

Get ready for Stoptober 2023

Stoptober is back this October with a new national campaign designed to encourage and support smokers to quit for good. While smoking rates have declined in recent years, over 5 million people in England still smoke and it remains the single biggest cause of preventable illness and death. Since its inception in 2012, Stoptober has successfully helped 2.5 million smokers to make a quit attempt and has become a well-recognised annual event in the public health calendar.

The theme for this year's campaign is 'When you stop smoking, good things start to happen'; reminding smokers of the many benefits of quitting and providing useful tips to help them on their quitting journey. The campaign will encourage smokers to search 'Stoptober', directing them to a range of information and free support tools on the [Better Health - Quit Smoking](#) website.

We aim to launch Stoptober around 20 September (exact date tbc) to give smokers time to prepare for their quit attempt from 1 October. A range of digital campaign resources will be available for you to download from the Campaign Resource Centre ahead of the launch including posters, a comms toolkit, social assets and web banners – we'll be in touch again once these are live.

In addition to creating these new Stoptober resources, we already have a range of free stop smoking marketing resources available on the [Campaign Resource Centre](#) along with stop smoking content (including a substantial section of vaping content) available on the [Better Health website](#) which you can signpost to. We are also developing some new assets including a leaflet, poster and social media posts which provide facts about vaping and how swapping to a vape can help you quit smoking.

Now is the time to start thinking about how Stoptober could work for you locally. Whether you're a Local Authority, NHS Trust, service provider or employer, there are lots of opportunities to make Stoptober work for your audiences. In previous campaigns, some examples of effective partner activity have included creating displays, organising community outreach activities, scheduling content for newsletters, websites and intranets and planning social media takeovers. We also know that face-to-face interaction with smokers is highly effective in generating quit attempts and explaining the range of support on offer.

We appreciate your support and hope that together we can make this year's campaign a huge success. Any queries about the campaign can be sent to: partnerships@dhsc.gov.uk.

Vaping resources for secondary schools



With a rise in the number of children vaping, Better Health have created teaching resources aimed at helping key stage 3 children understand the impact that vaping has on their physical and mental wellbeing. Written by teachers and featuring films co-created with young people, they encourage discussion about nicotine, what vaping is and the impact it has on both young people and the environment. The flexible resources can be used individually during form time or together as a full lesson plan.

They are available to download free on the [School Zone](#) website and there is a [teacher email](#) and [social media toolkit](#) to promote the teaching resources through your networks.

Department of Education Back to School Campaign – CMO Letter

The Chief Medical Officer has sent the letter below to all schools for the start of the school year as part of the DofE Back to School Campaign:



5 September 2023

Dear colleagues,

As children and young people return to school this week, we have been asked by the Department for Education to provide parents and carers with a clinical and public health perspective on mild illnesses and school attendance.

As we are all acutely aware, the impacts of the COVID-19 pandemic have stretched well beyond the health sector. In particular, we have seen a rise in school absences, with a large proportion attributable to illness.

We are aware that the COVID-19 pandemic may have caused some parents to feel less confident with assessing whether their child is well enough to be in school and be concerned that it is less socially acceptable to send their child in when they are ill.

There is wide agreement among health professionals and educational professionals that school attendance is vital to the life chances of children and young people. Being in school improves health, wellbeing and socialisation throughout the life course. The greatest benefits come from children and young people attending school regularly.

We, as a profession, need to work alongside our colleagues in education to address health-related barriers to school attendance and maximise the short and longer-term benefits of being in school.

The NHS has produced the [‘is my child too ill for school’ guidance](#) to support parents in their decision-making and we would encourage you to share this with your practices and patients. In most cases you can reassure parents and carers that it is appropriate to send children to school with upper respiratory tract infection (URTI) symptoms, provided they don’t have a temperature.

In addition to respiratory illnesses, we are aware that after the worst of the pandemic more children may be absent from school due to symptoms of anxiety. Parents often need reassurance that worry and mild or moderate anxiety, whilst sometimes difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. A prolonged period of absence is likely to heighten their children’s anxiety about attending in the future, rather than reduce it. We ask you to continue supporting families to build up children’s confidence to attend school regularly and to encourage those who are experiencing persistent symptoms to access additional support.

The Royal College of General Practitioners (RCGP) recently approved [‘five principles to promote school attendance’](#). We hope this guidance will support you in having conversations with your patients and their families about school attendance.

Thank you for your continued commitment to supporting the health and wellbeing of children and young people.

Yours sincerely,



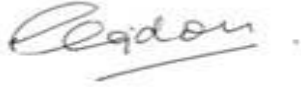
Professor Chris Whitty
Chief Medical Officer for
England



Pat Cullen
General Secretary, Royal
College of Nursing



**Professor Kamila
Hawthorne**
Chair, Royal College of
General Practitioners



Dr Camilla Kingdon
President, Royal College of
Paediatrics and Child Health



William Roberts
Chief Executive, Royal
Society for Public Health



Dr Lade Smith
President, Royal College of
Psychiatrists

29th September

9am-4:30pm

Grimsby Town Hall

Mental health & emotional wellbeing conference for schools 2023

Join us for a day of informative sessions, local service updates & training opportunities that can help you better support your students' mental health & emotional wellbeing.

Training topics for the day include:

- Supporting LGBTQ children & young people
- Self-harm
- Body image
- Bereavement



To book your place, scan the QR code or visit tinyurl.com/NELmhconference



Humber and North Yorkshire
Health and Care Partnership





Connected Communities Award

A connected community is stronger together

Become a recognised 'Health & Wellbeing conscious employer!'

NEL Connected Communities Award!

The steppingstone to positive workplace health and wellbeing

- Do you want to be recognised as a Health & Wellbeing conscious Employer/ Team Leader?
- Are you a business owner, organisation or manager that wants to make positive wellbeing a priority, for both your staff and customers?
- Do you want to know more on how to look after your own wellbeing and upskill your staff to look after theirs?

Then this is the award for you and its FREE!!

What do you get?

- Access to our wellbeing focused training platform 'The Wellbeing Academy'
- Support & Guidance from our Workplace Health & Wellbeing team
- Promotion & Recognition on obtaining the award.
- Promotional material for display and to promote your team or organisation as a Health & Wellbeing conscious employer.
- Invites to free annual networking events.
- Direct referral pathway to support employees and customers with wellbeing challenges.
- And many more benefits

If you want to make wellbeing a priority in your personal and professional life and be a part of a connected community that values its employees and customers, **then get involved!**

To express interest in this award or to gain more information, please contact lifestyleservices@nelincs.gov.uk or call 01472 325914.

Supporting & brought to you by NEL

Upcoming Dates



Youth Mental Health Day encourages understanding and discussion of mental health in young people, enabling them to live happy and healthy lives all year round. Each year, the day aims to get young people, and those who support them, talking about how to improve mental health. Get involved in this year's Youth Mental Health Day.

(YMHD) and support stem4 in its mission to raise awareness and highlight the importance of early intervention in teenage mental health issues.

[Youth Mental Health Day - stem4](#)



What is National Teaching Assistants' Day?

National Teaching Assistants' Day is an awareness day taking place for 2023 on Friday 29th September. Schools across the UK celebrate their own TAs and nominate their favourites for our Teaching Assistant of the Year award.

[National Teaching Assistants' Day | 29 September \(nationalteachingassistantsday.co.uk\)](#)



ADHD (Attention Deficit Hyperactivity Disorder) is a very common disorder which affects children and adults. It has for many years been recognised as a childhood issue that affects focus, self-control and many other important skills. However, it has only recently been recognised as an adult problem too. The cause is an imbalance in the brains anatomy and its wiring.

ADHD Awareness Month is a 31-day period of time, annually occurring for the month of October, which is dedicated to raising awareness of and educating the public about Attention Deficit Hyperactivity Disorder. In raising awareness, the event aims to dismantle any harmful stereotypes or misinformation, and spread reliable key facts and information based on scientific evidence and peer-reviewed research.

[ADHD UK | ADHD UK](#)

[ADHD Awareness Month 2023 - Event Information - Twinkl](#)



From 2nd to 8th October 2023, we will be celebrating individuals with dyslexia from all backgrounds and walks of life. We will enjoy learning about individual journeys with dyslexia and discovering the diversity of experience in our community. Having dyslexia can bring its challenges but it also shapes experience and perspective and makes you **Uniquely You**. We want to inspire everyone to value and appreciate individuals with dyslexia.

[Dyslexia Awareness Week | Dyslexia Awareness Month Facts \(twinkl.co.uk\)](#)

[Dyslexia Awareness Week - British Dyslexia Association \(bdadyslexia.org.uk\)](#)



Every year we celebrate World Mental Health Day on 10 October. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

It's also a chance to [talk about mental health](#), how we need to look after it, and how important it is to get help if you are struggling.

Come together with friends, families or colleagues this World Mental Health Day, by holding a [Tea & Talk!](#)

[World Mental Health Day 2023 | Mental Health Foundation](#)



Another important celebration in the diversity and inclusion calendar, National Coming Out Day 2023 is an annual awareness day that recognises the process of 'coming out'. Many LGBTQ+ people spend time 'in the closet' before 'coming out' to their family and friends, but some are faced with ignorance and homophobia.

National Coming Out Day is an annual celebration for the LGBT+ community, supporting them in the disclosure of their sexuality or identification. The day allows hundreds of people to celebrate being a member of the LGBT+ community or to openly reveal to their friends, family or colleagues that they are LGBT+.

The day champions the idea that homophobia thrives in silence, and so thousands of allies and members of the LGBT+ community group together to abolish the silence.

[National Coming Out Day 2023: Top 10 LGBT Speakers To Book \(lgbt-speakers.com\)](#)



3RD WEDNESDAY OF OCTOBER
OCTOBER 18, 2023

International Pronouns Day seeks to make respecting, sharing, and educating about personal pronouns commonplace.

Referring to people by the pronouns they determine for themselves is basic to human dignity. Being referred to by the wrong pronouns particularly affects transgender and gender nonconforming people. Together, we can transform society to celebrate people's multiple, intersecting identities.

[International Pronouns Day](#)



RSPB Feed the Birds Day 2023

Wild birds are incredibly important in the lives of many people and also important to our ecosystem. The RSPB's Feed the Birds Day celebrates this special relationship and encourages everyone to feed garden birds. This year, in 2023, it will take place on **October 24th and 25th**.

[Feeding Birds | What Can I Feed Birds? - The RSPB](#)

[RSPB Feed the Birds Day 2023 - Teaching Resources - Twinkl](#)



[Odd Socks Day in schools \(anti-bullyingalliance.org.uk\)](https://anti-bullyingalliance.org.uk)



Training Dates

PSHE Network – PRIMARY

Wednesday 18 th October 2023	-	3.30 – 4.30 pm	- Virtual (on teams)
Wednesday 10 th January 2024	-	3.45 – 3.45 pm	- Grimsby Town Hall
Wednesday 12 th June 2024	-	3.30 – 4.30 pm	- Virtual (on teams)

Please click the following link to book: [PSHE Network - PRIMARY Tickets, Multiple Dates | Eventbrite](#)

PSHE Network – SECONDARY

Wednesday 11 th October 2023	-	3.15 – 4.15 pm	- Virtual (on teams)
Wednesday 17 th January 2024	-	3.45 – 3.45 pm	- Grimsby Town Hall
Wednesday 26 th June 2024	-	3.15 – 4.15 pm	- Virtual (on teams)

Please click the following link to book: [PSHE Network - SECONDARY Tickets, Multiple Dates | Eventbrite](#)

C-Card Training

Condom-Card training is for the workforce who work with 13 to 18 year olds. This is a FREE session delivered by specialist in sexual health, Jill Ladlow.

Dates: 9th November 2023 or 16th November 2023 (Please note only one session needs to be attended)

Venue:

Centre4 - Training Room 4
17A Wootton Road
Grimsby
DN33 1HE

Times:

2pm-4pm

For further information, please call or email: Laura Peggs (NELC) 01472 325776 / laura.peggs@nelincs.gov.uk or Donna Chandler (NELC) 01472 325197 / donna.chandler@nelincs.gov

Please click the following link to book: [C-Card training Tickets, Multiple Dates | Eventbrite](#)

Vaping Education



FOR SECONDARY SCHOOLS

<https://intent.evidencetoimpact.com/>

4 NEW VAPING SESSIONS ADDED

- Aimed at Years 7 and 8 but can be repeated in Years 9 and 10.
- Covering the unknown risks of vaping, MODS, the environmental impact, peer influence and more.
- Can be delivered by teachers OR other suitable school staff.
- Sessions include a personal plan to reinforce the main smoking prevention programme.



NORTH EAST LINCOLNSHIRE COUNCIL is now including vaping education in the INTENT smoking prevention programme which your school can access free of charge.

01472 325500 |
laura.peggs@nelincs.gov.uk