

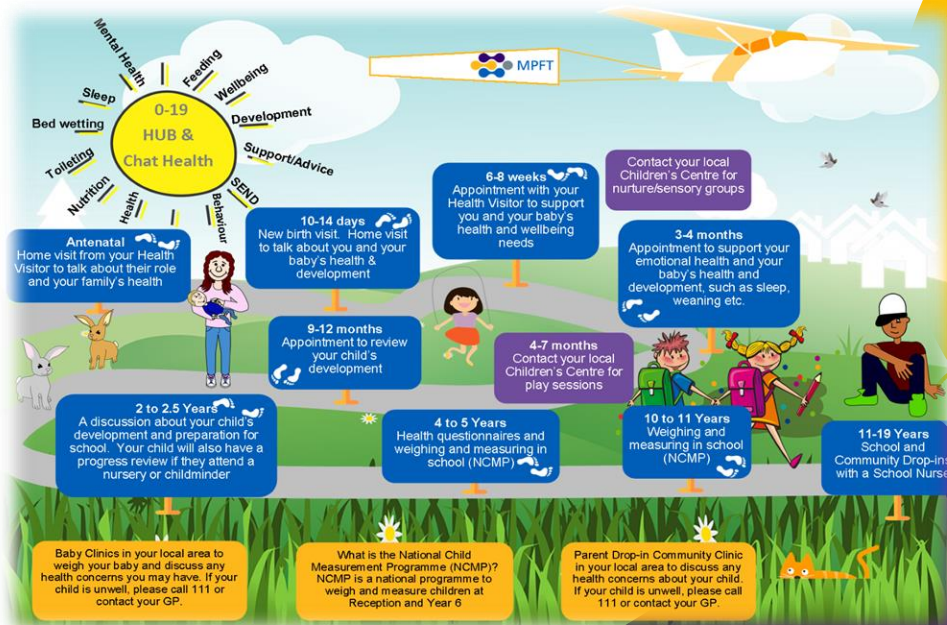
Welcome to the Summer Edition of the Families' Health and Wellbeing (FHWS) 0-19 Service Newsletter!

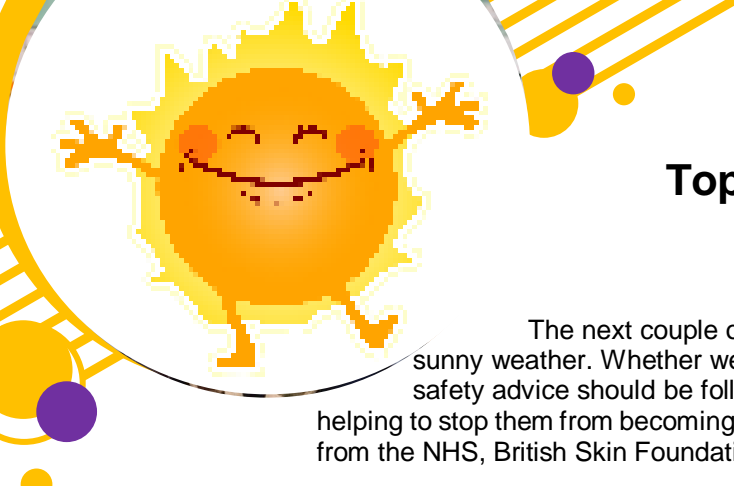
We would like to say a huge thank you to everyone who contributed to our last newsletter and for the lovely feedback we received - and many thanks to those that have helped to create the articles for this issue in response to your feedback.

In this newsletter, you will find information and advice relating to babies, pre-schoolers, primary school-aged children, and young people on - safety in and outside of the home, getting ready for school, supporting children and young people's physical and emotional health and wellbeing, and further information about our service.

Have a lovely summer!

Zoe, Janine, Kate, Heidi and Gemma





Top Tips to Keep Babies and Children Safe and Well in the Summer!

The next couple of months will hopefully bring us all some much needed warm, sunny weather. Whether we choose to stay at home or get the chance to travel, the same safety advice should be followed. This advice will help to keep your little ones cool and hydrated helping to stop them from becoming poorly in warmer weather. We would recommend the following advice from the NHS, British Skin Foundation, and the Lullaby Trust:

- Babies under 6 months old should always be kept out of direct sunlight and older babies should be in the shade as much as possible – especially, between 11am and 3pm when the sun is at its strongest.
- A high sun protection factor (SPF) sunscreen of at least 15+ that has a 4 or 5 Star rating and protects against both UVA and UVB rays is recommended. This needs to be re-applied regularly, and even more so if your child is playing in water. Products made for babies and children will be better for their sensitive skin.
- A wide brimmed sun hat that protects their head and neck should be worn, along with loose close-weaved clothing for extra-protection against the sun's rays.
- Use a suitable parasol or sunshade attached to your baby's pram or buggy to create shade. Make sure that you can still see your baby and keep a check on their temperature. NEVER use a blanket or sheet instead (or anything else which prevents the air from circulating) as this can cause overheating and increase the risk of SIDS.
- Babies under 6 months who are breastfed might want to feed more often but do not need water until they are eating solid foods.
- Formula-fed babies may want some cooled, boiled water to drink in addition to their usual feeds.
- After 6 months of age, it is recommended that water is offered in a cup or beaker at mealtimes. Extra water may be needed in hot weather, but your baby's usual breast and formula feeds should continue to be offered as normal.
- A room temperature between 16-20 degrees Celsius is ideal for babies to sleep in - so lighter bedding and clothing may be needed if a room is difficult to cool down.
- Keep blinds and curtains closed during the day to keep rooms cooler - as well as leaving doors/ windows open where safe to do so and using a fan (not directly aimed at the baby) to circulate the air.
- When travelling for a long time, ensure that you take regular breaks to take your baby out of their car seat. Make sure your baby is not slumped in their car seat and stop the car and take them out if they are. Use a mirror to check on your baby while travelling and, if possible, have an adult sit next to them.
- Follow the same safer sleep advice on holiday, make sure your baby sleeps on their back on a firm, flat mattress for all sleep times. Do not be tempted to make a travel cot surface softer by placing blankets or quilts under your baby and make sure that it is placed out of direct sunlight and away from radiators and hazards, such as blind cords.
- Remember, that the risks of co-sleeping are increased when you or your partner have been drinking alcohol, smoking, or taking medication which causes drowsiness. Always put your baby in their own cot in your room in these circumstances.

You can find out more about caring for young children in hot weather by visiting:

<https://www.nhs.uk/conditions/baby/first-aid-and-safety/safety/safety-in-the-sun/>

<https://www.britishskinfoundation.org.uk/sun-safety-advice-for-parents>

<https://www.lullabytrust.org.uk/safer-sleep-advice/baby-summer-safety/#>

https://www.youtube.com/watch?v=y_u13PSlavY



The Department of Health and Social Care recommends that all children between the ages of 6 months and 5 years are given a daily vitamin supplement with vitamins A, C and D. These vitamins are particularly important in early childhood due to the role they play in supporting overall growth and development alongside a balanced diet. Formula-fed babies having more than 500mls of formula per day do not need this supplement as formula already has these vitamins added to it. Breastfed babies should be given a daily vitamin D supplement containing 8.5 – 10mcg from birth to one year – this should still be given even when the mother is taking her own supplement. Healthy Start is a government scheme that provides **free** vitamin supplements and vouchers for milk, fruit, vegetables, pulses and infant formula to certain pregnant women and children.



Visit www.healthystart.nhs.uk Call 0300 330 7010
Email healthy.start@nhsbsa.nhs.uk

Already receiving Healthy Start Vouchers?

If you are a pregnant mum or parent of a child under 4 years and already get vouchers to help buy food and milk, you need to know that the scheme is changing

Check if you're eligible at
healthystart.nhs.uk

- ✓ Apply NOW at www.healthystart.nhs.uk/apply
- ✓ If you cannot apply online, you can also apply by calling 0300 330 7010*

If your application is successful, you will receive your new Healthy Start prepaid debit card in the post. Your card will be topped up every 4 weeks

**calls to 0300 numbers are charged at the same rate as dialling a 01 or 02 number*

Need More Information? To find out more about the Healthy Start Scheme, ask your Midwife/ Health Visitor or contact the Healthy Start team directly:

Did you know?

If you or your child are entitled to free vitamins as part of the Healthy Start scheme, you may be able to get them from your local well baby or child development clinic. Not all clinics are able to provide this service so please contact your local 0-19 hub: 03003033924 (East) or 03003033923 (West) to find out which clinic you can exchange your vouchers at. As clinics now run on an appointment only basis it is best to call beforehand so that we can make safe arrangements for your visit. Please note that staff in the clinics are not able to accept cash payments for vitamins.

The Healthy Start paper voucher scheme will end on the 31 October 2021. To continue to receive your Healthy Start benefit, you must apply online before this date.



Article by Nicola Dodgson



Getting Ready to Start School

If your child is starting school this September, you may be thinking about how you can help to make it a positive and enjoyable experience for them. Parents can sometimes be worried about their child starting school if their child has not been in a childcare setting before or if they have concerns about their child's behaviour or development. There are many different views and opinions about what being 'ready for school' looks like and there are many sources of information available for those who may want to explore this further.



Staffordshire County Council has produced a leaflet about getting your child ready for school which includes a handy checklist for you to see if there is anything your child needs help with before they start school. You can download it or access all the information from this leaflet and all recommended resources on the Staffordshire Connects website via this link:

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=8qla1wJtwb8> .

There is a section dedicated to helping your child get ready for school and further links to useful websites. There is also a lot of advice and information around supporting your child's personal, social, and physical skills which is based around play – so, will be fun for your child to engage in and make learning new skills less stressful.

A project which looked at the views of parents, early years' professionals, and teaching staff, concluded that the term 'school ready' meant:

- Being able to cope well emotionally with separating from parents
- Having strong social skills
- Being able to take care of most of their own personal care - go to the toilet independently, get (un)dressed, use a knife and fork to eat, wash their hands, tidy up after themselves etc.
- Being curious about the world and wanting to learn

(Pacey, 2021) Available at:

<https://www.pacey.org.uk/partners/school-ready/>



In addition to helping your child gain the personal skills they will need to support their transition to school, there are other practical steps that you can take as well. For example, try visiting the school beforehand so that it is a familiar environment if you can, try practising your morning routine i.e. the time you will get up, eat breakfast, wash, get dressed and then the school run to make the first day less daunting and stressful. Also, be aware of any negative thoughts and feelings about school which you might have from your own experience and try to talk positively about school to your child. Children are very perceptive and will notice if you are worried or nervous about them going to school and may develop negative feelings about starting school as well.



If you have any concerns and feel you need more help and advice around supporting your child's transition to school then please contact us via your local FHWS 0-19 hub (Monday to Friday 9am – 5pm except Bank holidays):

West (Newcastle, Moorlands, Seisdon, Stafford and Stone) 0300 303 3923

East (Tamworth, East Staffs, Cannock and Rugeley, Lichfield) 0300 303 3924

Or text us on ChatHealth – 07520 615722

You can get more information from our website at: <https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/your-child-0-5-years> and select the "Getting ready for school" section.

Also, keep an eye on our social media pages where we will be sharing information about getting ready for school over the next few weeks and any local activities you could get involved in.





Constipation

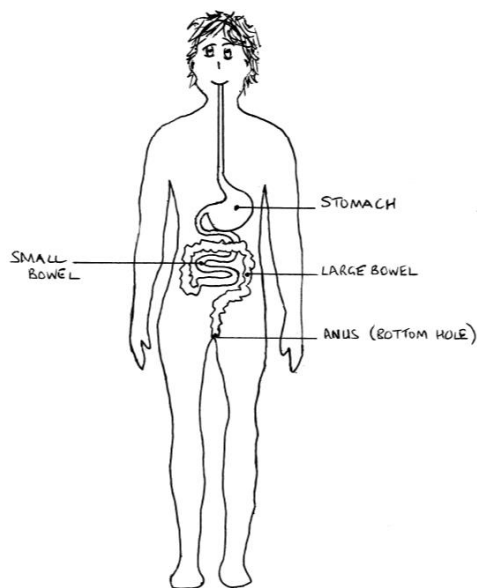


What is Constipation (kon-sta-pay-shun)?

- Poos can be big or even 'very' big, that are difficult to flush away
- Poos can be hard, dry and lumpy
- Poos can cause pain when they come out
- Poos don't come out very often, less than 3 times a week
- Or they can be small little lumps that come out quite often, more than 3 times a day
- Sometimes there is runny poo too that leaks into the pants

Your child may.....

- Have tummy pain
- Feel or be sick
- Tummy may stick out a bit more than normal
- Have very smelly trumps or poos
- Have smelly breath
- Be scared to poo because of the pain, so they may try NOT to poo
- Go off their food
- Have less energy
- Seem unhappy or grumpy



When can it start?

- Sometimes slight changes to a child's life can cause constipation, such as being away from home, changes to food, can't get to the toilet easily, being poorly
- Most often happens at the time of weaning, or when learning to use the potty or when starting school for the first time

Here is one reason! 🥤 We do not always drink enough! 🥤



Constipation



Why does it happen?

- For lots of different reasons!!

- 😊 We eat food
- 😊 It goes in our mouth, travels all the way through our body, mostly in our bowel and comes out of our bottom hole
- 😊 The bowel is very long
- 😊 The good bits of food are taken and used by our body
- 😊 The watery bits of food and some of the drinks that we have, are also taken and used by our body
- 😊 The left over bits become poo (and wee)
- 😊 Poo needs to be soft to slide easily along the bowel and all the way to our bottom hole
- 😊 When poo gets near the bottom hole, it sends a message to the brain telling us we need a poo

- 😞 If we do not drink enough, poo gets dry
- 😞 Dry poo does not slide very well so it moves along slower than it should
- 😞 Poos starts to bump into each other. They stick together and get bigger and slower
- 😞 They start to stretch the bowel
- 😞 Big dry poos rub along the inside of the bowel too and can make it sore
- 😞 When there is a lot of poo pressing and stretching near the bottom hole, the message to the brain does not work very well
- 😞 All the stretching and pressing can make the bottom hole open a little
- 😞 Small lumps of poo can break off the big lump and fall out the bottom hole
- 😞 Or, some poo, that has kept some water in it and is softer, leaks out the bottom hole
- 😞 We don't know that these leaks are happening because everything near the bottom hole is too stretched to work very well

You can find more information about constipation in children on the following websites:

<https://www.eric.org.uk/Pages/Category/bowel-problems>

<https://www.bbuk.org.uk/bowel-resources/>

Article by Jane Grindey
Continence and Enuresis
Nurse



Family Hub Summer Challenge 2021



Here is an update from the Staffordshire Family Hubs about what they are doing over the summer holidays for under 5s.

The Family Hubs were created by Staffordshire County Council to respond to some of the changes brought about by the pandemic which made life a bit harder for families. There is a Family Hub attached to each of the 8 districts in the county and they are 'virtual' spaces where you can get information, advice, support, share ideas and connect with others.

"This summer the Staffordshire Family Hubs are 'challenging' all our under 5's and their families to **Get Involved** in our 2021 Summer Challenge.

Each week we will have a new area to **Get Involved** in which are: Get Mindfulness, Get Talking, Get Tasting, Get Creative, Get Rhyming and Get Active. All are fun, engaging activities that we hope inspire new learning as well as supporting families to keep their children entertained through the 6 weeks summer holidays.

We have **Get Involved** booklets explaining in more detail about the challenge and to give families ideas, as well as information, on how each area will support their child's all-round development, plus some top tips too. For details on where to pick these booklets up just visit your local Family Hub Facebook page.

Each themed week, there will be various challenges that children can be involved in, which they can share on our Family Hub Facebook pages to be in with a chance of winning our weekly star prize!

When the 6 weeks are complete, we are offering certificates to all children who have completed their Challenge Record which you will find in the booklet. They will also be entered into our grand prize draw!!!!

So, come on and let's all **Get Involved** this summer!

For more details go to [Family Hub Summer Challenge | Staffordshire Connects](#)



Child Safety Week 2021

Recently the Families Health and Wellbeing Service 0-19 (FHWS) supported the Child Accident Prevention Trust (CAPT) Child Safety Week. This was a great opportunity to engage with the community to deliver some of the most common unintentional injuries that happen around the home and share some helpful changes that families can make around the home to keep children safe.

As part of the week, we delivered awareness sessions with some professionals from partner agencies, for example housing and family support providers. If you have support from any of these agencies, you may find that they will deliver some of the information to you. We also delivered information via our social media platforms and our well baby clinics across the county.

Now that the schools are breaking up, it is important to be aware of some of the unintentional injuries that may occur. By being aware of the risks, we can try to reduce these injuries from happening.



The 5 most common reasons for unintentional injuries in the home environment are falls, poisoning, burns, strangulation (on blind cords for example) and drowning, however for older children, road safety is the area where most accidents occur.

We encourage our children to be out on their bikes.



This is great for both physical health and emotional wellbeing, however it is important that they follow the rules of the road. The Child Accident Prevention Trust recommends that children wear cycle helmets as this can prevent them from having a nasty head injury if they fall off their bike. In addition, they should wear high-visibility clothing, so it is easy for drivers to see them - fluorescent for daytime and reflective for after dark.

We must remember as adults that we follow these rules too. Children copy the adults around them, and it is important to set a good example. More information can be found via this link <https://www.capt.org.uk/cycle-safety>

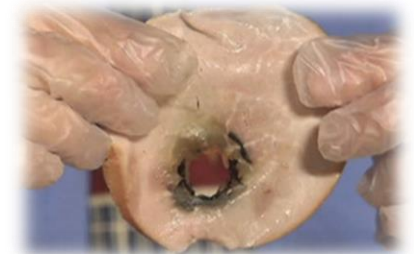
"The damage that they did is absolutely unreal. They burned holes in the intestines. Whenever they opened him up some of his intestines already leaked out."



There are also concerns around children swallowing magnets and button batteries and this is a trend on TikTok. Last month the NHS issued an urgent safety alert after 65 children were admitted to hospital for urgent surgery after swallowing magnetic toys. Please read this link for more

information: <https://www.england.nhs.uk/2021/05/dangers-of-children-swallowing-magnets-prompts-nhs-call-for-ban/>

Button Battery



Magnetic toy - This video is also informative, it uses cold meat to show what happens when a child swallows a button battery: <https://youtu.be/q5ApVIDCEic>

Child Safety Week 2021

Lastly, as the weather gets warmer, many young people take to the open water to cool down. Although this can seem appealing, there is risk of drowning.

Every year, in the UK, around 400 people (ROSPA, 2021) die from drowning because of an accident in or around water. 1 in 3, 11 year olds do not know how to swim. It is therefore important to be aware of the risks when swimming outside. ROSPA has key advice on swim safety which is as follows:-

1. *Ensure that you and your family can swim, be water confident, and have water safety skills*
2. *Make smart choices, such as swimming at*

lifeguarded beaches and pools; use appropriate safety equipment and do not drink alcohol before going in the water

3. *Become aware of, and know how to avoid key water-safety hazards, such as rips, cold-water, moving water whilst outside*
4. *Know what to do in an emergency.*

You can get more information on this link.

<https://www.rospa.com/leisure-safety/water/advice/swimming>

Ultimately, we want children to have a fun, happy summer, but we want the

summer to be safe for them too. If you are looking at finding safe activities for your children, why not sign up for a Space Card. This will allow your child to access free (or inexpensive) activities locally, including swimming in local leisure centres.

You can register for this via the Staffordshire Space website.

<https://staffordshirespace.uk/2021/>

Thank you for reading this article, please remember that you can access support and advice over the summer via our lovely School Nurses and Health Visitors at the Hub. You can call them on 0300 303 3924

Have a great summer.



Article By Vicky Bailey
Specialist Community Public
Health nurse (Community
Development)



Meet THE TEAM

In our first edition, we introduced you to our hub team and their role within the FHWS 0-19 service. In our next newsletters, we will tell you more about the separate roles within our 0-19 Universal teams which all include Team Leaders, Health Visitors, School Nurses, Staff Nurses, Nursery Nurses and Healthcare Support Workers.

We would like to introduce you to Diane who is telling us all about her role as a Health Visitor in the Moorlands.

"Health visitors are qualified nurses and/ or midwives with extra training in public health, child development and wellbeing. Our role is to deliver "The Healthy Child Programme" to support families with children and communicate with other professionals and providers of children's services. I have worked in the Moorlands for 8 years and enjoy visiting remote farms as well as families in the towns. The balance of shops and sheep suits me well!

For many families, health visiting is the antenatal offer letter towards the end of pregnancy explaining the service and the 5 contacts at 10-14 days, 6-8 weeks, 3-4 months, 9-12 months, and 2-2.5 years. These contacts are an opportunity for the health visiting team to assess growth, health, development and to provide information, reassurance and sometimes make referrals to other professionals. Other families may need more support from the health visitor with health, development, wellbeing, and parenting for a variety of reasons and have more appointments and contacts. This may be ill health of a parent, child, or family member, including learning disability or mental health concerns. Other difficulties may relate to domestic abuse, substance misuse, lack of local support from family or friends, bereavement, housing problems, financial difficulties and many more. Any family can experience these situations, and asking for our advice can be a positive step towards better times. We also provide health-visiting services for babies and children in foster care (Looked After Children).

The New Birth visit between 10 and 14 days after birth is a fantastic opportunity to meet new parents and babies at home. All babies are offered this contact and parents can ask questions and get honest, evidence-based advice. The health visitor will usually complete a family assessment, weigh, and measure the baby and see where they sleep. The health visitor will also discuss infant feeding (and can provide practical support and help with breastfeeding), safety, wellbeing of parents and reaction of any siblings at this

exhausting and sometimes overwhelming time. If a baby is still in hospital, the health visitor will contact the parent and may be involved in discharge planning.

Usually, all other appointments are at a children's centre, health centre or other community setting depending on the area. In addition to these, there are health visitor led child health clinics with 15-minute appointments to assess growth, give advice and most importantly, answer questions or concerns from parents or carers recognising the unique child in their individual family circumstances. Our advice may be around infant feeding, safe sleep practices, introducing solid foods from 6 months, and the developing child. Health visitors also support families with sleep, toilet training and communication to ensure children have the skills ready for starting school. The hub or chat health services can also offer information, advice and support by phone or text message.

Health promotion messages around healthy eating, safety, activity, emotional wellbeing, stopping smoking, health screening programmes, immunisations and dental health are all areas that the health visitor will often discuss with families. FHWS 0-19 has innovative online resources for parents to have relevant, accessible, and up to date advice and there are leaflets for those that prefer. Our communication with other health teams or support services can enable ongoing assessments and improve health outcomes for the child or family in achieving developmental milestones and school readiness."

This is some of the feedback that we have received from families about their health visitor:

"Hi, I wasn't sure how to provide feedback for health visitors. I had a lovely lady who really helped me at my baby's 3-month review. I would like to say a massive thank you to her for being so kind and listening to how I was."

"... a huge thank you to my health visitor for always being so lovely and helpful."

"...a credit to the healthcare profession. So, thank you for making things that little bit easier for me and my family".

Article By Diane Tait
Health Visitor - Staffordshire
Moorlands - Universal 0 - 19
Team



Children and Young People's Emotional Health and Wellbeing 5 -19yrs

Why is it Important to Promote Children's Health and Wellbeing?

Promoting Children and Young People's wellbeing is a key part of keeping them safe, helping them to develop and ensuring they have positive outcomes into adulthood (Public Health England: 2021).

Mental health plays a key role in a Child's or Young Person's overall wellbeing and can be affected by several factors, including:

- Environment
- Stress
- Family Circumstances

Everyone has a responsibility to promote the health and wellbeing of Children or Young People, recognise any concerns about a Child's or Young Person's welfare and know the actions to take to keep them safe.

We can encourage Young People to think of their mental health as something that is continually changing, like physical health. Some days they might feel better or worse than others, but there are things that a Child or Young Person can do to improve their own mental health and wellbeing.

Exercise



Staying physically active can have positive effects on mental health. It can reduce stress, anxiety, and other mental health issues (Mental Health Foundation: 2021, NHS: 2019).

Children and Young People can be encouraged to build exercise into their daily routines, from taking a daily walk to participating in extracurricular activities.

How can a Young Person Promote Positive Mental Health?

Good mental health is important for healthy teenage development, strong relationships, and resilience. Physical health is a big part of mental health:



- Keep active
- Develop and support healthy eating habits
- Get enough regular sleep
- Avoid drugs and alcohol

Tools from Childline

- Calm Zone – activities to let go of stress
- Games - to take your mind off things
- Information and advice - on topics from feelings, relationships, family, and school
- Peer Support - message boards
- Childline Kids – a section of the Childline Website tailored to the under 12s.

Making A Feel Good First Aid Kit



Choose a container, a show box or even an envelope but make sure it is something you like. You can decorate it, personalise it or paint it. Below are suggesting items you might like to

include in your kit. Include items that mean something to you personally and help you think happy thoughts.

- Some of your favourite music
- A favourite film, TV Programme or DVD
- Photographs of special people, places, pets or of you at a happy time in your life
- A symbol of love and affection
- Phone numbers of friends or help lines
- Extracts of your favourite poem, book, or lyrics from a special song
- A symbol of achievement badges, certificates, or something you have made that you are proud of
- Something to play with or hold. A stress ball, blue tack, string, pebbles, worry beads, a pen and paper to doodle or scribble
- Make a list of things you like about yourself
- Make a list of positive comments that others have made about you
- Make a list of things you enjoy doing and choose one. Playing sport, walking the dog, playing on a game console, or talking to friends
- Write a diary where you can express your feelings

Article By Lorraine Olley
Emotional Health & Wellbeing
Practitioner (5-19) County Wide



Physical Activity Guidelines for Children

60
Minutes
per Day

Being physically active is good for a child's emotional health, self-confidence, self-esteem, and social skills, as well as their physical health – that's why the UK Chief Medical Officer recommends that

children do at least 60 minutes of moderately intense activity per day. Achieving this level of activity will also benefit their future health! The NHS says that you can tell whether an activity is 'moderately intense' if you are still able to talk but can't sing!



The 60 minutes of activity doesn't need to be done all in one go, it can be split up into smaller chunks of time throughout the day – so, it could include a walk to school, walking the dog or playing on a scooter, for example. Encourage them to include a

variety of different activities which will help strengthen their bones and muscles as well as their overall fitness and keeping a healthy weight – activities like skipping, dancing, and playing football will help with this.



You can find some ideas for different activities your child can do on this

link: <https://www.nhs.uk/change4life/activities/sports-and-activities>.



There are short activities lasting 10 minutes a time which can be done outside and inside, so can be done in any weather, and can be done alone or in a group.

Your child can even help to make the props they might need for some of the games to keep them entertained through the summer holidays! There is also guidance about how to make these activities inclusive for children with disabilities.



There are also links to some short YouTube videos your child could watch and join in with on these websites: <https://togetheractive.org/staying-active-at-home/keeping-kids-active/> and you can find out about what activities are going on locally for your child to get involved in on the Staffordshire Connects

website: <https://www.staffordshireconnects.info/kb5/staffordshire/directory/results.action?familychannel=0&qt=active&term=staffordshire&sorttype=distance&sr=10&nh=10#>



More about ChatHealth!



Don't forget that parents of children aged 0-19 or young people aged 11-19 can text us on our anonymous text service ChatHealth, for advice, help and support. You can text any time of day or night and our skilled Health Visitors and School Nurses will be available from 9am to 5pm Monday to Friday to respond. We aim to respond within one working day (Monday to Friday, excluding bank holidays). Texts cost your standard network rate or are free if part of your plan.

Parents/ Carers: 07520 615722

Young People 11-19: 07520 615721

If this is a new service for you and you are unsure about using it for the first time...then here is some of the feedback that we have had from parents and young people that use ChatHealth:

'Yes it's been very helpful. After speaking to the school nurse, I've been given some options to get some support for my daughter'

'Very friendly and reassuring advice from a professional. Much needed and appreciated. Thank you'

'YES always so helpful and great to have quick reassurance to hand'

'Thank you so much for all of your help! Really easy and in depth conversation, thanks so much' 'Amazing Thank you so much'

'Really helpful and easy to get in contact with thanks so much'

'Thank you. Yes this conversation has helped very much. It's great to get advice from friendly, patient professionals. Thank you so much'





Families Health and Wellbeing 0-19 service

In case you missed our first issue.....here is a reminder of the different ways you can get in touch with us and where you can find further information.

Call us: Parents or carers needing advice and support on issues including general health, Behaviour management, feeding, development and emotional health and wellbeing can contact us by phone to speak to a member of our 0-19 FHWS hub teams. The hub teams can also manage bookings, referrals and general enquiries for the 0-19 District teams from professionals including schools, nurseries, GP's and safeguarding.

The 0-19 hubs will have School Nurses available as normal during the school holidays.

How to contact us:

FHWS 0-19 WEST Hub: Stafford, Seisdon,
Newcastle, Moorlands
Tel: 0300 3033923

FHWS 0-19 EAST Hub: Burton, Cannock, Lichfield,
Tamworth
Tel: 0300 3033924

Via Text: You can also get in touch with us by using our ChatHealth service. ChatHealth is a secure and confidential text messaging service offered by the Staffordshire 0-19 Families Health and Wellbeing Service (FHWS) for parents and young people aged 11-19 years (year 7 and above).



It allows individuals to easily and anonymously get in touch with a School Nurse or Health Visitor for advice and support. (Texts are charged at the caller's normal rate). The service is

available Monday to Friday between 9am-5pm (excluding bank holidays). If a parent or young person sends a text message outside of these hours, they will receive an automated message advising where to get help if their question is urgent and our Health Visitors or School Nurses will reply to the message when the service reopens. Our 0-19 Families Health and Wellbeing Team (School Nurses and Health Visitors) will respond to texts within one working day.

**Young people in Staffordshire should text
07520 615721**

**Parents in Staffordshire should text
07520 615722**

Confidentiality

When a child or young person sends a text, the 0-19 Families' Health and Wellbeing Team will not routinely inform their parents or teacher. They may contact someone if they have cause for concern about their safety, but they will always speak to the child or young person first.

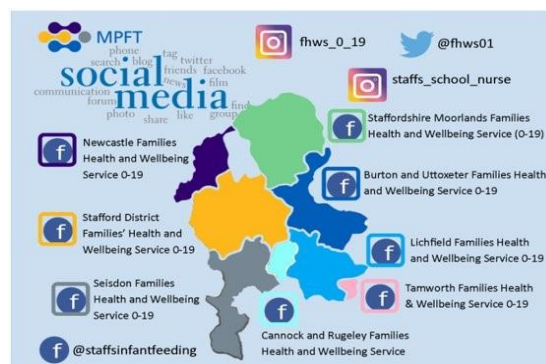
HEALTH FOR TEENS

Health for Teens website is a good website to help young people to get know themselves as teenagers / young people, it's good for parents too as it has lots of information. The School Nurse might ask young people to have a look at this website to help them help themselves. They can put their post code in for things in their area or, if they don't know it they can look at general stuff for their age group.

This QR code sends you straight there:




Don't forget you can follow us on our social media pages too!



Families Health and Wellbeing 0-19 service

Useful Information

We have included some images here for all of our services so that you can keep them for your own use or, for organisations, add them to your social media pages, waiting room/ reception TVs or newsletters, for example.



NHS
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Stoke Hub: 0300 303 3298

East Hub: 0300 303 3924

West Hub: 0300 303 3923

MPFT

All calls are charged at your local rate, mobile phones may vary

Families' Health and Wellbeing Service (0-19)

NHS
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

HEALTHY EATING
RELATIONSHIPS
MENTAL HEALTH
SELF HARM
BULLYING
SMOKING
ALCOHOL
DRUGS

IT'S GOOD TO TALK...

BUT SOMETIMES IT'S EASIER TO TEXT...

WE HELP STUDENTS AGED 11-19 WITH ALL KINDS OF ISSUES

TEXT YOUR SCHOOL NURSE ON 07520 615721 FOR CONFIDENTIAL ADVICE & SUPPORT

ChatHealth

HEALTH FOR TEENS

EVERYTHING YOU WANTED TO KNOW ABOUT

HEALTH RELATIONSHIPS FEELINGS LIFESTYLE

GROWING UP BUT DIDN'T WANT TO ASK.

HEALTHFORTEENS.CO.UK

TWITTER: @HEALTHFORTEENS1 #HEALTHFORTEENS

Families' Health and Wellbeing Service (0-19)

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We now have a text messaging service for parents/carers of children aged 0-19 who live in Staffordshire.

Get advice from our Public Health nurses (Health Visitors and School Nurses).

TEXT: 07520 615722

- Feeding and nutrition
- Child development
- Parenting advice and support
- Emotional health and wellbeing
- Behaviour difficulties
- Family health

ChatHealth



Thank you for reading our newsletter.

Next time we will showcase another part of our service and bring you lots more articles which we hope you will enjoy.

To help us do this, we would love to get your feedback so please let us know what you would like to see in our next issue by answering a few questions, which should take less than two minutes.

Scan this QR code to access the link, or contact one of our hubs on 0300 3033923/ 3033924

