

Health and Wellbeing|Back to school the healthy way|Are you ready for Stoptober?|Supporting youth mental health

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Supporting youth mental health and wellbeing with NottAlone

Over the past two years, NottAlone has been helping children and young people in Nottingham and Nottinghamshire to get access to local, tailored mental health support and advice.

To celebrate the anniversary, we're refreshing the NottAlone website with new and updated content, launching on Youth Mental Health Day, Tuesday 19 September.

The website will be even more packed full of helpful articles and videos for young people, as well as links to local support services. If you're a parent, carer, or professional working with young people, NottAlone is here for you too. There are dedicated sections of the website with tailored information for your role in a young person's life.

You can also follow NottAlone on social media by searching for @NottAlone1 on [Twitter](#) and [Instagram](#).



[Visit the NottAlone website](#)

Blood pressure checks

If you are aged 40-74, a free NHS Health Check can help keep your heart healthy. Your blood pressure numbers can tell you a lot about your risk of stroke, heart attack and a range of other serious health conditions. Ask your doctor about an appointment.

Local health partners are conducting a survey and the findings will help improve opportunities for blood pressure checks across Nottingham and Nottinghamshire.



Take part in the survey

Are you ready for Stoptober?

We're only halfway through September and but are working with local NHS and other partners to prepare for this year's Stoptober, a month-long campaign to help, support and encourage those who want to give up smoking. Advice and support will be available as well as details of services that can help you quit. Look out for Stoptober updates in the next few weeks.



Engagement events: Newark Hospital's UTC opening hours

NHS Nottingham and Nottinghamshire Integrated Care Board is hosting five public engagement events between **19 September and 14 October** to discuss the best permanent opening hours for Newark Hospital's urgent treatment centre (UTC).

If you live, work or visit the Newark area, come along to one of the engagement events or fill in the online [survey](#). [Read](#) on to find out more.



Have your say today

Falls Prevention Week: 18 – 22 September

Did you know that around a third of over 65s have a fall each year? With wet autumn leaves on the ground and frosty days ahead, we're reminding people of the simple things they can do to stay steady as they go out and about.

For advice and tips about building strength and improving balance to help prevent falls, visit [Falls and fractures in older people | Nottinghamshire County Council](#)



Suicide awareness training

World Suicide Prevention Day may be over, but the work to support people and the families affected by suicides takes place throughout the year. Suicide is everybody's business and talking about it is one step to breaking the silence and stigma around it.

Zero Suicide Alliance has developed some free 20-minute [suicide awareness training](#), which will help to equip you with the confidence and skills to spot warning signs, have a conversation about suicide and signpost to support services.



[Find details about support services](#)

Back to school the healthy way

As the new school gets underway, children, young people and parents preparing for all the new activities which come with a new school year: timetables, homework, friends. The autumn term also means lots of children mixing in busy environments, where common illnesses can spread easily.

Click the button below to find some advice from the UK Health Security Agency on how to keep your children healthy at school.



[Read more](#)

National Eye Health Week: 18 – 24 September

Figures from the RNIB state that:

- Everyday 250 people start to lose their sight
- There are over 2 million people living with sight loss in the UK, which is predicted to increase to 4 million by 2050
- One in five people will live with sight loss in their lifetime.



Regular eye tests are important for everyone, especially if you spend a lot of time looking at a computer screen or digital device. Many people think that a sight test is just about checking whether your vision needs correcting with glasses or contact lenses. But there are other important reasons to have a regular sight test. A sight test is a vital check on the health of your eyes and includes the detection of eye conditions. Many of these, if found early, can be treated successfully, avoiding potential sight loss.

Sight tests are [free for some people](#) and where people are unable to access their opticians some practices will visit people at home.

[Find out more](#)

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