

Key Campaigns Spring/Summer 2024



Better for everyone

HWB Strategy – priority areas

January to March 24

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



HWB Strategy – Priority Areas

January – March 24

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



NOW YOU'RE TALKING...

TO SOMEONE YOU TRUST
ARE YOU WORRIED ABOUT SOMETHING?
Talking to someone might help



NHS

“I don't think I'd be here if I still smoked. Don't wait until it's too late.”

Cathy from Durham
Diagnosed with lung cancer at 49.

From the moment you stop, a better life starts.
At FreshQuit.co.uk there are many ways to help you quit smoking for good.

Put smoking behind you.
Make a fresh quit at FreshQuit.co.uk



**LIKE TOBACCO,
ALCOHOL
IS TOXIC.**



Deep down it's doing you damage.

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



BALANCE
Reducing alcohol harm



DRY JANUARY®

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

