

## An important message for Families in Essex

**Subject: Winter Wellness**  
**Date: December 2020**  
**Issue: No. 20**

The Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical and emotional health, social, and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing education, advice and information to other organisations that can improve health and wellbeing for all. Our campaigns can be interactive with real-life practical learning examples, including web links to resources, which can be used in the classroom or at home.

This month we will be supporting Public Health England's Help us Help you Winter Campaign. We would like to thank Active Essex for Co-authoring the bulletin. They offer some really fantastic advice on how to stay well this winter.

We are also supporting the Essex Children's Safeguarding Board Online Safety Campaign. As part of the campaign we have developed some videos on how to set boundaries around the use of devices and handle difficult conversations around this. You can watch the videos here:

<https://youtu.be/2gfM5taGwPE>

<https://youtu.be/Dc7leDOodQM>

All the information from the campaign can be found on the ESCB website.

## Family Wellbeing

Following lockdown 2:0, the more wintery weather and darker evenings it may feel more difficult than ever to prioritise physical activity for yourself and as a family. But remember, fresh air, sunlight and physical activity can all have a positive effect on our wellbeing and also...

*“There's no such thing as bad weather, only unsuitable clothing.”*

**Alfred Wainwright.**

Evidence shows that even at this time of year there are multiple benefits of getting outdoors and physically activity can come in many different forms.

Essex Country Parks have remained open, and include walking trails, children's play areas, exercise stations, cycling trails and features.

<https://www.explore-essex.com/blog/6-surprising-benefits-of-going-to-the-park-in-winter>

Local walks can be livened up with puddle jump challenges, scavenger hunts, or creating 'I spy bingo cards'. You can even get creative and collect nature items to build collages and art work when you get home.

<https://www.appetitetoplay.com/physical-activity/games-activities-3-5-yrs/puddle-jumping>

Ball games in the park can certainly get you warmed up.

Gardening activities – there are tasks that the whole family could get involved in throughout all seasons.

[https://www.barnardos.org.uk/blog/indoor-and-outdoor-gardening-kids?gclid=EAlaIqobChMIk5KXp-OJ7QIVU8DlCh2BPQR3EAAYASAAEgK6D\\_D\\_BwE](https://www.barnardos.org.uk/blog/indoor-and-outdoor-gardening-kids?gclid=EAlaIqobChMIk5KXp-OJ7QIVU8DlCh2BPQR3EAAYASAAEgK6D_D_BwE)

Are you able to complete your daily journeys too or from school on foot or on alternative wheels? Leave the car at home and commit to walking, cycling, scooting or skating – a fantastic way to help squeeze more active minutes into your day, as well as reduce the traffic around your child's school and improve the air quality.

And if there is snow... well you all know about building snowmen and sledging!

If its indoor activities you are looking for, our Keep Essex Active Youtube channel re-launched last month and continues to offer a wide variety of activities both live or from our archive library for all ages and abilities. There's also lots of resources and other links that can help you.

Active at home Youtube Channel: <https://www.activeessex.org/keep-essex-active/>

## Family Wellbeing

As part of their Help us help you campaign, Public Health England are promoting uptake of the Flu vaccination. This year, with COVID-19 in circulation, it's more important than ever that eligible groups are vaccinated to protect them from flu. The target audience for activity has increased, and the vaccine will be offered to more than 30 million people. The expansion of the flu programme means that many more people will be eligible to receive the free vaccine for the first time, but may not realise this.

### Target audiences:

- Pregnant women
- Children aged 2- 11 years old
- Member of a shielding household
- 65+ years old
- Those who are in receipt of a carer's allowance, or who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill
- Have a long-term condition
- Frontline health and social care workers
- 50-64 year olds

You can help by ensuring anyone who meets the eligibility criteria within your household or community gets their vaccination.

To find out more information about us and the wide range of services we offer, please visit [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to [Essex.Communications@virginicare.co.uk](mailto:Essex.Communications@virginicare.co.uk)

