

Public Health News

January 2019



Public Health monthly challenge – Dry January

After the excitement and excess of Christmas why not give your body a break and kick start a healthy new year? We challenge you to join Dry January!

Dry January is your chance to ditch the booze for one month to feel healthier, save money and re-set your relationship with alcohol. According to Alcohol Change, 88% of people who take part save money, 71% slept better, 67% had more energy and 58% lost weight.

You can sign up for Dry January at dryjanuary.org.uk or by downloading the **Dry January app** via the App Store or Google Play. You're more likely to stick with it and feel the benefits if you [sign up](#) so take the challenge and get your family, friends or colleagues to join in! You will get access to support, tips and tricks, prize draws, and the app, with features including a unit calculator, calorie counter and money-saved tracker.

Officially, it starts on Tuesday, 1st January 2019, which is when most people ditch the booze, but if you decide to start later then that works great too. Sign up as soon as possible, even if you're delaying the start, that way you won't miss out on the support and it will be all ready for when you need it!

So go on, take time out and say no to the tipple for a month. [SIGN UP TODAY](#)



New Year, New You?

Lot of us, including colleagues, staff, clients and patients we work with will join the seven million people making a New Year's Resolution to improve an aspect of their health and wellbeing.

Keeping a New Year's Resolution can be tough and [NHS choices](#) offers practical advice on how to stick to them, including; only making one resolution, keeping it specific and keeping motivated by making a checklist of how achieving your resolution will help you.

Our colleagues in Virgin Care are on hand to offer lifestyle services to help people stop smoking, get active, lose weight or introduce family eating habits. They also run services to help people find employment and volunteer opportunities as well providing access to a huge range of wellbeing courses. Referrals and self-referrals can be made through 0300 247 0203 or email BATHNES.thehub@virgincare.co.uk



Transforming maternity services

A proposal to transform maternity services across Bath and North East Somerset, Swindon and Wiltshire has been launched to the general public.

Options included in the proposal include:

- To continue to support births in two, rather than four, community freestanding midwifery units (FMUs) across BANES, Wiltshire and Swindon. Women will still be able to have their baby in Chippenham FMU and Frome FMU.
- To create two new Alongside Midwifery Units - an option for low-risk mums in a more relaxed, less medical setting with easy access to the obstetric unit, if required - one at the RUH and one at Salisbury District Hospital.

Please have your say on this proposal and find out more by visiting www.transformingmaternity.org.uk.



World AIDS Day event success!

The Riverside Clinic held a dedicated walk-in session for World AIDS Day 2018 on Saturday 1st December. The clinic focussed on providing HIV testing for patients aged over 18 with no appointment required. It was lovely to see staff rocking the ribbon and dressed in red, raising awareness and educating patients on HIV and AIDS. The team are already planning similar events for next year with a special Valentine's Day event coming in February. Thank you to all those who contributed and watch this space for the next event!





FREE Making Every Contact Count (MECC) training – Places are still available on January, February and March 2019 courses

This course is about supporting people to make the most of every opportunity they have to start up a conversation about health with the people they meet through their work and broader lives. Telling people to change unhealthy behaviour is unlikely to be successful; instead MECC provides the skills to work in a different way, encouraging brief interventions that can lead to longer term change. MECC training is delivered over two half day sessions. For further details and to apply:-

- 22nd January and 29th January 2019, 9.15 (registration), 9.30 – 13.00 Southdown Methodist Church, 206 The Hollow, Bath, BA2 1NG <https://mecc-training-22nd-29th-january-19.eventbrite.co.uk>
- 7th February and 14th February 2019, 9.45 (registration), 10.00 – 13.30 Aix En Provence Room, Guildhall, High Street, Bath, BA1 5AW <https://mecc-training-7th-14th-february-19.eventbrite.co.uk>
- 12th and 19th March 2019, 9.15 (registration) – 13.00 Southdown Methodist Church, 206 The Hollow, Bath, BA2 1NG <https://www.eventbrite.co.uk/e/make-every-contact-count-mecc-12th-19th-march-2019-tickets-50169566524>
- 14th and 21st March 2019, 9.45 (registration), 10.00 – 13.30 Aix En Provence Room, Guildhall, High Street, Bath, BA1 5AW <https://www.eventbrite.co.uk/e/make-every-contact-count-mecc-14th-21st-march-2019-930-am-to-1300-pm-tickets-49649882134>



Free Mental Health training: **Connect 5 Places still available**

Connect 5 training is available to anyone working in B&NES but will be of particular value to anyone who wants to be able to talk with others about their mental wellbeing. It is a modular course with up to 3 sessions available. How many sessions you cover will depend on your role? Places are available as follows:

- **Session 1 - introduction**

9 th January 2019	13.00 – 16.30	Community Space Keynsham
6 th February 2019	9.30 - 13.30	The Aix en Provence Room Guildhall Bath
- **Session 2 – Understanding stress and distress and skills to support others**

18 th January 2019	9.30 – 16.30	Curo, Lower Bristol Road, Bath
19 th February 2019	9.30 – 16.30	Community Space Keynsham
- **Session 3 - Further developing skills to support others over time**

17 th January 2019	9.30 – 16.30	The Aix en Provence Room Guildhall Bath
8 th February 2019	9.30 – 16.30	The Kaposvar Room, Guildhall Bath

The course is accredited by the Royal Society of Public Health and courses are delivered by a range of locally accredited trainers. For further information and links to apply click [here](#)



Autism (ASD) Consultation – January 2019 Focus Groups

As part of Bath and North East Somerset Council's consultation on ASD, we are holding a number of focus groups in **January 2019** for parent-carers and stakeholders (Health services/therapies, support services etc.) to gather views.

Focus groups are for those **parent-carers** whose child/young person has a formal diagnosis of Autism and is resident in B&NES will be held on the following dates:-

Thursday 10th January 2019 10:00am -12:00pm at British Royal Legion, Keynsham

Thursday 10th January 2019 5:00pm – 7:00pm at Somerdale Pavilion, Keynsham

Friday 11th January 2019, 10:00am – 12:00m at Town Hall, Midsomer Norton

The focus group we are holding for **stakeholders** will be on:

Thursday 17th January 10:00am – 12:00pm (Somerdale Pavilion, Keynsham)

Booking is essential. If you would like to attend either focus groups, please email rebecca.claridge@bathnes.gov.uk or phone 01225 477980 to book your place.

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