



Keeping well this winter

An information leaflet from your Children's Public Health 0-19 Nursing Service, December 2022

Boost your immunity this winter

Flu and COVID-19 can be life-threatening and spread more easily in winter.

These people are eligible for the COVID-19 autumn booster vaccine:

- Pregnant women
- Adults aged 16-65 in at risk groups
- People aged 50 years old and over
- Health and social care workers

These people are eligible for the free flu vaccine:

- People with certain health conditions
- Pregnant women
- 2 and 3-year-olds – having turned 2 or 3 by 31st August 2022
- Children in all primary schools and years 6-9 in secondary school
- People aged 50 years old and over
- Health and social care workers



HM Government

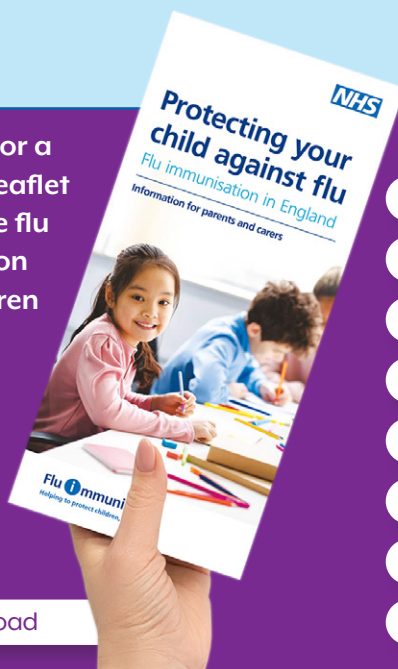
NHS

Top up your immunity this winter.



Vaccines are the best protection we have against dangerous viruses like flu and COVID-19. Find out if you're eligible for these two essential vaccines now at nhs.uk/wintervaccinations

See here for a parent's leaflet about the flu vaccination and children



This leaflet is available to order for free in the following languages:

- | | | | |
|-----------|----------|------------|-----------|
| English | Albanian | Arabic | Bengali |
| Bulgarian | Chinese* | Chinese** | Estonian |
| Farsi | French | Greek | Gujarati |
| Hindi | Latvian | Lithuanian | Punjabi |
| Pashto | Polish | Portuguese | Romanian |
| Romany | Russian | Somali | Spanish |
| Tagalog | Turkish | Twí | Ukrainian |
| Urdu | Yiddish | | |

* Simplified ** Traditional Cantonese

Download



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

Money worries?

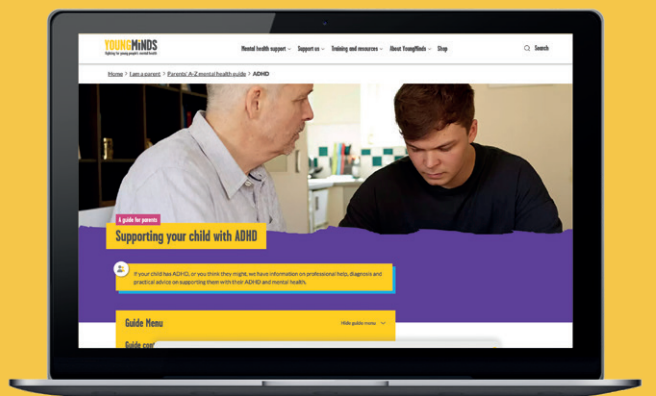
With the costs of everything
going up, many families are
finding it difficult.

If you are worried about money, free help is
available from the AskLion website:



Ask Lion

Spotlight on ADHD



We know that if you have ADHD it can have a huge impact on your mental health and wellbeing in many ways. From becoming overwhelmed with decisions, emotions and social situations to feeling restless and unable to relax. That's why Young Minds have worked with young people to create a brand-new guide to ADHD and mental health full of tips, information and advice.

Guide for parents

Guide for young people

Generate your free
personalised Mind Plan

here

**Better
Health** every mind
matters

NHS

Small things can make a big difference.

Find ways to be kind to your mind
with a free personalised Mind Plan.

Search **Every Mind Matters** or
Scan the QR code to get yours



Need some advice or support?

Healthier Together is a website developed with the Royal College of Paediatrics and Child Health and has lots of helpful information for parents.

 Website



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:

- Healthy lifestyles, including healthy nutrition and exercise
- Day and night time wetting
- Constipation
- Sleep behaviour
- Emotional health
- Healthy relationships and sexual 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

Remember your Children's Public Health 0-19 Nursing Service is there for you during the school holidays as well as term time

To contact our service please ring the Nottingham Health and Care Point 0300 131 0300

For urgent healthcare needs please ring 111.



HM Government

NHS

Get to the help you need

111.nhs.uk

Use 111 online Help us help you

If you would like more information about the work of Nottingham CityCare, sign up for our newsletter here: 

If you would like to feedback on this leaflet or our services please visit our website here: 