

Wellness Communications Pack for WCC Community Engagement Partners

28 April 2023

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News

<p>Focus on wellbeing in stress awareness month</p>	<p>April is stress awareness month and Warwickshire County Council is reminding people of the support available to help residents recognise and manage stress through improving their general wellbeing.</p> <p>Read more: https://www.warwickshire.gov.uk/news/article/4076/focus-on-wellbeing-in-stress-awareness-month</p>	<p>N1</p> 
<p>Take time to talk</p>	<p>Taking care of our mental health is important to live happier lives. We all know that a cuppa and a chat with a friend or neighbour can help to boost feelings of wellbeing and talking about the things that worry us can bring clarity and a resolution to the issue.</p> <p>Read more: https://www.warwickshire.gov.uk/news/article/4068/take-time-to-talk</p>	<p>N2</p> 

Current focus - spring clean



<p>Spring into action to improve your health</p>	<p>Spring has officially sprung. A season of milder temperatures, brighter days and new starts. This can also be a chance to spruce things up at home by the freeing process of clearing out unwanted items and making everything tidy and fresh again.</p> <p>Warwickshire County Council is sharing tips to help people consider some healthier habits.</p> <p>Read more: https://www.warwickshire.gov.uk/news/article/4072/spring-into-action-to-improve-your-health</p>	<p>T1</p> 
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<p>Put a spring in your child's step</p>	<p>Warwickshire County Council continues its series of spring health messages with some advice for families around creating healthy habits with children.</p> <p>Read more: https://www.warwickshire.gov.uk/news/article/4089/put-a-spring-in-your-child-s-step</p>	<p>T2</p> 
<p>Refresh your habits at home for spring</p>	<p>Warwickshire County Council has published a series of useful tips for households so that they know how to make changes to reduce household expenses and cut carbon emissions.</p> <p>Read more: https://www.warwickshire.gov.uk/news/article/4105/refresh-your-habits-at-home-for-spring</p>	<p>T3</p> 
<p>Attend check-ups to check in on your health</p>	<p>Warwickshire County Council is urging its residents to use spring as an opportunity to think about new habits and inspire people to make some positive changes, such as attending vaccination appointments and regular check-ups.</p> <p>Read more: https://www.warwickshire.gov.uk/news/article/4123/attend-check-ups-to-check-in-on-your-health</p>	<p>T4</p> 

<p>Mpox</p>	<p>If you're eligible for the monkey pox vaccine, it's not too late to get your first and second dose.</p> <p>Find out more here https://www.nhs.uk/conditions/mpox/find-a-mpox-vaccination-site/</p>	<p>T5</p>  <p>The poster features the NHS logo and the text: 'Mpox vaccination', 'If you're eligible there's still time to take up the offer', and a 'Find out more' button with a right-pointing arrow.</p>
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Upcoming focus – Caring together




More resources on this theme will be shared in the next pack

<p>Support for carers</p>	<p>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.</p> <p>For more information, visit www.caringtogetherwarwickshire.org.uk</p>	<p>U1</p>  <p>A photograph showing three people of different ages and ethnicities embracing each other warmly outdoors.</p>
<p>Fostering</p>	<p>Warwickshire County Council foster carers help Warwickshire's children in care.</p> <p>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.</p> <p>If you want to find out more or have a chat, visit our website at warwickshire.gov.uk/fostering or call us on 0800 408 1556</p>	<p>U2</p>  <p>The poster includes the 'Foster for Warwickshire' logo and a quote: 'It's a good feeling to know that our care and support makes children feel happy and safe.' The background shows a woman smiling at a child.</p>






Key health and wellbeing messages


<p>NEW: Covid-19 first and second vaccinations</p>	<p>We're encouraging anyone who hasn't had a first or second dose of the Covid vaccine to come forward for them.</p> <p>Book now to make sure you get both jabs before the offer ends for many people on 30 June.</p> <p>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/</p>	<p>H1</p> 
<p>Accessing dentist services over the bank holidays</p>	<p>Need urgent dental treatment?</p> <p>If you think you need urgent treatment over a bank holiday, contact your usual dentist. If you can't or don't have one use NHS 111 online.</p>	<p>H2</p> 
<p>Accessing GP services over the bank holidays</p>	<p>Need urgent treatment?</p> <p>If you have a health concern over a bank holiday, please contact your general practice team as normal when open. When closed, visit NHS 111 online or call for any urgent health concerns.</p>	<p>H3</p> 
<p>COVID-19 spring booster</p>	<p>If you're eligible, you will be offered a COVID-19 booster this spring around 6 months after your last vaccine.</p> <p>More info: https://www.gov.uk/government/news/most-vulnerable-to-be-offered-spring-covid-19-booster</p>	<p>H4</p> 

<p>Norovirus</p>	<p>🛑 Stop norovirus from spreading</p> <p>Make sure to wash your hands:</p> <ul style="list-style-type: none"> 🚽 After going to the toilet 🍳 Before you start preparing or cooking food <p>More info → https://www.nhs.uk/conditions/norovirus/#StopNorovirus</p>	<p>H5a-b</p> 
<p>Loneliness</p>	<p>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.</p> <p>For support, visit www.warwickshire.gov.uk/loneliness</p>	<p>H6</p> 
<p>Dear Life</p>	<p>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 where you will find details for crisis support.</p> <p>If there is immediate risk to life, call 999.</p>	<p>H7</p> 



Cost of Living

<p>NEW: Cost of Living Payment</p>	<p>Eligible families receiving certain benefits will receive their first Cost of Living Payment for 2023 between 25 April and 17 May.</p> <p>Eligible families receiving tax credits will receive their first Cost of Living Payment for 2023 between 2-9 May.</p> <p>You don't need to apply – if you are eligible, you will be paid automatically the same way you usually receive your benefit or tax credits.</p> <p>For more info: https://www.gov.uk/guidance/cost-of-living-payment</p>	<p>L1</p> 
<p>Cost of living tips video</p>	<p>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.</p> <p>For more advice and support: https://www.costoflivingwarwickshire.co.uk/</p>	<p>L2</p> 
<p>I need support now</p>	<p>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.</p> <p>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.</p> <p>Find help here: https://www.costoflivingwarwickshire.co.uk/home/i-need-urgent-help</p>	<p>L3</p> 

FIS	<p>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.</p> <p>Learn more at https://www.warwickshire.gov.uk/directory-record/40/family-information-service</p>	<p>L4</p> 
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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

Latest vaccination clinics

The list of clinics, including walk-in clinics, is updated regularly and can be found on the Happy, Healthy Lives website. [Walk-in](#) and [bookable sites](#).

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
- 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
- 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](#).

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](#) and [Cost of Living website](#)

Further resources

- [Warwickshire health and wellbeing services](#)
- [Warwickshire County Council latest news](#)
- [Public Health Resource Centre](#)

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