



Keeping well this summer

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

Here comes the summer

Don't get bored!

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

 Ask Lion



**Try to spend as little time
as possible sitting for long
periods of time and just
'move more'!**



Ideally, up to the age of 18, all young people should be aiming for at least an hour of activity a day. It is important to include activities that strengthen muscle and bone on at least 3 days a week.

As well as being good for your physical health and keeping a healthy weight, it is great for your mental wellbeing and a good way to meet people too.

Sometimes it's just about finding the right thing that you enjoy and want to keep doing so see what is available near you and maybe try something new!

To find out about activities in Nottingham

 Ask Lion

 Active Nottingham

 This Girl Can

Take care of yourself!

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing.

Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you.



Self-Care - it's not one thing, it's your thing!

Find out more from Young Minds including a video explaining what self-care is all about

[👉 website](#)

See here for lots of ideas for self-care from other young people:

[👉 Self-care - Anna Freud](#)

[👉 My Self-care Plan download](#)

It is ok and normal to be anxious sometimes

If you are feeling constant anxiety, it can be a sign that something in your life isn't right and you may need some help figuring out what that is.

Young Minds has lots of information about understanding anxiety and how to get some help.



[👉 Young Minds Anxiety](#)

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

You are NottAlone!

NottAlone is here!

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



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

Nottinghamshire County Council Nottingham City Council NHS

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

[👉 nottalone](#)

Be U Notts - Support when you need it

Be U Notts offers free mental health and emotional wellbeing support and is available to anyone aged 25 or under, living in Nottingham and Nottinghamshire (excluding Bassetlaw) who is registered with a local GP.

[👉 BeUNotts](#)

For great tips and positive messages follow Young Minds on Instagram:

[👉 Young Minds instagram page](#)



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

Relationships

Relationships are sometimes confusing but should also be fun! Just take your time, make sure it feels right and talk to someone if you're unsure.

We all hope to have healthy, loving relationships but sometimes relationships change, and some behaviour becomes unhealthy and can result in an abusive and controlling relationship. Love shouldn't feel bad, and everyone has the right to feel safe and happy.

Talk to your friends about what you think a healthy relationship is and look out for anything that you think isn't ok.

Check out the Friends Can Tell website, video, and Instagram

#friendscantell

Staying safe online - The internet, relationships, and you

This website offers advice and support to staying safe online

thinkuknow



Where to go for sexual health services in Nottingham

SH:24

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

website

Integrated Sexual Health Service

The Nottingham Sexual Health and HIV Service is free and confidential

Tel: 0115 962 7627

website

The C-Card Scheme came to an end in Nottingham City at the end of March 2022. CityCare's Children's Public Health 0-19 Service recognises the need to continue to support young people to have access to sexual health advice and free condoms. To support our young people, CityCare have developed their own scheme, which will be known as **"My Card"** and will be available to young people attending the free City School Drop ins and other community Sexual Health sessions led by the Children's Public Health 0-19 Nurses



Need some advice or support?

Remember your Children's Public Health 0-19 Nursing Service is there for you during term-time and 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

If you would like to give us any feedback on the contents of this leaflet please email ncp.customercare@nhs.net