Warwickshire School
Health & Wellbeing Service

February 2021 Newsletter



Compass

A monthly update from your school nurse team

Here's the latest health & wellbeing update from WSHWBS for Warwickshire families. Remember, we're here to provide support and advice in these strange times: get in touch using the details on page 3.

The value of vaccines

England is a world leader in vaccinations, with one of the most comprehensive programmes in the world. Evidence from Public Health England (PHE) surveys suggests that parental confidence in the national immunisation programme is at an all-time high, and that parents/carers are far more likely to trust the NHS and their healthcare professional than what they see on social media.

Key points about vaccines

- Vaccines save lives. After clean water, vaccination is the most effective public health intervention in the world.
- Vaccines stop the spread of disease. Even with better hygiene, sanitation and access to safe water, infections still exist. When people are not vaccinated, infectious diseases that usually we no longer see can quickly spread.
- Vaccines prevent between 2-3 million deaths globally per year. But, if global vaccination coverage improved, this could increase by 1.5 million.
- Vaccines help fight antimicrobial resistance. Vaccination stops humans from getting infected, reducing the use of antibiotics and the development of resistance.
- Vaccines are the only way to eradicate disease. We have eradicated smallpox and are near to eradicating polio, both through using vaccines.
- Vaccines protect you and those around you. If enough people get vaccinated against a disease it makes it harder for the disease to spread. This protects people who can't get vaccinated, such as newborn babies.

Watch: a GP reassures a parent about vaccinating her child

COVID-19 vaccinations: useful links



NHS COVID-19 vaccine information page

GOV UK detailed information on vaccine priority groups

BBC article on vaccination safety

GOV UK COVID-19 vaccine easy-reay guide

Age UK COVID-19 vaccine FAQ

Time to Talk Day – 4th February

Changing the way people think and act about mental health problems

Around 1 in 4 people will experience a mental health problem this year. So...what can we all do to help?

It's Time to Talk.



Download our activity pack for older children, young people and families. It contains games and activities to start a conversation about mental health, as well as services and resources for young people seeking support.

World Cancer Day – 4th Feb

World Cancer Day is a global uniting initiative that aims to raise awareness, educate and act on cancer. This years World Cancer Day theme focuses on 'I Am And I Will' statements. This is a statement about you making a commitment to act.

So why not take up the '21 Day Challenge'? Pledge a bold and brave action to reduce the impact of cancer.

Safer Internet Day – 9th Feb

With many children and young people spending hours online every day, its essential for families to be open and informed about internet safety. This year, Safer Internet Day explores reliability online. False information can be highly damaging, and learning to decipher fact from fiction and opinion is an important skill to learn.

For activities and information on this topic, visit UK Safer Internet Centre.

Emotional and mental health



The news of a third lockdown with school closures has affected the mental health of many of us. The links below provide guidance and details of how to access support, and are regularly updated with advice on present situations.

For children and young people

Young Minds - mental health support

CW RISE - local mental health services

Childline - advice on many topics, free 24/7 supportline

NHS Every Mind Matters - mental health and self-care for young people

GOV UK - easy-read guide to looking after your feelings & body during COVID-19

The Mix - essential support for under 25s

For parents/carers

GOV UK - guidance for supporting CYP mental health during the pandemic

CW RISE - advice & support for parents/carers, including workshops & useful resources

Young Minds - help for parents/carers

NHS Every Mind Matters - looking after a child or young person's mental health

NHS Every Mind Matters - looking after your own mental health

For all ages: text 'SHOUT' to 85258 to for free, anonymous text support 24/7.

For urgent support with mental health for children and young people, please call the RISE Crises team on: **02476 641 799** (8am and 8pm) or **0300 200 0011** (overnight)

Coronavirus (COVID-19)

We remain under national lockdown until further notice. Find out exactly what that means in the latest government guidance.

Other useful links

NHS advice and symptom checker
WCC family guidance
Support accessing food in Warwickshire
Young Minds advice on talking to children about coronavirus
Coronavirus resources for people with autism

Our service update

Following the government's lockdown announcement, Warwickshire School Health are still available to support children, young people and families either by telephone, video call or our ChatHealth and Parentline confidential text messaging service. We are currently unable to meet with you face-to-face in most circumstances, and the National Child Measurement Programme due to commence in January has been suspended.

Please use the details below to contact us for support, or find out more on our **website.** Our office hours are Monday to Thursday 9am-5pm and Friday 9am-4.30pm. If you text outside these times, we will get back to you when the office is open again.

Parents/carers
Service mainline: **03300 245 204**
Text Parentline: **07520 619 376**

Young people 11–19 years
Text ChatHealth: **07507 331 525**



You can also refer your child to the service using our new referral form.

Follow us on twitter for health & wellbeing updates: @SchoolHealthC4H

Additional support from Family Lives

Family Lives is an organisation we work with who can provide additional support to Warwickshire families around any aspect of family life via a free supportline, online chat, email support and online forums. **Find out more.**

