# Key Campaigns Autumn / Winter 23

County Durham Health & Wellbeing Board

REPAIL.

**Better for everyone** 

### **HWB Strategy – priority areas**

### **October to December 23**

- Breastfeeding messages
- Healthy Start
- Healthy Steps programme
- Fun and Food



#### We can help your family stay healthy

Apply for your prepaid Healthy Start card now at: www.healthystart.nhs.uk





### **HWB Strategy – Priority Areas**

#### **October – December 23**

- Stoptober
- Winter vaccinations
- World Mental Health Day
- Domestic Abuse
- Alcohol Causes Cancer
- Warm, Well & Well Hydrated
- Hand Washing





HELP





## **Coming Up – Winter/Spring Campaigns**

## January - March 24:

Mental Health – Time to Talk day

Tobacco – No Smoking Day and a Fresh campaign

Alcohol - Dry January and alcohol causes cancer campaign

Sexual Health – new campaign

Medication returns – new campaign



