



# Keeping well this winter

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

## How are things going at school?

Hopefully, this term has seemed a little more normal.

School can be a place that we enjoy but for some of us, it can be a tough time. If you are finding school difficult click here for some ideas on how to deal with problems at school from Young Minds.

👉 Young Minds



Follow them on Instagram for the latest tips and advice

👉 @YoungMindsUK



It is ok and normal to be anxious sometimes, but if you feel that you need some support there are lots of websites and services that can help.

## You are NottAlone!

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

### NottAlone

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

is here!



 Nottinghamshire County Council

 Nottingham City Council

 NHS

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**

👉 NottAlone

# Get vaccinated. Get protected.

Flu and COVID-19 are spread more easily in winter when we are all inside together more often.

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

You will need to complete a consent form which you can download from here.

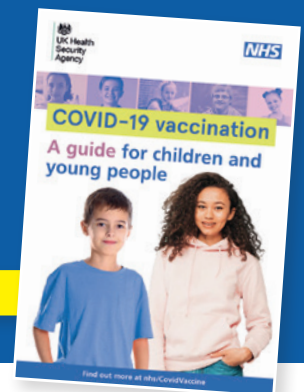
[Consent form](#)

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:  
**COVID-19 vaccination  
- A guide for children  
and young people.**

[Download](#)



## It's time to say shoo to the flu!



**The flu virus spreads easily and can make us really poorly. The best way to protect ourselves and the people around us is to receive the flu vaccine.**

This year all children from Reception – Year 6 in Primary Schools and Year 7 – Year 11 in Secondary Schools will be offered the flu vaccine spray at school.

Each child needs to have a completed online form [here](#)

For further details see our website service [here](#)

**SAIS** School Aged  
Immunisation  
Service

# Where to go for sexual health services:

## SH:24

Sexual health 24 hours a day – free, discrete, confidential

 [Website](#)

## Integrated Sexual Health Service

The Nottingham Sexual Health and HIV Service is free and confidential  
Tel: 0115 962 7627

 [Website](#)

## C-card

A free condom service for young people aged 13-24 years in Nottingham

 [Website](#)



Your Children's Public Health 0-19 Nursing Service can register you for a C-Card in the school drop-in and over the holidays. If you would like to arrange to register for C-Card outside of your school drop-in then just send us a text to the TextHealth number on **07480 635024**.

## Are you a young carer?



Do you help or support a parent or brother / sister with a physical/learning disability, mental health condition or a long-term illness?

Action for Young Carers is a free and confidential service that supports young carers in Nottingham City.

T: **0115 962 9351 /2/3**

or **0115 962 9349**

E: [AYCservice@carersfederation.co.uk](mailto:AYCservice@carersfederation.co.uk)

Text Phone: **07814 678 460**

 [Website](#)

# Need some advice or support?

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

**I am worried about my health, can I talk to a Public Health Nurse?**

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

The service can help with all kinds of things like:

- Emotional health
- Sexual health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking
- And more

Send a text to:

**07480 635024**

 [OR START A TEXT CHAT HERE](#)