



This month we challenge you to do a daily Active 10!

Spring is on its way and this month we will see an abundance of runners take part in the Bath Half Marathon which will inspire many of us to dig out our trainers!

A brisk 10 minute walk every day is a great excuse to get outside and improve your health. Each 10 minute burst of exercise is known as an "Active 10". Brisk walking is simply walking quicker than usual at a pace that gets your heart pumping. Start with a 10 minute brisk walk a day and then see if you can gradually build up to more. You could walk part of your journey home, pop to the shops on foot, or just get some fresh air on your lunch break, or during the working day with a colleague. There is something for everyone's level.

Download the Active 10 app via [App Store](#) or [Google Play](#) or if you feel like taking it further the [couch to 5k](#) training programme is a great start into running



The SUGAR SMART Team will be at the 'Runners Village' at the REC on Sunday 17th March during the Bath Half Marathon. Please pop along to find out more about the campaign, take part in a SUGAR SMART drinks challenge and have a chance to speak to one of campaign members for tips on how to reduce your sugar intake. Organisations and settings that have taken part in the campaign have been reviewing their food and drink offer, promoting lower sugar alternatives, creating displays and running quizzes, among much more! It is not too late to join the campaign, and so please do get in touch if your organisation or setting would like to take part: Sugarsmart@bathnes.gov.uk



Start4Life Weaning Hub

Public Health England (PHE) has launched its first ever Start4Life campaign offering parents support and advice on introducing solid foods to their baby, during what can be a confusing time. A brand-new [weaning hub](#) has been launched on the Start4Life website to help parents during their weaning journey. Packed with NHS-approved advice and tips for each weaning stage, plus simple, healthy weaning recipes, it puts everything parents need to know in one place.

B&NES Council's Public Health Team

The Public Health Team have recently reorganised to accommodate some new functions as part of the integration agenda. This includes early help and drug and alcohol commissioning. Please see [new structure chart](#) which shows current staff and areas of responsibility.



Cervical cancer screening campaign - March 2019

Public Health England & NHS England have launched a new cervical cancer screening campaign. All women who are registered with a GP are invited for cervical screening every 3 years (if aged 25 to 49) or every 5 years (if aged 50 to 64).

The campaign will:

- Highlight the risks of cervical cancer
- Highlight the preventative benefits of the often misunderstood screening test
- Encourage women of all ages to respond to their screening invitation
- Encourage women to consider booking an appointment if they have missed previous invitations
- Aim to tackle barriers to screening highlighted by research, issues such as fear and embarrassment.

Please help us promote the key messages - there are a number of resources on the Campaign Resource Centre to help support the campaign including toolkits – <https://campaignresources.phe.gov.uk/resources/campaigns/85-cervical-screening-campaign/resources>



Stakeholder Event – Adult Substance Misuse Treatment Needs Assessment

There is a stakeholder event on Thursday, 21st March between 13:30 – 15:30 at The Council Chamber, Guildhall, Bath that will be presenting emerging findings from the adult substance misuse treatment needs assessment. The recommendations from this needs assessment will inform the commissioning of our substance misuse treatment services later this year. For further details please contact Paul Scott [Paul_Scott_bathnes.gov.uk] or Joe Prince [Joseph_prince@bathnes.gov.uk].



Developing Health & Independence (DHI)

In the latest Vision Project article, Emma Kernahan imagines a social security system that values people, but this goes much further than just money... www.dhi-online.org.uk/about-us/news/a-good-social-security-system



We want to know what young people think can be done to end social exclusion.

<https://www.dhi-online.org.uk/about-us/news/event-just-say-it>.

Should you no longer wish to receive this newsletter from us, please [click here](#)

Keeping you up to date about data protection and privacy: <http://www.bathnes.gov.uk/services/your-council-and-democracy/data-protection-and-freedom-information/council-privacy-notice>