



Keeping well this winter

An information leaflet from your Children's Public Health 0-19 Nursing Service, December 2023

Vaccinations

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.

The NHS website has lots of information about the free vaccines on offer. By clicking on each vaccine, you can see detailed information about it, such as safety, side effects and catching up on missed doses.

[click here](#)

If you have pre-school children, see here for a guide to pre-school immunisation:

[click here](#)

The COVID and flu seasonal vaccination campaign started in September so do make sure you book an appointment if you are eligible. COVID vaccines can be booked from 18 September via 119, the NHS website or via the NHS App. 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.

Find out more about eligibility and how to book:

[click here](#)



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.

[Better Health](#)

You can also find simple ways to lift your mood with Every Mind Matters.

[Every Mind Matters](#)



Healthy Start



If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins
 - these support you during pregnancy and breastfeeding
- Vitamin drops for babies and young children
 - these are suitable from birth to 4 years old



Click below to find out if you are eligible

[website](#)



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 2024.

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



For easy ways to eat well and move more:

[click here](#)

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** Monday - Friday 9:30am - 4:00pm.

[click here for webchat and email service](#)

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

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



[website](#)

Water beads

Do you know the dangers?

Water beads are small, colourful and squishy. It's easy to see why they're so appealing to small children. But did you know they can be really dangerous if swallowed? That's why parents and early years settings are being urged to keep them away from small children.



[website](#)

Safety advice

buying safe toys...button batteries... magnets and much more

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

[website](#)



Information is also available in: Albanian; Amharic; Arabic; Bengali; Bulgarian; Cantonese; Dari; Mandarin; Pashto; Polish; Romanian; Somali; Tigrinya; Turkish; Ukrainian and Urdu

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

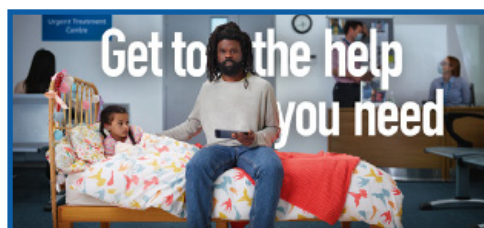


You can now call our **Children's Health Advice Hub** and speak to a nurse about your child's health and development.
0300 300 0040 (Monday to Friday, 8.30am to 5.00pm)

We can also help you with booking or changing appointments.



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 to feedback on this leaflet or our services please visit our website here: [Website](#)