

An important message for Essex schools from our Public Health and Healthy Schools Team

Subject: **Winter Wellness**

Date : **December 2019**

Issue: **No. 11**

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.

Wishing You A Healthy Happy Holiday season!

This month, we are focusing on the public health campaign '**Help us, Help you**'. The aim of the campaign is to help everyone understand how they can stay well and access the appropriate services. This includes messages about the flu vaccination, contacting NHS 111 instead of attending A&E, seeking advice at the first signs of a winter illness, accessing evening and weekend GP appointments and the advantages of consulting with community pharmacists.

There is lots of information in this publication which would be really beneficial to share with your wider community. **Please do share this bulletin** any other place you feel relevant.

Family Wellbeing

'Help us, Help You' is the Public Health winter campaign message which encourages everyone to seek help early and consider visiting the community pharmacist before the GP. The NHS 111 helpline is also available 24/7 & can prevent a trip to A&E.

Help your family to stay well this winter. Have those members of your family who are eligible for the [flu vaccine](#) had theirs? It's still not too late.

Other tips that will help keep your family healthy are:

- Good hand hygiene. The Norovirus, common colds and flu spread quickly and one of the best ways to prevent the spread of these, is making sure everyone knows the importance of washing their hands and how to wash them properly. For a quick demonstration, use this fun [clip](#) on hand washing by Northamptonshire NHS.
- Eat a balanced diet. Try to have your 5 portions of vegetables or fruit a day. Change 4 Life have some great [recipe ideas](#) to help you try new things & pack in some extra fruit or veg. Homemade soup is an excellent winter warmer packed with goodness!
- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Always remember warm boots, gloves or mittens, and a hat. The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- If you would like support in finding out where you can access warm bedding and clothing, please visit your [local](#) family hub or delivery site.

References

NHS (2019) Flu vaccine information, available at:

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

NHS Northamptonshire (2012) video clip, available at:

<https://youtu.be/TGddyTW5eMc>

Change 4 Life (2019) Recipes available at:

<https://www.nhs.uk/change4life/recipes>

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@virginicare.co.uk

