



# Keeping well this winter

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

## How are things going for your child at school?

**Hopefully, this term has seemed a little more normal.**

If your child is anxious about going to school, or refusing to go to school at all, read Young Mind's tips and advice on how you can support them and work with their school.

 [Read here](#)

Young Minds also offer 3 different services to parents and carers who are concerned about their child's mental health (up to the age of 25). Click below to find out more about their parents Helpline, Email Service and Webchat.

 [@YoungMindsUK](#)



## You are NottAlone!

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

 [NottAlone](#)

### NottAlone

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

is  
here!



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

The **NEW** website offering local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place.

[nottalone.org.uk](https://nottalone.org.uk)

# Boost your immunity this winter

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

Many adults, most children and all pregnant women are eligible for a free flu vaccine.

If you're over 50, you are eligible for both a free flu vaccine and a COVID-19 booster.

**Get vaccinated.**

**Get Boosted.**

**Get Protected.**

[nhs.uk/wintervaccination](https://nhs.uk/wintervaccination)

**BOOST YOUR IMMUNITY THIS WINTER**

**WITH THE FLU VACCINE**

Flu can be life-threatening and spreads more easily in winter. Many adults, most children and all pregnant women are eligible for a free flu vaccine.

**Get vaccinated. Get boosted. Get protected.**  
[nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)

**BOOST YOUR IMMUNITY THIS WINTER**

**WITH THE FLU VACCINE + COVID-19 BOOSTER**

Flu and COVID-19 can both be life-threatening and spread more easily in winter. If you're 50 or over, you are eligible for a free flu vaccine and a COVID-19 booster.

**Get vaccinated. Get boosted. Get protected.**  
[nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)

## COVID-19 vaccinations are currently being offered to 12-15 year olds in schools

**12-15 year olds can now receive the COVID-19 vaccine.**

You will need to complete a consent form which you can download below. Details of any catch up clinics will be shared through schools.

[Download consent form](#)

If your child is home schooled they can also complete a consent form

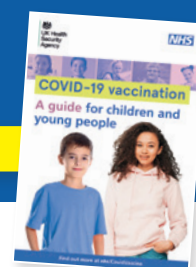
[Download home school consent form](#)

If you have any questions please contact the team on

**E: [sais@nottshc.nhs.uk](mailto:sais@nottshc.nhs.uk) or T: 0792 018 2032**

For further information please read this leaflet:

[Read or download COVID-19 Vaccination guide](#)



**If you think your child has swallowed a magnet**

**Take them straight to the nearest A&E or call 999 for an ambulance.**

If a child swallows magnets, they can be forced together in the intestines or bowels, squeezing the tissue so that the blood supply is cut off. Ingesting magnets can cause significant internal damage within hours and be life-threatening.

**Symptoms may not be obvious.**

**Your child might:**

- have stomach pain
- be vomiting
- have a fever
- be pointing to their throat or stomach

2021

## Caution!

### Keep magnets away from children

In recent weeks there have been numerous media reports of older children swallowing magnets after mimicking TikTok tongue piercing challenges or younger children swallowing magnets from jewellery or toys.





## When you think you need A&E, go to 111 online first.

We'll help you right away and, if needed, a healthcare professional will call you.

111

111

111

## 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



**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:

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

If you would like to give us any feedback on the contents of this leaflet please email [ncp.customercare@nhs.net](mailto:ncp.customercare@nhs.net)