

Essex Child and Family Wellbeing Service Newsletter



An important Healthy Schools message from Essex
Child & Family Wellbeing Service

Subject: Winter Wellbeing
Date: December 2021
Issue: No. 30

Each month we create a bulletin promoting local or national health campaigns, featuring resources to promote best practice. This month we are focusing our campaign on Winter Wellbeing!



Healthy Schools

ESSEX

Family Wellbeing

[Healthier together](#) is a fantastic resource for parents created by the Royal College of Paediatrics and Child Health (RCPCH). The website is full of information to get advice and manage common childhood illnesses at home as well as a range of topics such as pregnancy, infant feeding, emotional wellbeing for children and young people and childhood vaccinations.

Children's [coughs and colds](#) in winter are very common, remember to continue to encourage children to [wash their hands](#) regularly, as well as coughing and catching sneezes in tissues and binning them.

As cases of COVID are on the rise and there is lots of media speculation about the return of restrictions, it is important to acknowledge any anxieties children and young people may be feeling around this. The NSPCC have a great guide on [talking to children who are worried about coronavirus](#). They also have some great resources on helping children spot '[fake news, hoaxes and misinformation](#)' online.

Don't forget to arrange your child's [flu vaccine](#)! It is available to all children from the age of 2 to Year 11. Pre-school aged children should have theirs done at their GP surgery. If you have any queries about school aged immunisations you can contact the Essex School Age and Community Immunisation Services [here](#).

We know there are many factors that can affect our overall wellbeing, from diet and nutrition to physical activity and even the amount of sleep we get. [Change 4 Life](#) have some cheap, easy and nutritious recipes to help you eat well this winter. It can be hard to stay motivated to be active in the winter months, but [Active Essex](#) have a great [activity finder](#) including new activities available to stream live or on demand. If you are feeling sluggish or tired during the winter months, check out these top tips to help [combat winter tiredness](#).

Don't forget you can always contact your Healthy Family team for support on;

Mid Essex Tel: 0300 247 0014

North Essex Tel: 0300 247 0015

South Essex Tel: 0300 247 0013

West Essex Tel: 0300 247 0122

To find out more information about us and the wide range of services we offer, please visit 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@virgincare.co.uk