

Keeping well this winter

An information leaflet from your Children's Public Health 0-19 Nursing Service, December 2024

Vaccinations protect your children and family!

One of the main ways that you and your family can stay well over the winter months is by making sure you are protected from illness.

This winter, the NHS is rolling out a new vaccination for respiratory syncytial virus, also known as RSV. If you are 28 weeks pregnant or over, speak to your GP or maternity team about this vaccine to help protect your baby.

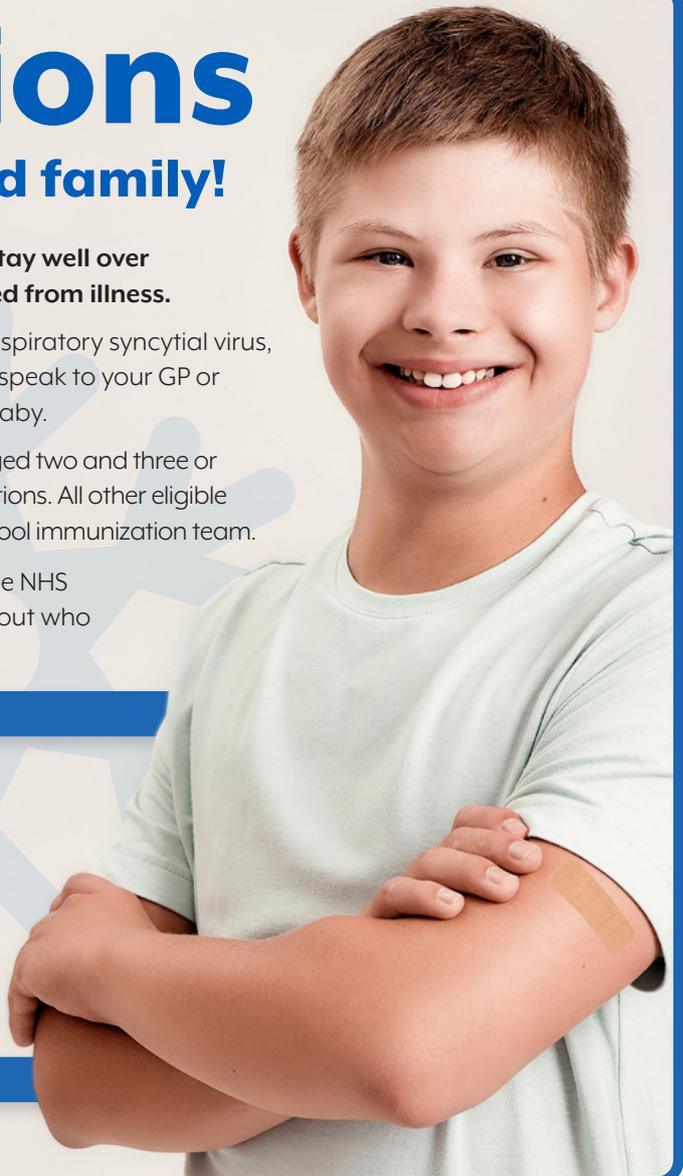
Your GP will be delivering flu vaccines to children who are aged two and three or children aged two to 17 with certain long-term health conditions. All other eligible children will be able to get a flu vaccination through the school immunization team.

COVID-19 and flu vaccines will be available to book via the NHS website from 23 September. Visit the NHS website to find out who is eligible.

[Website](#)

It's not too late for your child to catch up on their MMR vaccination. The MMR vaccine is recommended for all babies and young children, but older children and adults can have it if they were not vaccinated when they were younger. Two doses give life-long protection. Speak to a GP to arrange an appointment if you think you or your child needs to catch up. Find out more about vaccine eligibility and how to book below.

[Website](#)



Holiday Activities ?

To find out about activities in your area over the Christmas holidays go to Ask Lion:

[website](#)

Better Health

Let's do this



Getting ready for a new year and a new you?

Kickstart your health! Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health has lots of free tools and support.

[Website](#)

Better Health

every mind matters

Improve your mental health with the NHS Mind Plan

Answer 5 questions about how you've been feeling over the past 2 weeks. You'll get a plan created just for you with suggestions and advice to help you feel better.

Find out more here:

[Website](#)

Time for your family to start thriving!

Try a new FREE health and wellbeing programme here to help children and families to feel great.

We offer 5-17-year-olds above a healthy weight the chance to enjoy moving more with regular local activity sessions including trampolining, multi-sports and more.



While the kids are having fun, you'll get tips and advice from a trained health mentor to help you improve your family's health and wellbeing.

Scan the QR code to find your nearest group and sign up today!

Thriving Nottingham offers a wide range of health and wellbeing programmes to support locals to lose weight, move more, stop smoking and more.

www.thrivingnottingham.org.uk

hello@thrivingnottingham.org.uk

0115 648 5724



thriving
NOTTINGHAM

If you feel that you need some **mental health support**, there are lots of websites and services that can help. **You are NottAlone!**

[NottAlone](#)

NottAlone

Are you worried about your own, or someone else's mental health?

is here!

Want to find trusted information, advice and local services that can help?

This website has local mental health advice and help for people in Nottingham and Nottinghamshire, all in one place.



Nottinghamshire County Council | Nottingham City Council | NHS

Worried about your child's mental health?

Do you know about the YoungMinds Parent Helpline and Webchat service?

If you have a child aged 25 and below, you can contact the Young Minds parent's helpline, email or webchat service to discuss your concerns about your child's mental health with one of their trained advisors.



You can call the Parents Helpline on 0808 802 5544

Mon - Fri / 9:30am - 4:00pm

For webchat or email click here:

[Web page](#)

Click here for their parent's guide to looking after yourself while helping your child:

[Web page](#)

Coming soon... height and weight checks for children in Reception and Year 6



Every year the height and weight of Reception and Year 6 children is measured in all schools in England. This is called the National Child Measurement Programme (NCMP). It is important to know how children are growing so that we can provide the best support.

This will take place in Nottingham primary schools in February and March 2025.

If you have a child in either of these years, we will write to you before your child is measured.

[Click here to watch a video about the NCMP](#)

[NHS - easy ways to eat well and move more](#)

Children's Health and Wellbeing

NHS organisations in Nottingham and Nottinghamshire have created some web pages which offer you helpful advice about common conditions in babies and children and the symptoms to look out for

They hope this information will help you decide when you can treat your child at home, when you need to seek medical help and which service to choose.



[Website](#)

Safety advice

buying safe toys for your children this Christmas

The Child Accident Prevention Trust has information about all aspects of keeping your child and family safe this winter.



[Website](#)

The information is available in:

Albanian

Amharic

Arabic

Bengali

Bulgarian

Cantonese

Dari

Mandarin

Pashto

Polish

Romanian

Somali

Tigrinya

Turkish

Ukrainian

Urdu

[Click here for information about 8 dangerous gifts to avoid this Christmas.](#)

[Website](#)

Nottingham Early Help Partnership, the right help at the right time

Nottingham Early Help Partnership's vision is for every child to enjoy their childhood in a warm and supportive environment, free from poverty and safe from harm; where every child grows up to achieve their full potential.

The website has lots of lots of information about local support for families in Nottingham.



[Website](#)

Need some advice or support?

Healthier Together

is a website developed with the Royal College of Paediatrics and Child Health and has lots of helpful information for parents, from pregnancy health to all aspects of your child's health.



[Website](#)

Remember your Children's Public Health 0-19 Nursing Service is there for you during the school holidays as well as term time



I am worried about my child's development.

I'm here to help. Whatever is worrying you, let's talk it through.

We are a confidential text service for parents and caregivers that you can talk to about:

- Healthy lifestyles, including healthy nutrition and exercise
- Day and night time wetting
- Constipation
- Sleep behaviour
- Emotional health
- Healthy relationships and sexual health

Text a Public Health Nurse on

07480 635002

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. Text 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 professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates. For more information on how we use your information please visit www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information



You can now call our **Children's Health Advice Hub** and speak to a nurse about your child's health and development. **0300 300 0040** (Mon-Fri, 8.30am to 5pm)

You can ring this number for health advice for your baby and child (up to the age of 19). You can also ring this number to cancel appointments and ask for them to be rearranged, to book clinic appointments and book to attend our feeding support groups.



For urgent healthcare needs please ring 111.



Use 111

If you need urgent medical help.
Call, go online or use the NHS App.

NHS

111 Help us help you

If you would like more information about our service, please go to our website

