

Dear Friends,

Welcome to the latest update from NHS East Riding of Yorkshire CCG. The update below is full of the latest news and events from the local NHS and our partners.

Please feel free to forward this on to someone you know to help them access help or support.

Humber Youth Action Group Workshop

25 May 6pm-7.30pm –

This session has two guest speakers: Tom Nicklin (Engagement Lead for Transforming Care) will be exploring young people's experiences and views of accessing primary care and the potential barriers to accessing GP Surgeries. As part of this, we will be considering the rights of young people, including confidentiality.

Bridget (Specialist Public Health Nurse - School Nursing) is looking to coproduce a leaflet to be sent to young people who are home educated. The purpose of the leaflet is to help young people who are educated at home to understand the health support they are entitled to and how to access this.

Please note, these workshops are specifically for young people, however if you would like to attend to support a young person, this is greatly welcomed. To arrange this please email bethiadennis@nhs.net



Mental Health Awareness Week

This year, Mental Health Awareness Week will run from **9th to 15th May**. This annual event, which focuses on improving good mental health across the nation, is hosted by the [Mental Health Foundation](https://www.mentalhealth.org.uk).

This year's theme will explore the impact of **loneliness** and how we can tackle it, following recent research by the Mental Health Foundation that showed that many

people have increasingly been suffering from feelings of isolation and loneliness which has led to harmful consequences. They also discovered an increased demand from the public to see loneliness being addressed as a serious topic requiring urgent action.

Given the theme of loneliness, the Department for Digital, Culture, Media and Sport in partnership with the Office for Health Improvement and Disparities will continue to encourage people to '*Lift someone out of loneliness*' as part of the Better Health - Every Mind Matters campaign.

The campaign will continue to point people towards the [Every Mind Matters Loneliness](#) webpage, where there is advice for ways to help yourself or others who may be feeling lonely and suggested support routes.

We would love your support during the week to help spread this important message across your channels and beyond. Campaign assets can be downloaded from the [Campaign Resource Centre](#) and we will send further updates nearer the time along with a new Mental Health Awareness Week 2022 toolkit.

As promised the new campaign toolkit for **Mental Health Awareness Week 2022**, with updated key messaging and draft social media copy, is **officially live** and available to download on the [Campaign Resource Centre](#) for you to use during the week.

Your support during the week to help spread this important message is appreciated.

If you require further information at this stage, please contact campaigns@dcms.gov.uk.

