

## West Sussex, Public Health, Healthy Lifestyles Team



Here is the second regular Public Health update within the community pharmacy newsletter. This month we cover the latest news on Sussex Air Quality Partnership: airAlert, the C-Card scheme, Dry January 2018 Campaign survey and introduce the Director of Public Health at West Sussex County Council.

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### Please promote airAlert, a free service provided by the Sussex Air Quality Partnership



What is airAlert?

Air pollution can cause short-term health effects for people with asthma, chronic obstructive pulmonary disease (COPD) and other respiratory or heart conditions.

airAlert is a text, voice mail, e-mail and web service that sends out pollution alerts when air pollution levels in the area increase to moderate level or above. The service allows people to receive alerts for different locations and is particularly valuable for those with COPD, or whose asthma is triggered by air pollution.

The service is provided by Sussex Air Quality Partnership (Sussex-air) working with health professionals to help improve the lives of those who are affected by air pollution.

Who should register for airAlert?

It is recommended that people register for airAlert if they have COPD, their asthma is triggered by air pollution or they are the parent or carer of someone who suffers with either of the above.

For further information please go to the [website](#).

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### Does your pharmacy provide the C Card scheme?



Public Health England will be promoting their latest sexual health campaign this spring. The campaign is aimed at young people promoting condom use to prevent sexually transmitted infections (STIs). If your pharmacy is part of the C Card scheme then you can order a range of resources to help you get involved, including 'Get Your Condoms Here' [posters](#). Please visit the PHE campaign resource centre website to order yours (you will be asked to register and log in).

## Dry January 2018: please complete and promote the survey



### DRY JANUARY

Dry January, run by Alcohol Concern and supported by Public Health England (PHE), aims to get people thinking and talking about their drinking habits, and to reassess them, by having a month free from alcohol.

National and local research have shown that people completing a Dry January benefit because they lose weight, sleep better and save money; as well as resetting their drinking and drinking at lower levels after Dry January ended.

West Sussex Public Health has created a survey to find out more about West Sussex residents' participation in Dry January 2018. We are encouraging West Sussex residents to complete the survey. Please help us raise awareness of the survey and share your own views if you took part and live in West Sussex [here](#).

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## Meet the team

Each week we will introduce a member of the West Sussex County Council, Public Health Directorate. This month we introduce Anna Raleigh FFPH, Director of Public Health.



Anna is the Director of Public Health at West Sussex County Council as of January 2018. Previously Anna worked as a Consultant in Public Health in South West London for nine years, most recently in Richmond and Wandsworth Councils Shared Staffing Arrangement. Anna has also worked for Surrey PCT as a Consultant in Public Health, and in senior public health roles in North Surrey PCT and West Surrey Health Authority. Her particular interests include reducing inequalities, prevention, integration of health and social care and teaching.

## Community provider of the month

West Sussex Public Health, Healthy Lifestyles team will shortly start celebrating a community provider of the month for NHS Health Check and Smoking Cessation services to enable you to share your success stories. Roddy Crockett, the Primary Care Liaison Officer for the Public Health team (introduced in the February newsletter), will be visiting community providers to talk about these success stories with you. These success stories could include successful use of resources, challenges faced and how you overcame these, successful targeting of specific demographics and what works well.

Please contact Roddy at [roddy.crockett@westsussex.gov.uk](mailto:roddy.crockett@westsussex.gov.uk) if you have a success story you would like to share, or a challenge you have faced and would like Roddy to visit you.



For more information on West Sussex, Public Health matters please visit the West Sussex Wellbeing website at [www.westsussexwellbeing.org.uk/](http://www.westsussexwellbeing.org.uk/)

List of useful web addresses:

- [www.westsussexwellbeing.org.uk/](http://www.westsussexwellbeing.org.uk/)
- <https://haveyoursay.westsussex.gov.uk/public-health/dry-january-survey/>
- [www.sussex-air.net/PollutionEffects/AQHealth/](http://www.sussex-air.net/PollutionEffects/AQHealth/)
- <https://campaignresources.phe.gov.uk/resources/campaigns/68-sexual-health/resources>