Key Campaigns Spring/Summer 2024

County Durham Health & Wellbeing Board



Better for everyone

HWB Strategy – priority areas

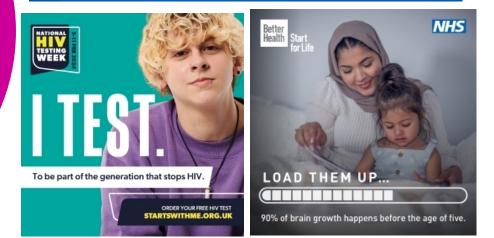
January to March 24

- Healthy Start
- Vaccines
- Warm, well and well hydrated
- Think Pharmacy campaign
- Sexual health

Healthy Start WHS

We can help your family stay healthy

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



HWB Strategy – Priority Areas

<u>January – March 24</u>

- Mental Health Time to Talk
 Day
- Tobacco
- Alcohol causes cancer
- Medication returns



O SOMEONE YOU TRUST

ARE YOU WORRIED ABOUT SOMETHING? Talking to someone might help



Diagnosed with



NHS

"I don't think I'd be here if I still smoked. Don't wait unti it's too late."

France the snarrowed you stop, a bottor life starts. At Fred-Quit calule there are many many to help you quit sensing for good.

Put smoking behind you. Make a fresh guit at FreshQuit.co.ul

LIKE TOBACCO, ALCOHOL IS TOXIC.



Alcohol is linked to more than 200 medical conditions including 7 types of cancer, liver disease, heart disease and stroke.

If you need help with alcohol misuse in County Durham call 03000 266666 or visit CoDurhamDrugAlcoholRecovery.co.uk



Coming Up – Spring/Summer Campaigns

April - June 24:

- Covid spring booster
- Fluoridation
- Tobacco smoking survivors
- Mental Health Awareness Week
- Start for Life 'If they could tell you'
- The Big Latch on

