

## Smoking doubles the risk of dementia by

**Narrowing the blood vessels in the heart and the brain**



Increasing the risk of:



**cardiovascular disease**



**diabetes**



**and stroke**



**Causing oxidative stress which damages the brain**

**TODAY IS THE DAY**

For help to quit smoking, search 'NHS smokefree'

## No Smoking Day 2023

This #NoSmokingDay Public Health raised awareness that stopping smoking will help protect your brain health and reduce the risk of dementia, in some cases to the same level as someone who has never smoked.

[Read more](#)



### Updates

#### Changing Futures lived experience co-production

The Changing Futures funding awarded in 2020 has provided the opportunity to set up a group of lived experience experts who have experienced multiple disadvantage and use of Surrey's services and systems, who are working alongside those with learnt experience; collaborating in order to



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improve systems and services and achieve better outcomes for people with multiple disadvantage.

### [Read more](#)



## [Sleep is essential for health - World Sleep Day 2023](#)

17 March 2023 marked World Sleep Day, emphasising the importance of a good night's sleep, some easy steps to take to improve the quality of sleep, and where to look for support if you are having problems with your sleep.



### [Read more](#)



## [Launch of the Safer Communities Programme](#)

New community safety resources available for Year 6 teachers. The innovative programme has been created to help schools to deliver new and up-to-date community safety messaging in their classrooms.



### [Read more](#)



## Public health evidence and reviews

### [Refreshed Breastfeeding Strategy](#)

The [Surrey Breastfeeding Strategy](#) has been refreshed and updated with collaborative input from professional, public, and voluntary partners. Surrey's Public Health team wants to emphasise the importance of breastfeeding as a key public health topic that can optimise outcomes for babies, mothers/birthing people, and their families.



### [Read more](#)



## [Children and Young People with Additional Needs and Disabilities JSNA chapter](#)

### Public health evidence and reviews

[Refreshed Breastfeeding Strategy](#)

[Children and Young People with Additional Needs and Disabilities JSNA chapter](#)

### Useful links

[Healthy Surrey Website](#)

[NHS Choices](#)

[Surrey-i Website](#)

[Twitter: @HealthySurrey](#)

[Facebook: SCCHealthySurrey](#)

### Contact us

It's always great to hear from you! Please [email](#) your queries or suggestions.

### [Free chance for Surrey's children to boost wellbeing](#)

Inactive 7 – 16 year olds living or going to school in Surrey can enjoy a boost to their confidence, resilience and physical health, thanks to free training on offer for the Specsavers Surrey Youth Games.

[Read more](#)

The purpose of a JSNA (Joint Strategic Needs Assessment) is to improve the health and wellbeing of the local community and reduce inequalities for all ages.

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