



Keeping well this summer

An information leaflet from your Children's Public Health 0-19 Nursing Service, July 2023

**Better
Health**

**Let's
do this**

NHS



Healthy Steps

Want your family to be healthier and happier without spending a fortune? Step this way...

Are you worried about your family's sugar intake? Or finding it hard to eat well on a budget? Maybe you're struggling to get the kids to eat their fruit and veg?

Healthy Steps helps families take small steps to improve their health and wellbeing.

Take our quiz, and sign up to receive tailored weekly emails giving you easy and practical ways for the whole family to eat better and move more.

To make sure the information is right for you, the programme starts with a quiz which helps you decide which topic – reducing sugar, 5 a day, or meal planning – is most relevant.

Small steps that add up

Healthy Steps is perfect for you if you have primary school-age children. So whether it's cutting back sugar, being better at meal planning or hitting your 5 a day, we have an eight-week programme to support you. You'll get simple tips from nutrition experts and other parents, Disney themed games and budget-friendly recipes delivered weekly to your inbox.

[Sign up here](#)

Worried about your child's mental health?

Do you know about the Young Minds 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:

[Website](#)



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

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.

[Website](#)



Good for your body Good for your mind



It's the perfect time to get active. When you move more you not only give your body a boost, but you give your mood a lift too.

Find ways to get active at:

nhs.uk/better-health/get-active

To find out about activities in Nottingham see:

[Ask Lion](#)

[Active Nottingham](#)

Make the first move for your mental health!

No matter how much you do, physical activity can make a big difference to how you feel - increasing feel-good hormones and helping reduce symptoms of anxiety and stress.

Now is the perfect time to get active and make the first move for your mental health with Every Mind Matters.



Summer

Summer fun and activities



Rediscover Summer activity booklet

Activities for primary school age children to do with parents, friends and family at home and outside this summer

[View guide](#)

To see what's on in Nottingham this summer AskLion!

[Ask Lion Website](#)



Summer Safety

Rogue online sellers risk children's lives!

Sadly, lots of toys are recalled because they are dangerous but similar toys are still available on online marketplaces.

There is a new advice hub where parents can check if the toys and childcare products you're buying are safe.

[Savvy shopper site](#)

Safety advice – button batteries.... blind cords....garden safety....water safety....and much more

The Child Accident Prevention Trust has information about all aspects of keeping your child and family safe this summer.

Information is available in:

Albanian; Amharic; Arabic; Bengali; Bulgarian; Cantonese; Dari; Mandarin; Pashto; Polish; Romanian; Somali; Tigrinya; Turkish; Ukrainian and Urdu

[CAPT Website](#)

Protecting your children through vaccination

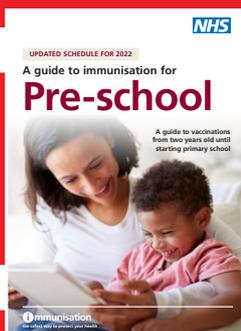
Vaccines save lives!

The NHS website has lots of information about the free vaccines on offer. By clicking on each vaccine, you can see detailed information about it, such as safety, side effects and catching up on missed doses.

[NHS website](#)

If you have pre-school children, see here for a guide to pre-school immunisation:

[View guide](#)



Measles is circulating, it is serious, very infectious and can cause complications.

Especially for those with a weakened immune system, babies under one year and pregnant women.



You need **two doses of MMR vaccine** to protect you, see your **GP practice** to make an appointment.

It is never too late to have your MMR.

Immunisation the safest way to protect your child

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



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

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

We have changed the way that you can contact the Children's 0-19 Public Health Nursing service in Nottingham.

From September 2023 you can call our Children's Health Advice Hub and speak to a nurse about your child's health and development, on

0300 300 0040

Opening hours 8.30 am to 5.00pm

For urgent healthcare needs please ring 111.



Just think 111 online first

When you think you need A&E, go to 111.NHS.UK



NHS

111 Help us help you

If you would like to feedback on this leaflet or our services please visit our website here: 