

Essex Child and Family Wellbeing Service Newsletter



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

Subject: Dry January
Date: January 2022
Issue: No. 31

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 alcohol because it's [Dry January!](#)



Healthy Schools

ESSEX

Family Wellbeing

Lots of parents worry about drugs or underage drinking. NSPCC has lots of advice to help keep children safe and aware of the risks. Their [underage drinking information page](#) includes advice on the law and how to talk to your child about alcohol.

If you want to know more about alcohol and the units in different drinks, you can find out more on the NHS website [here](#). There is also some great tips for if you are considering [cutting down on alcohol](#).

The Alcohol Education trust also has lots of information for parents including;

- [Talking about alcohol – a guide for parents and carers](#)
- [The right message for the right age](#)
- [Alcohol and the law](#)

The Children's Society work with young people and their families across Essex for a range of reasons. Their drugs and alcohol service – [Essex Young People's Drug and Alcohol Service \(EYPDAS\)](#) support young people affected by drug and alcohol addiction. The service is free and confidential. The Community Hidden Harm Awareness Team (CHHAT) works with young carers across Essex who are affected by parents with drug or alcohol addiction, find out more [here](#). The [Family Support Group](#) team provide family support groups and one to one support to help families or friends dealing with drug addiction.

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