



Keeping well this spring

An information leaflet from your Children's Public
Health 0-19 Nursing Service, April 2025

Easter fun and holiday activities



To find out about activities in your area
over the Easter holidays go to Ask Lion

 AskLion



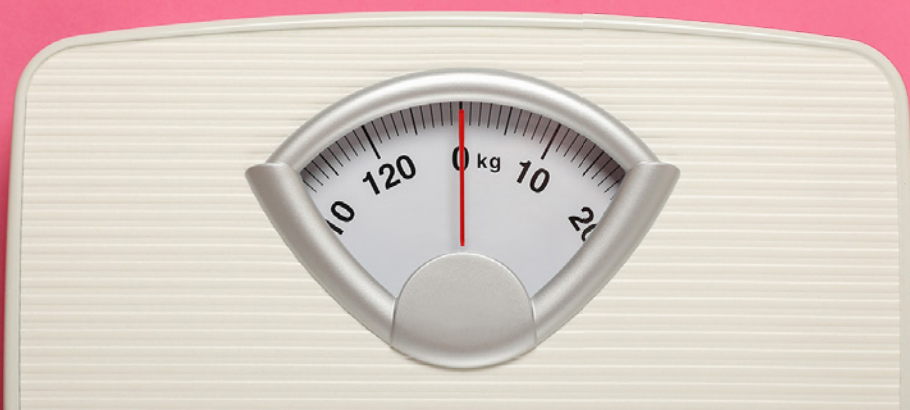
Has your child just been weighed and measured as part of the National Child Measurement Programme? (Reception and Year 6)

**If your child was a healthy weight, you will not
have received a letter.**

If your child was not a healthy weight it is your choice whether you share
this information with your child.



 [Find out more here](#)



If your child was above the expected weight range for their age, sex and height you qualify for **FREE** sporting activities and family healthy lifestyle support with **Thriving Nottingham**.

Thriving Nottingham is a new, free health and well-being service that will help you live well and feel great!

Thinking of making changes for the better?

- Losing weight and eating well
- Stopping smoking
- Moving more
- Improving your well-being

Thriving Nottingham can help

[Find out more here](#)

It is a good time to think about changes you can make as a family to eat and move for good health without your child even being aware.

Click here for some easy ideas to eat well and move more:

[Find out more here](#)

Children need to be active for at least an hour every day.

If you are doing this already, that's brilliant.

It is a good idea to mix moderate activity like brisk walking with vigorous activity like running or fast cycling. Ask Lion to find activities and support in your local area in Nottingham.

[Find out more here](#)



Time for your family to start thriving!

Try a new **FREE** health and wellbeing programme here to help children and families to feel great.

We offer 5-17-year-olds above a healthy weight the chance to enjoy moving more with regular local activity sessions including trampolining, multi-sports and more.



While the kids are having fun, you'll get tips and advice from a trained health mentor to help you improve your family's health and wellbeing.

Scan the QR code to find your nearest group and sign up today!

Thriving Nottingham offers a wide range of health and wellbeing programmes to support locals to lose weight, move more, stop smoking and more.

www.thrivingnottingham.org.uk
hello@thrivingnottingham.org.uk
0115 648 5724



thriving
NOTTINGHAM

Worried about your child's mental health?

Do you know about the YoungMinds Parent Helpline and Webchat service?

If you have a child aged 25 and below, you can contact the Young Minds parent's helpline, email or webchat service to discuss your concerns about your child's mental health with one of their trained advisors.

You can call the Parents Helpline on 0808 802 5544 Monday - Friday 9:30am - 4:00pm.

For webchat or email click here:

[Find out more here](#)

Click here for their Parent's A-Z Mental health Guide:

[Find out more here](#)

Click here for their parent's guide to looking after yourself while helping your child:

[Find out more here](#)

If you feel that you need some mental health support, there are lots of websites and services that can help.

You are NottAlone!

NottAlone

Are you worried about your own, or someone else's mental health?

is here!



Nottinghamshire County Council | City Council | NHS

Want to find trusted information, advice and local services that can help?

This website has local mental health advice and help for people in Nottingham and Nottinghamshire, all in one place.

[Find out more here](#)

Safety alert!

WARNING: Rising burns cases in Nottingham from popular children's toy Nee Doh



These squishy stress-relief toys are popular among children and often used for sensory play.

TikTok trends are encouraging people to heat them in the microwave or hot water to make them softer.

When heated, they can explode/burst, causing hot liquid to escape resulting in serious burns, with some children needing skin grafts.

- ! **DO NOT heat Nee Doh toys – they are not designed for this.**
- ! **Supervise young children using these toys.**
- ! **If a burn occurs, immediately cool the area with cold running water for at least 20 minutes and seek medical help.**

Further information:

☞ Toy safety

☞ Burns and scalds - NHS

☞ Treating burns and scalds - NHS

Sun Awareness Week



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

Don't forget though, 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)

The British Association of Dermatologists has more information:

☞ Sun awareness

Sunlight and Vitamin D

Exposure to sunlight is most people's main source of Vitamin D.

It is recommended that everyone takes Vitamin D supplements (10 micrograms) 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



The messages can seem confusing!

For lighter skin types, daily sunlight exposure for 10-15 minutes between April and September provides sufficient year round vitamin D while also minimising the risks of sunburn and skin cancer.

For darker skin types, 25-40 minutes is recommended

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, from pregnancy health to all aspects of your child's health.

☞ Website

Children's health and wellbeing

NHS organisations in Nottingham and Nottinghamshire have created some web pages which offer you helpful advice about common conditions in babies and children and the symptoms to look out for. They hope this information will help you decide when you can treat your child at home, when you need to seek medical help and which service to choose to last.

☞ Children's health and wellbeing

Nottingham Early Help Partnership, the right help at the right time!

Nottingham Early Help Partnership's vision is for every child to enjoy their childhood in a warm and supportive environment, free from poverty and safe from harm; where every child grows up to achieve their full potential.

The website has lots of information about local support for families in Nottingham:

☞ Website

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



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



You can now call our **Children's Health Advice Hub** and speak to a nurse about your child's health and development. **0300 300 0040**
(Monday to Friday, 8.30am to 5.00pm)

We can also help you with booking or changing appointments.



For urgent healthcare needs please ring 111.



Use 111

If you need urgent medical help.
Call, go online or use the NHS App.

NHS

111 Help us help you

If you would like more information about our service please visit our website

