Wellness Communications Pack

for WCC Community Engagement Partners

2 June 2023

# Overview

* We have shared some assets previously. Anything which is new or updated for this edition is highlighted.
* Please use and adapt the contents of this pack across your communication channels.
* To provide any feedback or suggestions for future packs, or to share with us how you have used the content below, please email the WCC News Team on [newsteam@warwickshire.gov.uk](mailto:newsteam@warwickshire.gov.uk).

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| **Download assets (expires 30/06/2023):** [**https://we.tl/t-inRCVilrYh**](https://we.tl/t-inRCVilrYh)  If this content is expired when you try to download, contact [newsteam@warwickshire.gov.uk](mailto:newsteam@warwickshire.gov.uk) for a new version |

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# News

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| Perinatal Mental Health walk | Come along to Ryton Pools Country Park for a 5km walk raising awareness of perinatal mental illness.  Perinatal mental illness affects 1 in 5 mums and 1 in 10 dads. Suicide is the leading cause of death of mums in the first year following the birth of a child.  The awareness walk begins at 1pm. There's also a family fun day running from 11am - 4pm with plenty of free activities for all ages! | N1 |

# Upcoming focus – healthy lifestyles

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| Healthy habits | If you’re feeling overwhelmed take 5 minutes to breathe and focus on your needs.  Moving and staying active can be great to clear your head and help to improve your wellbeing. A 10 min brisk walk or yoga session can make you feel better. | J1 |
| Adult mental health | If you are struggling with your mental health, there is support available for you. Visit https://www.wellbeingforwarwickshire.org.uk/ or call 0800 616171 for free, safe and anonymous mental wellbeing counselling and support. | J2 |
| Free school meals | Do you know that all children in Reception, Year 1, and Year 2 are eligible for free school meals? Apply now to ensure that your child receives a healthy and nutritious meal during the school day. <https://www.warwickshire.gov.uk/education-learning/apply-free-school-meals> | J3 |
| Older people – independence | Have you visited the Healthy Ageing microsite yet? Promoting the positives of leading a healthier and happier life for the over 50s plus, Healthy Ageing is a companion tool. It can be used as a standalone information point for advice about food and drink and ways to keep active, or used interactively to follow gentle core strengthening exercises for those who feel unsteady on their feet.  Visit <https://www.warwickshire.gov.uk/healthyageing> | J4 |

# Recent focus - caring together

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| Support for parents of children with SEND | Parents and carers of young people aged 0-25 with special educational needs and disabilities may be entitled to additional support.  Many parents who provide support to a child or young person who would be unable to manage without their help don’t see themselves as a carer. They do what they do because that’s what anyone would do in the same situation.  Read more: <https://www.warwickshire.gov.uk/news/article/4167/could-you-be-missing-out-on-vital-support-as-a-parent-carer-> | M1 |
| Supported Lodging hosts | Hosts are needed to support unaccompanied asylum-seeing young people moving into Warwickshire and the county council, in partnership with Barnardo’s, is looking for people with a spare room and a caring nature to come forward.  Read more: <https://www.warwickshire.gov.uk/news/article/4180/become-a-supported-lodging-host-for-unaccompanied-asylum-seeking-young-people> | M2 |
| Support for carers | If you are an adult or young person who cares for someone who couldn’t cope without you, there is health and wellbeing support for you.  For more information, visit <https://www.caringtogetherwarwickshire.org.uk> | M3 |
| Fostering | Warwickshire County Council foster carers help Warwickshire’s children in care.    Foster carers can prevent young people from staying in residential care or being cared for in a setting outside of the county meaning they can stay close to their family and friends.    If you want to find out more or have a chat, visit our website at <https://www.warwickshire.gov.uk/fostering> or call us on 0800 408 1556 | M4 |

# Key health and wellbeing messages

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| Measles | Two doses of the MMR vaccine offer protection for life against measles, mumps and #rubella.  Are you and your loved ones protected? If you’re not sure, contact your GP about getting catch up jabs. More info: <https://www.nhs.uk/MMR> | H1 |
| Tick awareness | It's important to #BeTickAware while enjoying the outdoors.  Get more info on ticks and Lyme Disease: <https://ukhsa.blog.gov.uk/2022/04/13/what-is-lyme-disease-and-why-do-we-need-to-be-tick-aware/> | H2 |
| Young people’s mental health | If you’re under 18 and struggling with exam stress, anxiety or another aspect of your mental health, reach out to Rise at <https://cwrise.com/> | H3 |
| Warm weather ready | As the weather gets warmer it’s important to stay cool in the heat.  If going out in the hot weather, walk in the shade, apply sunscreen, wear a hat and light, loose cotton clothes.  #BeatTheHeat. | H4 |
| Farm visits | Dr Rachael Hornigold, Consultant in Health Protection, provides a helping hand on what to do with your hands after a visit to the farm this summer! 🧼 | H5 |
| Sexual health | Regular testing for STIs and HIV is essential to maintain good sexual health.  Everyone should get an STI screen including an HIV test at least once a year if having condomless sex with new or casual partners – even if they don’t have any symptoms.  Those at risk of STIs and HIV can access testing through our sexual health services: https://www.sexualhealthwarwickshire.nhs.uk/ | H6 |
| Covid-19 first and second vaccinations | We’re encouraging anyone who hasn’t had a first or second dose of the Covid vaccine to come forward for them.  Book now to make sure you get both jabs before the offer ends for many people on 30 June.  More: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/how-to-get-a-coronavirus-vaccine/how-to-get-a-1st-and-2nd-dose/> | H7 |
| COVID-19 spring booster | If you’re eligible, you will be offered a COVID-19 booster this spring around 6 months after your last vaccine.  More info: <https://www.gov.uk/government/news/most-vulnerable-to-be-offered-spring-covid-19-booster> | H8 |
| Loneliness | Loneliness and social isolation affects around nine million people in the UK and contributes to a range of physical and mental health conditions. Walking, finding ways to communicate with others, befriending services and keeping a healthy daily routine can help.  For support, visit [www.warwickshire.gov.uk/loneliness](http://www.warwickshire.gov.uk/loneliness) | H9 |
| Dear Life | If you, or someone you know, is having thoughts of suicide or significant self-harm, help and support is available now. Visit [www.dearlife.org.uk](http://www.dearlife.org.uk) where you will find details for crisis support.  If there is immediate risk to life, call 999. | H10 |

# Cost of Living

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| Housing support consultation | The public consultation for the redesign of Housing Related Support Services is now live. Your input is crucial in shaping services that promote independence, well-being, and prevent homelessness.  Share your thoughts, ideas, and experiences to help us build a stronger, more supportive community.  Complete the online survey: <http://www.warwickshire.gov.uk/ask> | L1 |
| Cost of living tips video | Concerned about how to keep your home energy costs down? Here are six tips to reduce your energy usage and your bills at the same time.  For more advice and support: <https://www.costoflivingwarwickshire.co.uk/> | L1 |
| I need support now | If you are feeling overwhelmed by the rising costs of living and need advice on what you can do now to get the support you need, visit the “I need support now” page on the Warwickshire Cost of Living website.  You’ll find advice on how to pay for your food, energy and water, how to get money advice, how to manage aspects of family life, how to access emergency food and what to do if your mental health has been affected.  Find help here: <https://www.costoflivingwarwickshire.co.uk/home/i-need-urgent-help> | L2 |
| FIS | Warwickshire’s Family Information Service (FIS) provides information, advice and one-to-one support on issues including family relationships, finance, housing, parenting support and more.  Learn more at <https://www.warwickshire.gov.uk/directory-record/40/family-information-service> | L3 |

# COVID-19 update

To continue to support our residents to reduce their risk of catching and spreading COVID-19 and flu we ask you to share messages encouraging people to:

* Get vaccinated
* Wear a face covering in indoor public places
* If you feel unwell, stay at home and avoid contact with others
* Let fresh air in if you are meeting indoors

For further information, visit [www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19](http://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19)

The [list of vaccination clinics](https://www.happyhealthylives.uk/staying-happy-and-healthy/covid-19-vaccination/vaccination-drop-in-clinics/), including walk-in clinics, is updated regularly and can be found on the Happy Healthy Lives website.

## Arranging COVID-19 vaccination transport

Transport to COVID-19 vaccination appointments has been arranged with the volunteer transport providers that cover Warwickshire, they are working to a standard operating process for this work. Currently this transport is being provided free of charge and can be requested if residents have no other safe way of accessing vaccination sites.

This service is based on volunteer availability and limited funding arrangements.

Booking process:

* Residents in Rugby, Warwick and Stratford areas contact: VASA 01789 262889 and press option 1, Monday to Friday, 9am to 4pm or email [transport@vasa.org.uk](mailto:transport@vasa.org.uk)
* Residents in Nuneaton and Bedworth contact Volunteer Friends (Medicar): Use 024 7664 0088 – Monday to Friday between 9 30am and 12 30pm. Or email: [info@volunteerfriends.org.uk](mailto:info@volunteerfriends.org.uk)
* Residents in North Warwickshire contact Beeline: 01827 717074 - Monday to Friday 9am to 1pm

These agencies also provide journeys to medical appointments if they have available drivers. There is a charge for this service.

# Energy Bills Support Scheme

Residents using prepayment meters are encouraged to claim their £400 Energy Bills Support Scheme voucher to help with paying energy costs this winter. Posters (in English + 5 languages) and digital assets to promote this [are available here](https://beis.frontify.com/d/XnaTkXURf8Ck/government-support-for-household-energy-bills#/prepayment-meters/poster).

For those who do not receive the discount automatically, you will need to apply for energy bill support. You may be eligible to apply if your main home is:

* a residential park home
* on a boat on a permanent residential mooring
* on a permanent Gypsy and Traveller site
* part of a heat network without an electricity meter
* in social or private rented accommodation which has a business energy connection or a communal electricity supply
* off the mains electricity or gas grid
* in a care home or assisted living facility and you pay for some or all of your care
* in a separate domestic home within a non-domestic property (such as a farmhouse or a flat above a shop)

If you are eligible, find out how to apply here: <https://www.gov.uk/apply-energy-bill-support-if-not-automatic>

# Appendix

Main links to share: [Wellness – Warwickshire County Council](https://www.warwickshire.gov.uk/wellness) and [Cost of Living website](https://www.costoflivingwarwickshire.co.uk/)

## Further resources

* [Warwickshire health and wellbeing services](https://www.warwickshire.gov.uk/coronavirushealth)
* [Warwickshire County Council latest news](http://www.warwickshire.gov.uk/news)
* [Public Health Resource Centre](https://campaignresources.dhsc.gov.uk/)

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