

Health Information Week 2026

Inspiring Better Health



Monday 19 January – Children and Young People

- [Children and Young People](#) resources list
- [School Nurses](#) – RWT Children’s Services (0-19) (RWT staff only – link on the Trust intranet page)
- [Base 25](#) – Supporting young people in Wolverhampton and Staffordshire for emotional wellbeing, exploitation, domestic abuse, behaviour management and general wellbeing
- [Wolverhampton SEND Local Offer](#) – There is support for children and young people with SEND, their siblings and young carers
- [Wolverhampton Talking Therapies](#) for under 16-year-olds, for anxiety, depression, stress and low moods

Tuesday 20 January – Translated Patient Information

- [Translated Patient Information](#) resources list
- [PALS](#) - patient information library assisting patients in making informed decisions about their treatment, procedures or care (RWT staff only - link on Trust intranet page)
- Point-of-care clinical decision tools – [BMJ Best Practice](#) and [DynaMed](#)
- Health Literacy programme - [Health Literacy - eLearning for healthcare \(e-lfh.org.uk\)](#)

Wednesday 21 January – Women’s Health

- [Women’s Health](#) resources list
- [RWT Women’s Health](#) – for fertility, pregnancy, post-natal support, pregnancy loss gynaecological problems, menopause, menstrual health
- [Menopause titles available from the library](#)
- [Women’s health](#) – NHS information and support on health, wellbeing, conditions and screening
- [Wellbeing of Women](#) – charity supporting women’s reproductive health
- [Talking Therapies Plus](#) – Free and confidential service for individuals 18 and older who are registered with a local GP

Thursday 22 January – Mental Health

- [Mental Health](#) resources list
- [RWT Men’s Walking and Talking Group](#) – Free group for men to open-up about their mental health and support each other
- [Clinical Health Psychology](#) - supporting your mental health
- [RWT Men’s Health](#) – covers cancer, heart disease, mental health diabetes, erectile dysfunction and male menopause
- [Wolverhampton Mental Health Liaison Service](#) - Services for over 18-year-olds experiencing emotional distress

Friday 23 January – Winter Health

- [Winter Health](#) resources list
- [Winter Vaccinations and Winter Health](#) – NHS guidance for vaccination and staying healthy during the winter months
- [RWT Health and Wellbeing](#) – includes resources for physical and emotional / mental health, community / social wellbeing, neurodiversity, men’s and women’s health (RWT staff only)
- [Wolverhampton Health and Wellbeing Together](#) – wider support for individuals living in Wolverhampton offered by City of Wolverhampton Council
- [RWT Royal Readers Book Club](#) – Bimonthly book club for any RWT employee to join and de-stress
- [Action on Smoking and Health \(ASH\) fact sheets](#) - explaining links between smoking and disease
- [Dry January Challenge](#) – Help to reset your relationship with alcohol at the start of the year and beyond
- [NHS Alcohol Support](#) – Links to support groups
- [Wolverhampton Art Gallery](#) discover what’s on
- [Wolverhampton Public Libraries](#) - find out about the services
- [Fiction collection available from the library](#)

With thanks to:

RWT Health and Wellbeing
Wolverhampton Public Libraries
City of Wolverhampton Council
Wolverhampton Public Health
WHT Library and Knowledge Services
RWT Library and Knowledge Services
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Working in partnership

The Royal Wolverhampton NHS Trust
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