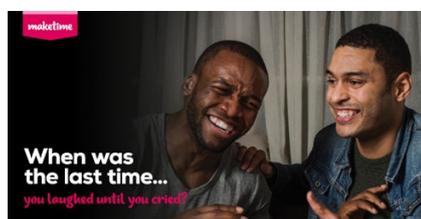
Please take a look and use some of the resources to inform yourself, or to raise awareness and challenge stigma relating to mental health problems:

- [Mental health campaign resources](#) - local and national (adults)
- [Mental health and wellbeing resources](#) - local and national (children and young people)
- [Suicide prevention resources](#) – local and national
- [Mental health and suicide prevention e-learning](#) (including sessions relating to COVID-19 and mental wellbeing).

### Ordering hard copies of local resources:

You can order free, hard copies of resources to promote Happy? OK? Sad? [Make Time](#) and [In Your Corner](#). More details about these campaigns and the promotional materials, can be found on the order forms [here](#).

Happy? OK? Sad? Make Time and In Your Corner banners are available on loan. To book please email [resources@warrington.gov.uk](mailto:resources@warrington.gov.uk).



**Mental Health Awareness Week:  
What's going on in Warrington?**



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<p><b>Monday 9th May</b></p>	<ul style="list-style-type: none"> <li>• <b>Community Coffee, Tea &amp; Cake Event – 10.30am-12.30pm</b> at <b>Rixton with Glazebrook Community Hall</b>, Manchester Road, Hollins Green, WA3 6JZ. Including Sitting Yoga. Ran by Warrington Voluntary Action.</li> <li>• <b>PAUSE listening space —between 11am-4pm</b> at <b>The Gateway</b>, 89 Sankey Street. A safe community space where people can talk openly about their mental health – free from stigma or judgement. For more information, call Warrington Speak Up on 01925 246938.</li> </ul>
<p><b>Tuesday 10th</b></p>	<ul style="list-style-type: none"> <li>• <b>Renew with a Brew – 11am-1pm</b> at <b>Latchford Baptist Church Wellbeing Café</b>, Loushers Lane, Warrington, WA4 2RP. Renew with a Brew is a free weekly wellbeing café for all adults hosted by Latchford Baptist Church. A quiet, shared space where ‘It’s OK not to be OK’ and everyone is welcome. Ran by Warrington Voluntary Action.</li> <li>• <b>Pop Up PAUSE ‘The Engine Rooms’ - 9am-2pm</b> at <b>Birchwood Park</b>.</li> </ul>
<p><b>Wednesday 11th</b></p>	<ul style="list-style-type: none"> <li>• <b>Chat Café Glazebury Village—9am-11pm</b> at the <b>Scout Hut</b>, Warrington Road, Glazebury WA3 5LR. A chat group put on to welcome local community residents to have a coffee and a biscuit and feel part of the community. Ran by Warrington Voluntary Action.</li> <li>• <b>PAUSE listening space —between 11am-4pm</b> at <b>The Gateway</b>, 89 Sankey Street. See further information above.</li> </ul>
<p><b>Thursday 12th</b></p>	<ul style="list-style-type: none"> <li>• <b>Westy Children Centre Coffee Morning - 9am-10.30am</b>. All welcome, free tea/coffee/toast and a friendly chat for anyone in need. Ran by Torus Foundation, children centre staff and schools.</li> <li>• <b>Pop Up PAUSE ‘Talking Well’ - 10am-12pm</b> at <b>The Encounter Centre</b>, Birchwood.</li> </ul>
<p><b>Friday 13th</b></p>	<ul style="list-style-type: none"> <li>• <b>Little Stars Children Centre coffee morning—9am-10:30am</b>. All welcome free tea/coffee/toast and a friendly chat for anyone in need. Ran by Torus Foundation, children centre staff and schools.</li> <li>• <b>Long Covid Face to Face Self Help Groups - 1.30pm-3pm</b> at the <b>Centre for Independent Living</b>, Beaufort Street, Warrington, WA5 1BA. Ran by Warrington Disability Partnership. <b>Booking is required</b>. Contact Leigh on 01925 240064 or email <a href="mailto:longcovid@disabilitypartnership.org.uk">longcovid@disabilitypartnership.org.uk</a>.</li> <li>• <b>Long COVID online self help group meetings—11am-12.30pm</b>. <b>Booking required</b> and zoom link sent by email after booking. Same booking details as above.</li> <li>• <b>PAUSE listening space —between 11am-4pm</b> at <b>The Gateway</b>, 89 Sankey Street. See further information above.</li> <li>• <b>Get Warrington Talking, Wellbeing Event—10am-2pm, The Old Marketplace, Golden Square</b>. Hula Hooping and Circus skills, focusing on the five ways to wellbeing and conversations.</li> </ul>
<p><b>Across the week and more...</b></p>	<p>Torus Foundation are running <b>free health and wellbeing activity sessions</b> including low-impact keep fit, buggy fit, walk and talk sessions plus more —for further details including venues and times, email <a href="mailto:sam.birchall@Torusfoundation.org.uk">sam.birchall@Torusfoundation.org.uk</a>.</p>



This years Dementia Action Week focuses on diagnosis of the disorder. This is because the focus on diagnosis in the past two years has been on COVID-19. This has caused diagnosis rates to fall to their lowest since 2017.

It is important to get checked for Dementia if you have any of the following [symptoms](#) or are over 65 years old. This because Dementia incidence increases with age. Early diagnosis can ensure that the patient can receive the best possible care and support can be provided for their family.

### How to differentiate between 'normal' ageing and Dementia

In both ageing and Dementia there is a decline in cognition, memory, behaviour and perception, making Dementia sometimes hard to diagnose in older age groups. However they present themselves in different ways. Below is a table which describes a typical a common scenario for each patient.

Only use this information as a guide. Any diagnosis of Dementia and any related conditions will need to follow GP consultations.

Normal Ageing	Dementia
Occasional trouble with getting your words out	Having trouble holding and following a conversation
Forgetting why you went into a room but quickly remembering again	Getting lost in a familiar place and showing visible distress
Being able to recall information you have previously forgotten	Repeated loss of short-term memory and misplacing items in unusual places



### Where to find support if you have been affected by Dementia

Following a diagnosis a patient would undergo a [care plan](#) provided by the NHS to give the physical and mental support you need. This differs with every patient depending on how the Dementia progresses.

There is also support for those directly affected by a diagnosis, such as family and friends.

Here is an overview of organisations that may help depending on what you require

- [Dementia UK](#): offer specialist advice through their nurses
- [Age UK](#): Offer a wide range of services for people affected by Dementia. They also operate a free helpline between 8am-7pm **0800 055 6112**.
- [The Carers Trust](#): provides support for carers and those requiring care



## Quit Smoking—Better Health

### 31st May World No Tobacco Day



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Stopping smoking is one of the best things you will ever do for your health.

When you stop, you give your lungs the chance to repair and you will be able to breathe easier. There are lots of other benefits too – and they start almost immediately.

You can find out more support about stopping smoking [here](#) or by downloading the Quit Smoking app.

**Download the free NHS Quit Smoking app**

Use the NHS Quit Smoking app to help you quit smoking and start breathing easier.

The app allows you to:

- track your progress
- see how much you're saving
- get daily support

If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!

Download on the App Store | GET IT ON Google Play

31st May 2022 is the World Health Organization's 'World No Tobacco Day' to support and guide those who are quitting smoking.

Check out their quitting toolkit here: <https://www.who.int/campaigns/world-no-tobacco-day/2021/quitting-toolkit>

The **SmokeFree Team** are committed to supporting the locals of Warrington make the healthy change to stop smoking and start breathing easier. To help we have a weekly drop in session on a Thursday 10am-12pm at Livewire's fantastic Bewsey & Dallam Hub with no appointment needed! Just walk in to access support



## STOP SMOKING DROP-IN SESSION

Bewsey & Dallam Community Hub  
Thursdays  
10am-12pm  
No appointment needed.

MAKE THE HEALTHY CHOICE OF COMING TO SPEAK TO ONE OF OUR FRIENDLY SMOKEFREE TEAM MEMBERS FOR FREE, TAILORED ADVICE ALONGSIDE PRODUCT SUPPORT TO HELP YOU STOP SMOKING AND BREATHE EASIER AS YOU HEAD INTO A FRESH NEW YEAR.

Find Out More  
<http://www.livewirewarrington.co.uk/stopsmoking>  
0300 003 0818

@yourLiveWire | WARRINGTON Borough Council | LiveWire | livewirewarrington.co.uk

### How much could you **save** if you **quit** in 2022?\*

<p>Quitting those casual cigarettes:</p> <p>5 per day could save</p> <p><b>£840</b> per year</p>	<p>Quitting your 15 per day habit:</p> <p>for a month and you'll be</p> <p><b>£210</b> better off!</p>	<p>Quitting 40 a day for 20 years:</p> <p>will give you a <b>WHOPPING</b> <b>£134,400</b> and that could get you</p>
That's a holiday to the Caribbean!	That's 2 top tier tickets for the Challenge Cup Final	1 flat in Warrington (Based on area average property prices)

You're **FOUR TIMES** more likely to quit successfully with support than if you go it alone.

If you live or work in Warrington, LiveWire can provide you with friendly and helpful Stop Smoking support and advice.

Call 0300 003 0818, email [stopsmoking@livewirewarrington.org](mailto:stopsmoking@livewirewarrington.org) or contact reception at any LiveWire facility.

\*Figures based on a packet of 20 cigarettes costing £7.87

@yourLiveWire | WARRINGTON Borough Council | LiveWire | livewirewarrington.co.uk



## World Asthma Day

3rd May 2022

Asthma + Lung UK use this annual opportunity to raise awareness and increase knowledge of asthma and what good asthma care involves. Millions of people in the UK are still missing out on the basic care they need to manage their asthma, putting them at greater risk of having a potentially life-threatening asthma attack.

### What does good asthma care involve?

#### Improve Inhaler Technique:

Check your inhaler technique with your GP, asthma nurse, or pharmacist. Good inhaler technique helps you to breathe the medicine straight into your lungs. Even if you think your inhaler technique is OK, there may still be room for improvement so that more of the medicine gets deep into your lungs.

#### Get Vaccinated:

This year it's more important than ever to get the free flu vaccine if you have asthma, as it's predicted that there will be much higher levels of flu around during the 2021/22 season, compared to 2020/21.

#### Attend Regular Asthma Reviews with your GP:

Asthma reviews are your chance to talk about ways to manage your symptoms better and lower your risk of an asthma attack. You can get your lung function checked with peak flow or spirometry tests.



#### Symptoms include:

Wheezing (a whistling sound when breathing)

Breathlessness

A tight chest – it may feel like a band is tightening around it

Coughing



**CLOSING GAPS  
IN ASTHMA CARE**



World Asthma Day • May 3, 2022





## **Better Health**

The aims of the session are to:

- Provide you with an overview of the key messages of the NHS 'Better Health' campaign
- Why is it important? E.g. the impact of excess weight on overall health etc.
- What is the message? E.g. physical activity recommendations, alcohol guidelines etc.
- Local & national support services and resources available

## **Making Every Contact Count MECC - Raising the Issue of Better Health**

The aims of the session are to:

- Understand the definition of MECC and why it is important.
- Provide you with the relevant skills to raise the issue of health and wellbeing
- Increase your confidence in raising the issue of key 'Better Health' topics
- Signpost you to further support & resources around having the conversation.

***Please note, we recommend you complete the 'Better Health' training first before attending the 'Make Every Contact Count (MECC) – Raising the Issue of Better Health' session. The 'Better Health' training provides you with the knowledge and the local/national support & resources available, which will then enable you to put this into practice within the MECC training***

## **Making Every Contact Count for Mental Health**

Designed by the Royal Society for Public Health in collaboration with Health Education England and stakeholders across the North of England, this mental health promotion training seeks to develop knowledge, skills and confidence to integrate relevant messages and interventions into routine practice.

The aims of the session are to:

- Identify what is meant by mental health, mental wellbeing and mental illness
- Define the MECC approach and explore how this can be applied for mental health
- Develop skills and confidence to engage with service users about their mental health and wellbeing
- Develop skills to support service users to understand distressing feelings and experiences
- Develop awareness of local support services and how to effectively signpost service users to the appropriate service

<a href="#">Making Every Contact Count (MECC) for Mental Health</a>	17 <sup>th</sup> May	9.30 – 15:00	Venue: Meeting Room 16, Warrington Borough Council Office 1 Time Square, Warrington, WA1 2NT
<a href="#">Better Health</a>	14 <sup>th</sup> June	14.00 – 16.00	Venue: Meeting Room 15, Warrington Borough Council Office 1 Time Square, Warrington, WA1 2NT
<a href="#">Make Every Contact Count (MECC) Raising the Issue of Better Health</a>	12 <sup>th</sup> July	14.00 – 16.00	Venue: Meeting Room 15, Warrington Borough Council Office 1 Time Square, Warrington, WA1 2NT
<a href="#">Better Health</a>	20 <sup>th</sup> September	13.00 – 15.00	Venue: Meeting Room 15, Warrington Borough Council Office 1 Time Square, Warrington, WA1 2NT
<a href="#">Make Every Contact Count (MECC) Raising the Issue of Better Health</a>	4 <sup>th</sup> October	13.00 – 15.00	Venue: Meeting Room 15, Warrington Borough Council Office 1 Time Square, Warrington, WA1 2NT

**More information on the Public Health training offer can be found at**

**[Welcome to the Public Health Training Hub | Warrington Training Hub](#)**