



# Keeping well this summer

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

Here comes summer!

## #SummerOfPlay

is a campaign to give children the space, time and freedom to play this summer as the Covid-19 restrictions are eased.



- **Playing** is essential for children's mental health and wellbeing.
- **Playing** helps children cope with stress and anxiety and fosters resilience, enabling children to better deal with challenges.
- **Playing** gives children the opportunity to have fun, laugh, take time out, relax, and build friendships.
- **Playing** outside allows children to appreciate nature, the environment, and feel part of their community.
- **Playing** is fundamental to children's happiness, and happy children lead to happier communities.

**Playday 2021** will be celebrated on **Wednesday 4 August** so join in if you can!

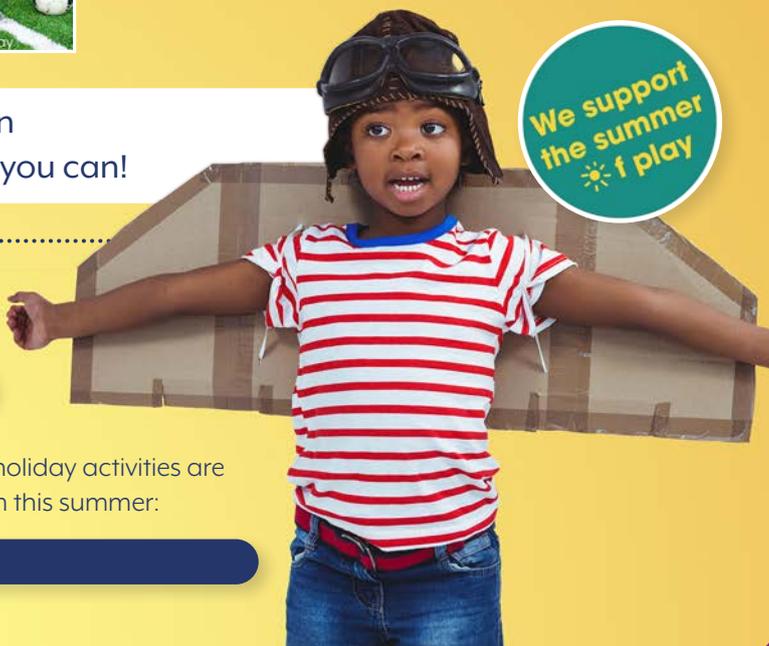
There are loads of ideas for things to keep your children active this summer here:

[www.yourschoolgames.com](http://www.yourschoolgames.com)



**Ask Lion** to see what holiday activities are planned in Nottingham this summer:

[Ask Lion](#)



# Having fun and staying safe

## Sun Safety

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 during the winter months October to March, but some people need 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:

[NHS website](#)

## Water Safety

Being by, and in, the water can be great fun on a hot day but please stay safe, see here for some safety advice:

[Royal Life Saving Society website](#)



## Road Safety

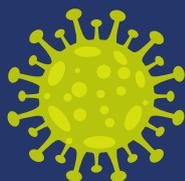
Parents play an important role in supporting children to gain the skills they need to cross roads safely or cycle in traffic.

It's good to start teaching children from an early age, but it can be hard for parents to know what their growing child understands about road dangers.

**The Child Accident Prevention Trust** has lots of helpful ideas and activity sheets for children:

[Website](#)

## Covid-19



Most Covid guidance and restrictions will be lifted in England on July 19th.

However, lifting restrictions does not mean that the risks from COVID-19 have disappeared and there is Government advice on how people can continue to manage the risks to themselves and to others.

See here for more information:

[Website](#)

## LET'S TALK LONELINESS

As coronavirus social distancing restrictions ease, many people will still feel lonely and isolated, so it will be more important than ever to take action if you or someone you know is feeling lonely.

If you can't reach out to friends or family or you want to talk to someone in confidence, or know someone who may need some help, here are some organisations for support:

 Website

## 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.

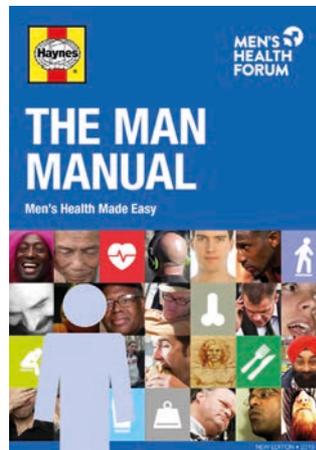
This CityCare service is responsible for Health Visitors, School Nurses, Nutrition Support Workers, Family Nurses and their teams across Nottingham city.

### 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](mailto:david.brocklebank1@nhs.net)



## Men's Health The Man Manual

This award winning guide from the Men's Health Forum has everything you need to know!

Order a copy here:

 Website

## Need some advice or support?

Remember your Children's Public Health 0-19 Nursing Service is there for you during the summer holidays.

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](http://www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information)