



Keeping well this spring

An information leaflet from your Children's Public Health 0-19 Nursing Service, April 2021

How are your children settling back in at school?

After such a long time away from school it is natural that both parents and children will have been a little anxious about their return.

Most children will be happy to be back at school, but some may still be feeling anxious.

If you need support, contact us on our confidential text service for parents and carers to ask questions about your child's health and well-being; parenting advice and support; child development and family health.

The service operates between 8.30am and 5pm, Monday to Friday (excluding bank holidays).

One of our Public Health Nurses will respond within 24 hours.

Dr Kathryn Holden,
Principal Clinical Psychologist, Sheffield Children's Hospital, has created a Self Care workbook for children with some great ideas and worksheets that you may find useful.



[read it here](#)



I am worried about my child's development.

I'm here to help. Whatever is worrying you, let's talk it through.

We are a confidential text service for parents and caregivers that you can talk to about:

- Feeding and nutrition
- Parenting advice and support
- Sleep
- Child development
- Toilet training
- Family health

Text a Public Health Nurse on

07480 635002

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Text will only be seen between 9am and 5pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps).

To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates. For more information on how we use your information please visit www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information

How are you feeling?



We know that this has been an incredibly challenging time for everyone, it is ok to ask for help and there is lots of support out there.

Anna Freud
National Centre for
Children and Families

shout
85258
here for you 24/7

Feeling overwhelmed?
Struggling to cope?

24
hours a day
7
days a week

Text AFC to 85258

Text the free, confidential textline

All texts are answered by trained volunteers,
with support from experienced clinical specialists

Sadly, the COVID-19 crisis and restrictions have put stress onto some families and relationships, see here for advice and guidance for parents and carers in conflict and separating

[read more](#)

Lockdown is beginning to ease across the UK (finally!) which means that it'll be easier for anyone who's been experiencing abuse, to reach out for help. Most people choose to tell a trusted friend or family member, the **'Help a Friend'** campaign can give you some helpful tips to support them.

[read more](#)

Supporting your Child's Emotional Health and Well-being

It can be difficult to know how to start conversations with children about their emotional health and well-being, here are some useful resources:

['You are never too young to talk mental health – tips for talking for parents and carers' leaflet](#)

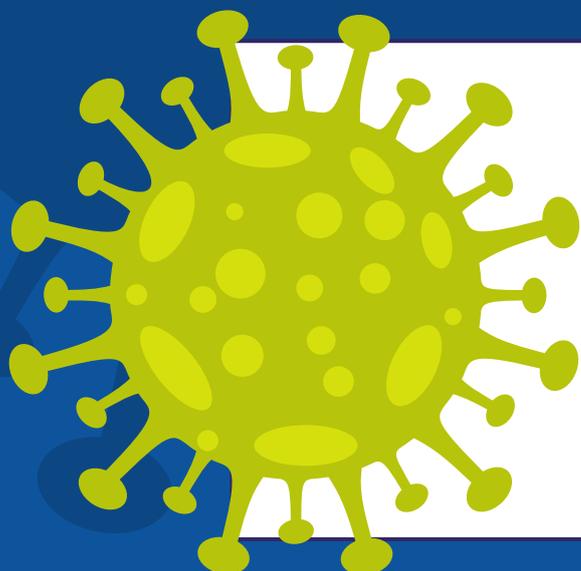
MindEd for Families have lots of information and videos about how to talk to children and teenagers about how they are feeling

[visit here](#)

They have also produced an easy read guide

[visit here](#)

COVID-19 UPDATE



Regular rapid testing

is now available for parents of nursery, school children and college students, as well as adults in their households, childcare and support bubbles.

[discover more](#)

Testing

[where to get a test in Nottingham](#)

Vaccination

[information on Vaccinations in Nottingham](#)

Keeping Active

We know how important it is for our physical and mental health to keep active and now the weather is getting better and the days longer it is a bit easier.

Going for a walk is one of the easiest ways to stay healthy and happy when other things may not be possible. To help keep your walk interesting, Living Streets have produced activities and resources for you to download for free.

[download resources here](#)

Walk, Cycle and Scoot to School

Nottingham City Council wants to encourage people to make their school journeys more active. They're working with a number of schools in the city on car-free school streets schemes.

[download resources here](#)

Easy ways for kids to keep active if you cannot get outdoors

[find ideas](#)



For more tips on how to get more active see the NHS website

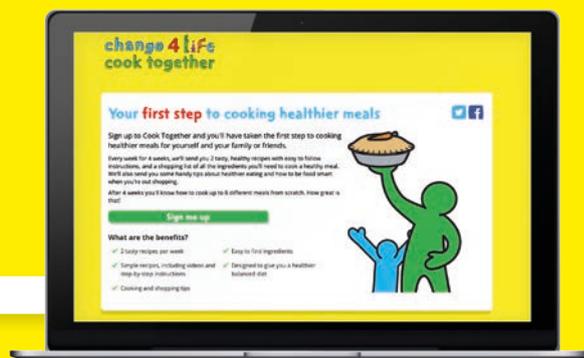
[visit](#)

'What's for dinner?'

Bored of the same old meals?

Sign up to Change4Life – Cook Together and every week for 4 weeks, they'll send you 2 tasty, healthy recipes with easy to follow instructions, and a shopping list of all the ingredients you'll need to cook a healthy meal. They'll also send you some handy tips about healthier eating and how to be food smart when you're out shopping.

[sign up here](#)



Are you a parent or carer of someone aged 0-19 in Nottingham?

Join our new Children's Services Improvement Group (CSIG) to help us develop our Children's Public Health 0-19 Service.

This CityCare service is responsible for Health Visitors, Public Health Nurses, Nutrition Support Workers, Family Nurses and their teams across Nottingham city.

As part of the group you can:

- Help improve services and service user experience
- Be involved in the recruitment and selection process of senior staff
- Help develop new and existing services

We will be undertaking online surveys and focus groups to develop our services and in future we will be arranging and participating in engagement events that will include activities to keep children involved and entertained. Involvement in the group is voluntary, but we reimburse any out of pocket expenses incurred.

If you are interested in joining the group or would like further information please contact our Patient & Public Experience Lead, David Brocklebank, at david.brocklebank1@nhs.net

Coming up...

6th-13th May Sun Awareness Week

We all hope that this year will bring us some nice weather!

Don't forget though that from March to October in the UK, children should:

- Cover up with suitable clothing
- Spend time in the shade, particularly from 11am to 3pm
- Wear at least SPF30 sunscreen (on areas not protected by clothing, such as the face, ears, feet and backs of hands)



It is recommended that everyone takes Vitamin D supplements (10 micrograms or 400 International Units (IU)) per day during the winter months October to March, but some people require it throughout the year including those with dark skin and those who cover up in the Spring/summer. Vitamin D aids healthy bones and muscles.

[More advice on vitamin D can be found here](#)

10th-16th May Mental Health Awareness Week



This year the theme is 'nature' as there is so much evidence now about how good it is for our mental health to spend time in nature.

So find a few minutes to walk in the park or just look at what you can see from your window!



May is National Walking Month

Join in with the **'Walk to School Week'** challenge from the **17th-21st May**.

See the activities ideas above to help keep your children excited about walking to school!

[sign up here](#)



If you would like to give us any feedback on the contents of this leaflet please email ncp.customercare@nhs.net