



# Welcome to our Autumn Newsletter!

## Families Health and Wellbeing 0-19 service Newsletter

Issue 7 – Autumn Edition

Welcome to the Autumn Edition of the Families' Health and Wellbeing 0-19 Service Newsletter!

This issue includes:

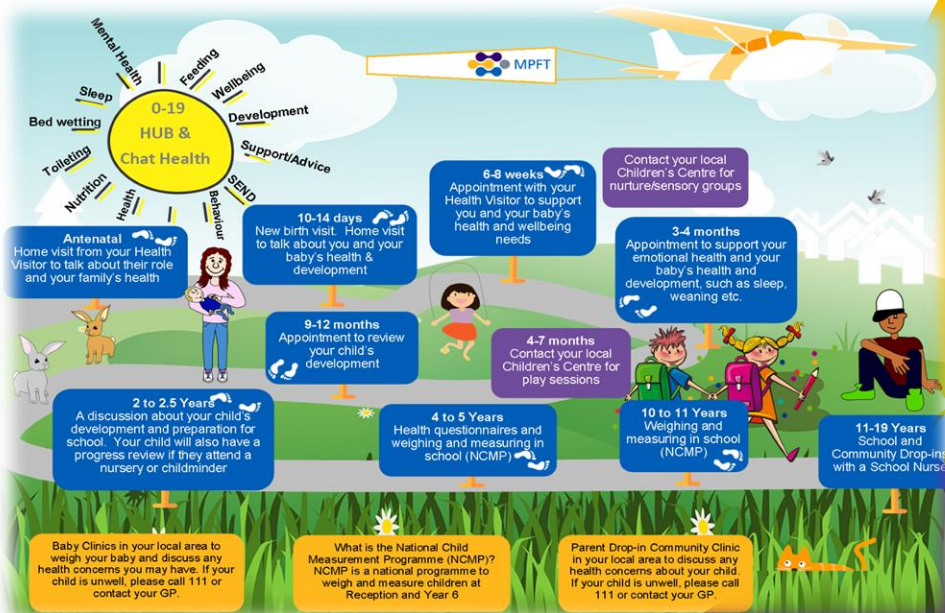
- information about supporting your baby's health and development through tummy time
- keeping children and young people safe on the roads
- how the Families' Health and Wellbeing 0-19 service are supporting the 'Take Action, Put Them Away' campaign with RoSPA
- The school nurse virtual drop-in clinic for parents/ carers and young people, and much more!

Our 'Day in the Life' article has been written by Charlotte, Helen and Jayne who are Clinical Support Workers in the Moorlands 0-19 Team. They tell us how they work together to support the smooth running of the health visiting and school nursing service in the district in a variety of ways.

We hope you enjoy this issue and once again welcome any feedback and topics for future issues. We would like to say a huge thank you to everyone who has contributed to developing this newsletter and thank you for taking the time to read it.

Take care,

Zoe, Janine, Kate, Heidi and Gemma



Together we are making life better for our communities

# Tummy Time

Floor play is an essential way of helping your baby's muscles to develop and 'tummy time' is a great place to start. Tummy time helps to strengthen your baby's upper body, particularly, their back, neck and shoulders and helps to prevent flattening of their head. You can start to practice tummy time right from birth by lying your baby on your chest – although, be careful not to do this if you are very tired and there is a chance you could fall asleep as this then becomes unsafe. Some babies don't like being on their tummies, don't worry, but the more they do it, the more used to it they will become. Start with short amounts of a couple of minutes and build up slowly to about an hour over the course of the day. It is important to prioritise tummy time in your daily routine because babies spend a large part of their day sleeping (on their backs) or being in prams/ pushchairs/ car seats/ chairs, so they need time to practice using their muscles freely. This helps them to develop the strength they need to learn other skills like rolling, crawling, and reaching out.



When doing/ starting tummy time:

- Choose a time when your baby is not hungry or tired or has not just been fed.
- Try lying them on your tummy, chest, or lap to start with – holding their hands can make them feel more secure.
- Try to get into a position where your baby can see your face or can turn their head to look at you
- It sometimes helps to use a rolled towel/ blanket under your baby's arms, with their arms forward, to prop them up.
- Keep them interested with singing, rhymes, or toys to look at and reach out for.
- Remember "Tummy to Play – Back to Sleep"

Only put your baby on their tummy to play when they are awake, alert, and supervised. Babies should always be put down to sleep on their backs so if they do fall asleep during tummy time be sure to move them and follow safer sleep guidelines for every sleep time.

The Children and Families' Paediatric Physiotherapy service has produced a short video on tummy time, which is accessible via this link along with a series of other useful videos:

<https://www.youtube.com/watch?v=WK9dEecN3bw>

You will see on the video some ideas for different tummy time positions and activities you could try with your baby.

If you have concerns about your baby's health or development, then please get in touch with us on our hub or ChatHealth numbers.

# Road Safety Matters

Between 2018/20, 43 children aged 0-15 years were killed or seriously injured in road traffic accidents/collisions on Staffordshire roads.

## Baby Car Seat Tips

- \* Rear-facing seats protect infants head, neck and spine in the event of a crash
- \* It is illegal to place a rear-facing seat in the passenger seat with an active airbag
- \* Second hand car seats are not recommended- do you know if they have been in an accident? Damage that may weaken the structure and safety of the seat may not be visible.

**Please Remember:**  
Do not keep babies in car seats when not in use within the vehicle

Children under 12 or under 135cms tall need to use the appropriate seat.

See individual manufactures recommendations for further guidance.

When walking to school always remember the green cross code:

**Think** about where you will cross.

**Stop** just before the curb.

**Look** all around you for vehicles and bicycles.

**Listen** for any vehicles

**Wait** for any traffic to pass before trying to cross.

**Look and Listen again. If safe then cross the road.**

## Walking to school?

- \* Plan the route
- \* look for hazards
- \* be road aware
- \* wear bright clothes reflective clothing



## Cycle Safety

- Only cycle on roads if you have passed your cycling proficiency.
- Wear a well fitted helmet that is strapped and conforms to current regulations.
- Be aware of signals to show the cars where you want to go.
- Use lights in the dark.
- Wear bright reflective clothing and accessories.
- Your local council can help you plan your journey by providing maps showing dedicated paths and routes.
- Maintain a safe distance from vehicles, curbs and when waiting in traffic.

For further resources on road safety

[www.think.gov.uk](http://www.think.gov.uk)

[Home | Child Car Seats](#)

[The right car seat for my child \(capt.org.uk\)](http://capt.org.uk)



## I Spy Road Safety...

Playing games with your children will help to increase awareness and provides opportunity to open conversations about the importance of road safety.

## HOW MANY THINGS CAN YOU SPOT



**ZEBRA CROSSINGS**  
**TRAFFIC LIGHTS**  
**LOLLY POP PERSON**  
**REFLECTIVE CLOTHING**  
**GREEN MAN**  
**RED MAN**  
**CYCLE PATH**  
**CYCLE HELMET**



[Public health profiles - OHID \(phe.org.uk\)](http://phe.org.uk)

[Child car seats: the law: Using a child car seat or booster seat - GOV.UK \(www.gov.uk\)](#)

## Did you know that cooking a family meal in a slow cooker costs less than 3p / hour in electricity?



The Families' Health and Wellbeing 0-19 service work in partnership with other child/ family focussed services across the county. Partnership working means that children and families can get support from the right place when a need is identified. Melissa Martin is an Effective Practice Development Offer for the local authority in Newcastle-under-Lyme and she is about to launch a slow cooker project in the district in response to the cost-of-living crisis and the

impact of the pandemic. Here, Melissa tells us where the idea came from and how it will help local families.

"With the pandemic leaving many people out of work or struggling to get by on reduced incomes, referrals for support from children's services have increased and many households have been plunged into fuel poverty. As a result, some have no choice but to eat cold food, or meals that require only a kettle or microwave.

We know that slow cookers are a great solution to create healthy, hearty meals. They typically use much less electricity than a hob, kettle, microwave, or cooker, so will help those experiencing fuel poverty.

A wide variety of inexpensive foods can be cooked in a slow cooker – including one-pot meals, soups, stews, and casseroles – and cheaper cuts of meat can be used to make delicious nutritious meals.

There is a real need to make sure those who could do with added support and help at this critical time are given just that. This is where the light bulb moment happened...if we could gift a slow cooker to families in need, it would not only save them money overall but get them excited and enthusiastic by the incredible meals that can be created using them.

Very quickly I realised that this could not be a quick turnaround project and it would need a multi-agency approach to ensure that all those wanting to support the community could be involved. As reported, the next hike in energy costs will be in October 2022, so the plan was then to arrange the project to coincide with this significant time.

As a collective, it was decided we did not want to just offer the slow cooker but also hold events around the Newcastle district where families could access diverse services such as debt management, mental health, and so on.

Once the idea was out there, it was wonderful to get an overwhelming response from people wanting to be involved. The Department for Work and Pensions (DWP) came on board to offer us funding for the project, which then gave us the ability to buy 1500 slow cookers!! It was only then that it became real and not just a "pie in the sky" idea.

The events will take place the first week of October, hopefully I can update you on what a success it has been!"

### ***Advantages of cooking using a slow cooker and recipe ideas.***

There are numerous advantages to using a slow cooker for cooking. They allow for hands-off cooking – all ingredients in one pot, switch on and cook. They really bring out the flavour of foods. They are easy to use. They are really great at tenderizing meat. They promote healthy cooking. They can save you money as they use less energy than a conventional oven. They are easy to clean. You can keep food warmer for longer using different settings. They save you time – it cooks whilst you get on with your day.

Follow the recipe links and get cooking:

- <https://www.bbcgoodfood.com/recipes/easy-slow-cooker-chicken-casserole>
- <https://www.myfussyeater.com/slow-cooker-beef-casserole/>
- <https://www.bbcgoodfood.com/recipes/slow-cooker-roast-chicken>
- <https://www.bbcgoodfood.com/recipes/slow-cooker-shepherds-pie>
- <https://www.bbcgoodfood.com/recipes/slow-cooker-sausage-casserole>
- <https://www.bbcgoodfood.com/recipes/slow-cooker-ratatouille>

Article By:

Melissa Martin

Effective Practice  
Development Officer –  
Newcastle Under Lyme

## RoSPA “Take Action Today, Put Them Away” Campaign

In Staffordshire, between 2018/19 and 2021, 160 children aged between 0 and 4 years old attended A+E due to accidental poisoning and another 190 children aged between 0-4 years attended with poisoning from medications. Due to their inquisitive nature, children under the age of five are most at risk of accidentally swallowing or getting household cleaning products, like liquid laundry capsules, into their eyes. Children aged between 1 and 3 years old are most at risk. Fortunately, most of these injuries are not usually severe but all are avoidable if key safety advice is followed.

Midlands Partnership NHS Foundation Trust’s Families’ Health and Wellbeing Service’s Health Visitors and School Nurses support 0-19-year-olds and their families in Staffordshire. We are working in partnership with the Royal Society for the Prevention of Accidents (RoSPA) to deliver the ‘Take Action Today, Put Them Away’ campaign. The campaign is funded by the UK (United Kingdom) Cleaning Products Industry Association (UKCPI). As part of the campaign, a handy magnetic notepad featuring key safety advice will be handed out to thousands of families across Staffordshire by health visitors and children’s centre staff. The notepad acts as a reminder to store cleaning products out of a child’s reach, out of sight, and in a locked cupboard.

The “Take action today, put them away” campaign’s advice to parents includes:

- Store household cleaning products out of reach of children, preferably in a locked cupboard
- Always store chemicals in their original containers
- Never pierce or break laundry capsules or tablets
- Always close the lid of any product
- In the event of an incident, follow advice on the product pack and seek medical attention.

If you have a child under 5 and are due to have a health visiting appointment you may be given one of these packs. We would really appreciate it if you could help us to find out whether you have made any changes in your home after receiving this safety information by completing the survey included in the pack.

Further information on the Take Action Today campaign can be found at [www.rosipa.com](http://www.rosipa.com)

For more details about the UKCPI, please visit [www.ukcpi.org](http://www.ukcpi.org)

# A Day In The Life Of.....

Hi!

We are Clinical Support Workers (CSW) based in the 0 – 19 FHWS Staffordshire Moorlands team. We each come from different backgrounds, and bring a range of knowledge and experience to the role. We work alongside Health Visitors, School Nurses, Nursery Nurse Practitioners, and the Strengthening Families' team. We support them by booking appointments, contacting parents, printing out leaflets and resources, as well as practically during clinic sessions.

Our role entails about 80% administrative work and 20% clinical. We support the health visitors in carrying out weight reviews at the well-baby clinics which are run in various locations around the area. We ensure that the clinics are set up with all the correct weighing and measuring equipment and any necessary personal protective equipment (PPE). We will then help with weighing and measuring the babies who are brought to clinic and plotting their growth in their 'Red Books.' We will also input this accurately onto their electronic health visitor record. Whilst in clinic, there are sometimes situations where parents may need signposting to other services and because of this we have a good knowledge of what is available locally to families so that they can receive the right advice or support.

When we are not in clinics, we can be juggling lots of different tasks! This varies from day-to-day and includes doing things like; arranging the maintenance of equipment, being on hand to support and help colleagues, ensuring service literature are correct at printing, and preparing information packs which can be given out at some appointments to support any advice given. We also contact parents by letter or phone call to arrange and manage appointments and will aim to make sure that they are booked in to see the right professional. Records are held on a computer system called Rio, which we also use to set reminders for us to complete certain tasks at specific times or receive requests from other teams and we make sure all these are actioned daily.

We will upload copies of any post or documents received to the right record and have a system in place to make sure that development review appointments are offered at the right time for each child. We use RIO daily to amend patient records with any relevant changes such as change of address, phone number, registered GP, and to transfer care to a new 0-19 team/ service if someone moves out of the area or create a record if they move into our area. As this is a live system, it is vital to the smooth running of our team, to ensure that parents' and families' information is up to date. We do our best to make sure that clinics are booked efficiently, are well organised, and run professionally but with a friendly atmosphere. We do this by ensuring families are welcomed and have consistent communication from us, and all the relevant equipment and information is to hand. We are always happy to help anyone who needs it.

We find this role is extremely varied and constantly changing to meet demands of the service and there is never a dull day!

Charlotte, Helen, and Jayne (The Moorlands team)  
Clinical Support Workers, Moorlands 0-19 FHWS Team



# SCHOOL NURSE

# **VIRTUAL** DROP-IN

for Parents/Carers & Young People

## WHEN

Every Thursday  
Time: 15.30 - 16.30

including  
School  
Holidays

## WHERE

Your mobile phone/device  
& a quiet place to chat

## HOW

Scan the QR  
code or type  
the short URL  
into your  
browser:



[mpft.live/schoolnurse](https://mpft.live/schoolnurse)

**ALL AGES  
EVENT**

**ADVANCE  
TICKETS**  
£0 not required

## ON THE DAY

1. Scan or enter the link into your browser between the advertised times
2. Enter your contact details
3. Wait in the private virtual waiting room (no one else will know you are waiting)
4. Your School Nurse will let you in to the virtual room

## FAQS

**Confidential.**  
**Chat about anything.**  
**Secure platform.**  
**Not recorded.**  
**No new app needed.**



School Nurses work with children, young people, and their families to help improve their physical and/or emotional health and wellbeing. School Nurses can help with a wide range of issues including general health queries, emotional health, and wellbeing concerns, and can offer advice on parenting and behaviour strategies.

Young people can see their School Nurse privately in school during term-time or speak to them by text or phone call.

Even when the schools are closed, School Nurses can still be contacted by young people or parents/ carers by getting in touch with them in our 0-19 hubs on 0300 3033923 or 0300 3033924 or by texting our ChatHealth line on 07520 615721 (Young people aged 11-19) or 07520 615722.

Both lines available Monday to Friday 9am – 5pm all year round (excluding weekends and Bank Holidays).

The School Nurses will be running a virtual drop-in session every Thursday afternoon between 3.30 and 4.30

## Private Fostering

Private fostering is when a child or young person under 16 years old (or 18 if they have a disability) is looked after for 28 days or more by someone who is not a close relative, guardian, or person with parental responsibility. Close relatives include parents, step-parents, aunts, uncles, and grandparents. It is not private fostering if the arrangement was made by a social worker at Staffordshire County Council or if the person looking after the child is an approved foster carer.

People become private foster carers for lots of reasons, such as: parental separation, attending schools/colleges while parents are overseas, teenagers staying with a friend, holiday exchange etc. By law, Staffordshire County Council must be informed of all private fostering arrangements. This is to see how the child or young person has settled, provide support, help with practical information and advice, and provide details of any benefits that may be available to you.

### Do you think a child might be privately fostered?

If you do become aware of any private fostering arrangements the local authority need to know.

Please call **0300 111 8007** select option 1, then 5, then 2.

You can find out more about private fostering by following this link:

[What is Private Fostering? | Foster For Staffordshire](#)




**Do you think a child in your school may be privately fostered?**

For further information or to report that a child is being privately fostered.

Call: **0300 111 8007** Select option 1, then 5, then 2.

Visit: [staffordshire.gov.uk/privatefostering](http://staffordshire.gov.uk/privatefostering)

 Staffordshire County Council

 Staffordshire Safeguarding Children Board



# Asthma Children and Young People

Asthma is the most common long-term medical condition affecting children and young people. 1 in 11 children are affected by the condition, around 3 in every classroom. Lots of children have poorly managed asthma and sadly, some children at the worst end of the scale do die of this disease every year; 90% of these deaths can be avoided.

Poorly controlled asthma affects every part of children's lives – their ability to learn, enjoy time outside school with friends or take part in sport. It affects their time with their families and how they sleep. The Staffordshire and Stoke-on-Trent Integrated Care System (ICS); which brings together a range of partners to redesign the way we plan and deliver health and care services; wants to improve the care for those children living with asthma.

Nationally NHS England / Improvement has produced a National Bundle of Care for Children and Young People with Asthma; this sets out a number of things that Integrated Care Systems should achieve by 2024 to deliver high quality asthma care.

Ask yourself these questions.... **(please speak to your GP Surgery or Healthcare Professional if you answer no and need any more support / information)**



Do you or your child have a **personalised asthma action plan**? We know that children with a plan are 4 times less likely to have to go to hospital for their asthma.

Do you or your child know how to use your **inhaler** correctly and know when the device is empty? Only ¼ of parents/carers and children have been given instructions on how to use their inhaler.



When was the last time you booked and attended an **asthma review** with your GP or nurse? A yearly review helps you and your child to manage their condition well.

Do you understand how outdoor and indoor **air pollution** effects lung health and how this can affect asthma?



Is your school able to appropriately support you with your asthma?

## How the Staffordshire & Stoke-on-Trent ICS plans to improve the delivery of asthma care:

- Increased access to training for all individuals coming across a child or young person with asthma; this training is aimed at both health and non-healthcare professionals and in most cases is free to access. Further details can be found at [Asthma \(Children and young people\) – e-learning for healthcare \(e-lfh.org.uk\)](#)
- Engagement with our local schools for expressions of interest to develop Asthma Friendly Schools and Asthma Champions. This will enable schools to support children and young people with asthma effectively in a school setting.
- Development of a website to share resources and information relating to asthma for children, young people and their families.
- Adapting hospital clinics to better support SEND (special educational needs & disability) children and young people with asthma.
- Review our current offer, how accessible are resources to parents, carers and young people in relation to our knowledge of the effects of air pollution on children and young people with asthma. Can we do this differently? Can we do this better?

If you would like to find out more about the National Bundle of Care for Children and Young People with Asthma please click the following link - [Report template - NHSI website \(england.nhs.uk\)](#)

## The Staffordshire and Stoke-on-Trent Integrated Care System (ICS). What is this?

if you want to learn more please visit their website [About us - Staffordshire and Stoke-on-Trent, ICS \(staffsstokeics.org.uk\)](#) or watch the Youtube video <https://www.youtube.com/watch?v=f3tBi9flkQ>

**What is an ICS?** <https://youtu.be/mz4FFE2y8PM>

Article By:

Sarah Evans

Strategic Senior Lead  
Staffordshire and Stoke-on-Trent Integrated Care Board

# ASTHMA



Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust



## top tips

Have a flu vaccine



Have an asthma check up before school starts



Share your Asthma treatment plan

Keep medicines topped up & keep taking them even when well

Keep medicines at school



Wash hands frequently



Avoid triggers such as pollen



Use a peak flow meter regularly



# Looking After Ourselves



It is important to be mindful of our emotional wellbeing needs as we approach the winter season. It can be a busy, stressful time of year and the colder, shorter days can mean that we don't socialise as much or go outdoors as often. This can then begin to affect how we think and feel. We have put together some links to useful information and ideas which can help to support good emotional health and wellbeing for all ages – helping us to cope better during stressful times.

Self-care is an important part of maintaining good emotional health and it can look different from one person to the next. It can provide headspace during times of stress and help us to relax and recharge. Self-care doesn't have to be an elaborate event or take hours out of your day. It can be something like going to bed early and having a full night's sleep, calling a friend for a chat, having a break from study/

work, writing, drawing, or reading a book. Think about what things you enjoy doing, what brings you comfort, or what helps to calm you when you are stressed or overwhelmed – and remember to take some time for yourself each day.

Grounding/ mindfulness or breathing techniques are other ways to help us feel calm and relaxed. These techniques can be used any time we are feeling anxious, overwhelmed, or stressed and don't take a lot of time.

Deep breathing can help to take the focus away from our thoughts and promotes a feeling of calmness in the body. This is because the increase in oxygen tells your nervous system to slow down. Breathing Exercise example:

Breathe in for 4 seconds

Hold for 7 seconds

Breathe out for 8 seconds

Repeat 4 times

Using mindfulness or grounding can also help us to refocus our thoughts and worries by bringing us back to the here and now. Grounding Technique example:

Think of:

5 Things you can see

4 Things you can feel or touch

3 Things you can hear

2 Things you can smell

1 Thing you can taste

It is helpful to spend some time thinking about what works for you in different situations then writing it all down or having a box of personal/ special items which give comfort or inspire happy memories. This way you will have something ready to go back to at a time when you may not be feeling very motivated or creative.

Here are some resources to help you with this:

- [Mental Health First Aid Kit | Childline](#)
- [mental-health-first-aid-kit.docx \(live.com\)](#)
- [Calm zone | Childline](#)
- [What Is Self-Care? | Self-Care And Mental Health | YoungMinds](#)
- [my-self-care-plan-secondary.pdf \(annafreud.org\)](#)
- [How to make a self-soothe box | YoungMinds](#)
- [Self Care, Anxiety, Depression, Coping Strategies | On My Mind | Anna Freud Centre](#)
- [selfcarepc-final.pdf \(annafreud.org\)https://bestforyou.org.uk/how-to-make-a-self-soothe-box/](#)
- [Breathing exercises for stress - NHS \(www.nhs.uk\)](#)
- [Wellbeing - Mind](#)





The Families' Health and Wellbeing 0-19 Service works with families and children aged 0 to 19 years old across Staffordshire in lots of different venues – including families' homes, clinics, schools, children's centres

Over the past two years, our services have adapted and evolved due to COVID-19 and the many challenges it presents. In addition to continuing to provide our face-to-face home visits, clinics, and school drop-ins safely, it has also meant that we quickly had to find and use other ways to communicate and interact with parents, young people, colleagues, and other services.

We want to make sure that we can offer the best service possible and that the information and resources we develop, such as leaflets, animations, and videos – are;

1. The topic's you want to see
2. That they contain the information you expect from us
3. That they are in the places you expect and know how to find: the FHWS newsletter, internet, Facebook, Instagram, email, ChatHealth, text, websites, leaflets, videos, animations, podcasts
4. They are they clearly written without lots of medical words or terms.

To help make sure that we get this right we are looking for parents/ carers across Staffordshire who would like to take part in some focus group sessions with us and share your views on new resources, animations, ideas that we have, ideas that you have for digital resources. How would you prefer to be communicated with in the future, tell us your thoughts, and give us your ideas.



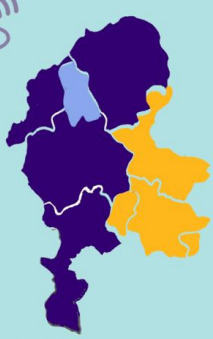
If you would like the opportunity to take part in one or more of these sessions and give us your feedback, then please let us know by scanning the QR code below to register your interest. We look forward to hearing from you! Thank you to those who have registered their interest already, we will be in touch with you soon!



# Families Health and Wellbeing 0-19 service

## Useful Information

We have included some images here for all of our services so that you can keep them for your own use or, for organisations, add them to your social media pages, waiting room/ reception TVs or newsletters, for example.



**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

**Stoke Hub: 0300 303 3298**  
**East Hub: 0300 303 3924**  
**West Hub: 0300 303 3923**

MPFT

All calls are charged at your local rate, mobile phones may vary

Families' Health and Wellbeing Service (0-19)

**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

HEALTHY EATING  
RELATIONSHIPS  
MENTAL HEALTH  
SELF HARM  
BULLYING  
SMOKING  
ALCOHOL  
DRUGS

**IT'S GOOD TO TALK...**

**BUT SOMETIMES IT'S EASIER TO TEXT ...**

WE HELP STUDENTS AGED 11-19 WITH ALL KINDS OF ISSUES

**TEXT YOUR SCHOOL NURSE ON 07520 615721 FOR CONFIDENTIAL ADVICE & SUPPORT**

ChatHealth



**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

**Families' Health & Wellbeing**

**Tuesday 1:30pm-2:30pm**

Free to join from the comfort of your home!

Virtual Breastfeeding Support Group

- ★ Facilitated by our Infant Feeding Leads
- ★ Breastfeeding support & information
- ★ Opportunity to meet other new parents

To find out more and to book a place email:  
InfantFeedingAdminTeam@mpft.nhs.uk

or visit our website  
www.mpft.nhs.uk



**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

**Families' Health and Wellbeing Service (0-19)**

We now have a text messaging service for parents/carers of children aged 0-19 who live in Staffordshire.

Get advice from our Public Health nurses (Health Visitors and School Nurses).

**TEXT: 07520 615722**



- Feeding and nutrition
- Child development
- Parenting advice and support
- Emotional health and wellbeing
- Behaviour difficulties
- Family health

**HEALTH FOR TEENS**

EVERYTHING YOU WANTED TO KNOW ABOUT  
HEALTH RELATIONSHIPS FEELINGS LIFESTYLE  
GROWING UP BUT DIDN'T WANT TO ASK.

**HEALTHFORTEENS.CO.UK**

TWITTER: @HEALTHFORTEENS1 #HEALTHFORTEENS

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. Texts 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 visitor from sending messages to you, text STOP to our number. Messages are charged at your usual rates.



# More Useful Information



## 0-19 Health and Wellbeing Services

### 0-5 Children's Health Information

East Hub (East Staffs, Cannock, Lichfield, Rugeley, Tamworth) 0300 303 3924  
West Hub (Moorlands, Newcastle, Seisdon, Stafford, Stone) 0300 303 3923  
Chat Health Parent Text Line County: Text: 07520 615722

Feedback  
SCAN ME

Stoke Hub (all localities in Stoke) 0300 404 2993  
Chat Health Parent Text Line Stoke: Coming Soon

Your child 0-5	Child Safety	Immunisations	Positive Parenting
Toileting	Coping with crying	Breastfeeding	Start4life
Weaning	Dental Hygiene	Safer sleep	Speech & Language



## 0-19 Health and Wellbeing Services

### 5-19 Children's Health Information

East Hub (East Staffs, Cannock, Lichfield, Rugeley, Tamworth) 0300 303 3924  
West Hub (Moorlands, Newcastle, Seisdon, Stafford, Stone) 0300 303 3923  
Chat Health County: Text: 07520 615722  
Chat Health Parent Text Line County: Text: 07520 615722

Stoke Hub (all localities in Stoke) 0300 404 2993  
Chat Health Text Line Stoke: 07520 615 723  
Chat Health Parent Text Line Stoke: Coming Soon  
For young people living in Staffordshire Text: 07520 615721

Health for Teens

Sexual Health

Sexual Health Clinics

Drugs & Alcohol Advice

Quit Smoking

Gender identity

Growth & Weight

Exam Stress

Online Safety

Emotional Health

Continence

FHWS 0-19

To give us Feedback: SCAN ME

Parent guide 12-19 years

Parent guide 5-11 years

Thank you for reading our newsletter.

Next time we will showcase another part of our service and bring you lots more articles which we hope you will enjoy.

To help us do this, we would love to get your feedback so please let us know what you would like to see in our next issue by answering a few questions, which should take less than two minutes.

Scan this QR code to access the link, or contact one of our hubs on 0300 3033923/ 3033924

