



Public Health Campaign Bulletin

Date: July 2022

Public Health Resource Centre

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Highlights of this issue:

Keep safe this summer!
For tips and information
see page 9.

Do you want to learn
more about 'better
health'? See page 10 to
book a place on public
health training courses.

*For further information, please
contact:*

*Public Health Resource Centre
resources@warrington.gov.uk*



WARRINGTON
Borough Council

This summer, 10 Minute Shake Up is back! Building on previous years' successes, Better Health are teaming up with Disney to help get kids active throughout the holidays. Using some of their favourite characters from Disney's Encanto and Frozen, Disney and Pixar's Lightyear and Marvel's The Avengers, kids will be inspired to be more active whilst having fun throughout the summer.

Resources:

Shake Up games pack:

This Disney, Pixar and Marvel inspired pack is filled with new and exciting 10 Minute Shake Up games for families to enjoy together at home. From Elsa's blizzard blitz to Izzy's super space race, each game is designed by experts to help pupils master skills such as teamwork or coordination, but most importantly have fun and keep active over the summer. Download the pack [here](#).



Sharing with families toolkit:

Inspire families to Shake Up over the summer holidays using this toolkit to spread the word to parents and carers. The toolkit includes adaptable copy and an image for your school newsletter or website, and a post for your school's social channels. Download the toolkit [here](#).

Shake Up certificate:

After they've enjoyed getting active with Mirabel, Elsa or Buzz Lightyear, print off and present this certificate to pupils, so they can take it home to their families and celebrate their achievements. Download the certificate [here](#).

Full range of new resources available here: [Shake Up toolkit | PHE School Zone](#)
View the Better Health Healthier Families 10 Minute Shake Up homepage here: [10 Minute Shake Up games – Healthier Families - NHS \(www.nhs.uk\)](#)



Eat well this summer



WARRINGTON
Borough Council



If you enjoy getting out of the house and eating outdoors then July is the month for you, as the whole of this month is National Picnic Month!

Top 3 reasons to Picnic this summer:

1. Breathe in the fresh air!

When you have a picnic, you'll be breathing in fresh air that will leave you feeling rejuvenated and ready for the week ahead of you.

2. Let go of stress

Something about the openness of the outdoors and the blue sky signals to our bodies to take a deep breath and relax. When you're cooped up inside all day, you tend to focus on the endless list of tasks you need to get done by the end of the day, rather than being grateful for each day.

3. Get some free vitamin D

Everyone needs vitamin D to build strong bones and teeth. If you rarely go outside, you run the risk of developing a vitamin D deficiency which could lead to bone diseases such as osteoporosis.

So when and where is your picnic going to be?

Resources and further information:

[BBQ and picnic recipes - Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Interactive: How to have a healthy picnic - Heart Matters | BHF](#)

[How to have a healthy barbecue - Heart Matters | BHF](#)

The warm weather is here and it's time to bring out the BBQ! With National BBQ Week coming up from **4th - 10th July**, there's no better time to get grilling.

Top tips for barbecuing:

- **Don't forget the veggies**—Grilled veggies are delicious at barbecue time and will add some extra flavour and colour to your meal. Slice some courgettes, aubergines, peppers, leeks etc and grill.
- **Reduce your meat intake**—Barbecues may bring to mind lots of meaty treats, but they are also a great opportunity to eat less and eat better. Rather than loading up on cheap sausages and burgers, why not liven your barbecue up with more vegetables and delicious sides? See recipe ideas in the resources box below.
- **In a public place**—If you are planning to have a barbecue in a public place, ensure that you are allowed to do so at the location you intend to use. Never leave the barbecue unattended and ensure barbecue coals have cooled down before disposal.



Talk to Us #WeListen

Every year in July, Samaritans branches in the UK and Republic of Ireland hold local events to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night.

Whether it's a virtual chitchat, or a picnic in the park, **Talk to Us** is one of the ways we raise awareness that we're here – for anyone who needs someone to listen, 24/7, without judgement or pressure. [Talk To Us Campaign](#) | [Samaritans Campaigns](#)



Get involved:

Samaritans are here to listen 24/7 for anyone that needs us. But we're also encouraging people to become better listeners. Why not get involved on social media on **Sunday 24 July 2022** and **pledge to become a better listener?**

Becoming a better listener can help you support loved ones who may be struggling to cope. It can also help improve your relationships with family, friends, and colleagues. You could help your loved ones open up about how they're feeling by making some small changes to the way you listen. Why not try pledging one of the following things:

- I pledge to listen without being distracted
- I pledge to listen without interrupting
- I pledge to check in with my loved ones more often and ask them how they really are

Or, you can make up your own pledges.

Click [here](#) to download the assets to get involved on social media this 24th July and pledge to become a better listener #WeListen



Contact us



116 123 free from any phone
0330 094 5717 local call charges apply



Bank Quay House
Sankey Street
Warrington Cheshire WA11NN

Information about the local branch in Warrington can be found here:
[Warrington, Halton and St Helens Samaritans](#)

For other mental health and wellbeing support, please visit **Happy?Ok?Sad?**
The comprehensive local website with links to mental health resources.



World Hepatitis Day 28 July

What is World Hepatitis Day?

World Hepatitis Day (WHD) takes place every year on **28 July** bringing the world together under a single theme to take action and raise awareness of the global burden of viral hepatitis and to influence real change. In 2022 the theme is 'Hepatitis Can't Wait'.

Hepatitis is the term used to describe inflammation of the liver. It's usually the result of a viral infection or liver damage caused by drinking alcohol. There are three main types:

Hepatitis A

Is usually caught by consuming food and drink contaminated with the faeces of an infected person and is common in countries where sanitation is poor. Hepatitis A usually passes within a few months, although it can occasionally be severe and even life threatening.

Hepatitis B

This is spread in the blood of an infected person. It's a common infection worldwide and is usually spread from pregnant women to their babies, or from child-to-child contact. In rare cases, it can be spread through unprotected sex and injecting drugs. Hepatitis B is uncommon in the UK.

Hepatitis C

This is the **most common type of viral hepatitis in the UK**. It's usually spread through blood-to-blood contact with an infected person. In the UK, its most commonly spread through sharing needles used to inject drugs.

Top five ways to prevent Hepatitis C:

1. **Don't share needles:**
As Hep C is shared through blood to blood contact
1. **Avoid contact with blood:**
If you work in a medical field, wear protective gear e.g. gloves
2. **Use your own grooming gear:**
If you have a friend/family member with Hep C, avoid using their toothbrush etc.
3. **Research your tattoo parlour:**
Before getting a piercing or tattoo, confirm the shop is clean and licensed and that clean needles are used each time
4. **Practice safe sex:**
While it is rare to transmit Hep C via intercourse, there's an increased risk if you currently have HIV or another sexually transmitted disease.
See Axxess sexual health service info below.

Resources and further information:

[World Hepatitis Day – 28 July](#)

[Get involved – World Hepatitis Day](#)

[Hepatitis - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Autoimmune Hepatitis - British Liver Trust](#)

In Warrington, you can get a free STI test through the Axxess Health clinic on Leigh Street. Axxess can test for all types of the Hepatitis virus via a walk-in service.

Click [here](#) to view their webpage with more information about STI testing and how Hepatitis is contracted.



IT
STARTS
WITH
ME

HIV PREVENTION ENGLAND

READY FOR A
HOT SUMMER?



WARRINGTON
Borough Council

The next phase of the **It Starts With Me** campaign will focus on raising awareness of HIV and sexually transmitted infections (STIs), alongside HIV and STI prevention strategies.

Summer campaign:

The It Starts with Me campaign will remind people of the importance of looking after all aspects of their sexual wellbeing with a positive, fresh and summer-themed creative. It will:

- Share advice on how people can protect themselves and their sexual partners from HIV and STIs, and support them to have good sexual health.
- Support outreach and health promotion activities at summer festivals and pride events.
- Promote our online condom quiz, which includes our free condom sample pack offer.

Campaign promotion will begin on **Monday 4 July 2022** across digital and social media, press coverage, and through influencer engagement. Target audiences include gay and bisexual men (GBM), heterosexuals of Black African ethnicity, and people from other communities affected by HIV.

GET INVOLVED WITH FREE RESOURCES:

- Order physical resources and merchandise, or download our campaign assets from the portal: hperesources.org.uk
- Download the campaign social media pack: hivpreventionengland.org.uk
- Share our social media assets and key campaign messages through your communications channels.
- Sign-post people to www.startswithme.org.uk

Please email hpe@tht.org.uk for more information or support.



axess

In Warrington, you can get a **free STI test** through the Axess Health clinic on Leigh Street.

Axess can test for all types of the Hepatitis virus via a walk-in service.

Click [here](#) to view their webpage with more information about STI testing and how Hepatitis is contracted.

Terrence
HIGGINS
TRUST

IT
STARTS
WITH
ME



Scarlett Fever

Warrington has recently seen an increase in Scarlet fever cases.

Scarlet fever is mainly a childhood disease, with around 90% of cases occurring in children under 10 years old. It is most common in children between the ages of 2 and 8 years, with 4 year olds most likely to develop the illness. Occasionally, outbreaks of scarlet fever occur in nurseries and schools.

People of all ages can also catch scarlet fever, but the disease is much less common in adults.

People can get scarlet fever more than once. Having scarlet fever does not protect someone from getting it again in the future.

While there is no vaccine to prevent scarlet fever, there are things people can do to protect themselves and others.

Good hygiene can help to reduce the spread of Scarlet Fever:

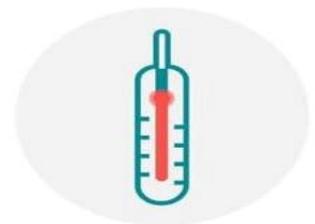
- Cover your mouth and nose with a tissue when you cough or sneeze
- Put your used tissue in bin
- Cough or sneeze into your upper sleeve or elbow, not your hands, if you don't have a tissue
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand rub if soap and water are not available.



Signs and symptoms



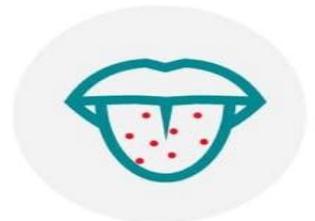
A very red, painful throat



A temperature of 101F, or above with or without chills



Bright red skin on the cheeks, underarms and where skin creases and folds that may resemble a severe sunburn



A swollen, red and bumpy tongue that resembles a strawberry



A whitish coating on the tongue



Swollen glands



Resources and further information:

[Scarlet fever - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Scarlet fever: symptoms, diagnosis and treatment - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[Scarlet Fever: All You Need to Know | CDC](https://www.cdc.gov/scarletfever/)

Child Accident Prevention



Garden Safety:

From poisonous plants to weed killer, trampolines to barbecues, there are a number of potential hazards in the garden that parents should be aware of in order to make them safer places for children to play in during these months of confinement (and beyond).



Trampolines <ul style="list-style-type: none">• Only one person on at any time.• The majority of accidents happen when two or more people are on a trampoline and generally it is the lighter person (such as the child) who is injured as a result.• Adults who are under the influence of alcohol should not on in any circumstances join their children on a trampoline.	Gardening equipment <ul style="list-style-type: none">• Lock garden tools away in a shed or other secure area, and never leave electrical equipment plugged in when not in use.• Keep chemicals such as weed killer and fertiliser out of reach of young children.• You may have antifreeze and screen wash lurking in the garden shed. Both are highly poisonous and it's important that they're kept well out of children's reach at all times.
BBQs <ul style="list-style-type: none">• If you do decide to cook outside just remember, a barbecue can stay hot enough to cause a serious contact burn for a long time after they've been used .• All barbecues produce carbon monoxide deadly poisonous in an enclosed space. Never take a lit or smouldering one inside a house, tent, caravan, or boat.	Drowning <ul style="list-style-type: none">• Babies and toddlers can drown in as little as 5cm (2") of water, so supervision around ponds and paddling pools is essential.• Empty paddling pools when young children have finished playing in them.• Think about your neighbours' gardens too – young children can wander off into them and drown in garden ponds, even if you don't think they have access.

Information above take from [Garden safety | Child Accident Prevention Trust \(capt.org.uk\)](#)



Useful links:

- [Potentially Harmful Garden Plants](#) - list of poisonous plants by The Royal Horticultural Society.
- [Preventing accidents in the home](#) - with people staying at home and our hospitals under enormous pressure, it's more important than ever to prevent injuries from happening.
- The CAPT have a dedicated guide to making gardens safe and preventing drowning, which can be found [here](#).



Whilst the fine weather can put a smile on your face and get you active and outside, the sun can be dangerous if you are exposed to it for long periods of time. This guide will help you and your family stay safe in the sun, and protect your health from the damaging effects of prolonged sun exposure.

1. WEAR SUNSCREEN



Do not rely on sunscreen alone to protect yourself from the sun.

Wear suitable clothing including a hat and spend time in the shade.

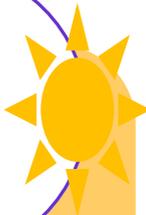
Always buy sunscreen with a sun protection factor (SPF) of at least 30 to protect against UVB, and at least a 4-star UVA protection. Make sure the sunscreen is not past its expiry date.

Visit [Sunscreen and sun safety - NHS \(www.nhs.uk\)](https://www.nhs.uk) for more information on sunscreen requirements.

If you or your child has sunburn, get out of the sun immediately and visit [Sunburn - NHS \(www.nhs.uk\)](https://www.nhs.uk) for advice.

2.

CHECK FOR SIGNS OF HEAT EXHAUSTION

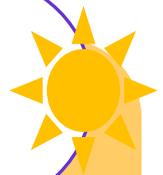


The signs of heat exhaustion include:

- A headache
- Dizziness and confusion
- Loss of appetite and feeling sick
- Excessive sweating and pale, clammy skin
- Cramps in the arms, legs and stomach
- Fast breathing or pulse
- A high temperature of 38C or above
- Being very thirsty

If you or someone else displays these symptoms follow the NHS guidance on cooling down: [Heat exhaustion and heatstroke - NHS \(www.nhs.uk\)](https://www.nhs.uk)

3. DRINK PLENTY OF WATER



- Drink 6 to 8 cups of fluid a day (2 litres in total). Water, tea, coffee, soup...They all count!
- Staying hydrated in warm weather is important to maintain body temperature and remain cool
- To help stay hydrated, avoid drinking alcohol, especially in extreme heat. If you do drink alcohol, alternate each drink with a soft drink
- Take water with you if you are not at home, and make sure elderly neighbours and relatives, as well as children, have plenty of water to drink.

Hydration resources and further information:

[Water, drinks and your health - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Dehydration - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Sun Safety in Schools: The [National Schools Partnership](https://www.national-schools-partnership.org) have free educational resources for teachers and parents including lesson guides, activity packs and family activity ideas at [Wrap Splat Hat 2021 - National Schools Partnership](https://www.wrap-splat-hat.org)



Public Health Training

We offer a range of training, throughout the year, to frontline workers and volunteers, from not-for profit organisations, who work within Warrington to support Warrington’s residents.

We have places available on the following upcoming training sessions:

Training Links	Dates & Trainers	Venue
<u>Make Every Contact Count (MECC) – Raising the Issue of Better Health</u>	<p>Tuesday 12th July 2022</p> <p>2.00pm – 4.00pm</p> <p>Delivered by Warrington Public Health</p>	<p>In Person, face to face</p> <p>Meeting Room 15, Warrington Borough Council Office, 1 Time Square, Warrington, WA1 2NT</p>
<u>Better Health</u>	<p>Tuesday 20th September 2022</p> <p>1.00pm – 3.00pm</p> <p>Delivered by Warrington Public Health</p>	<p>In Person, face to face</p> <p>Meeting Room 15, Warrington Borough Council Office, 1 Time Square, Warrington, WA1 2NT</p>
<u>Make Every Contact Count (MECC) – Raising the Issue of Better Health</u>	<p>Tuesday 4th October 2022</p> <p>1.00pm – 3.00pm</p> <p>Delivered by Warrington Public Health</p>	<p>In Person, face to face</p> <p>Meeting Room 15, Warrington Borough Council Office, 1 Time Square, Warrington, WA1 2NT</p>

How to book a place on our training courses:

You can book on to the training through the Public Health Team’s online booking system via the [Public Health Training Hub](#). If you’re not yet registered on the Warrington Training Hub, then you’ll need to register before you can book on.

For all Public Health training enquiries please email - publichealthtraining@warrington.gov.uk

Thank you for reading!

Public Health Resource Centre

resources@warrington.gov.uk