

Monthly Newsletter

January Edition 2024

Happy New Year

From **Connect for Health**

We hope you all had a wonderful Christmas break and wish you all the best for the upcoming year.

Let's talk about ...

- Change Makers
- How to use the Better Health Scanner App
- Healthy Eating Tips
- Cold and Flu season
- National Child Measurement Programme
- Useful Contacts

Want to make sure you don't miss health & wellbeing updates from your school nursing team? [Sign up here!](#)

What's new with C4H?

Follow us on our C4H LinkedIn page for networking events and service updates.

Search: **Connect for Health**



A FREE programme that helps Warwickshire families live healthier lives.

The Change Makers Healthy Lifestyles Programme teaches families about good nutrition, staying active and other healthy living topics.

School Workshops

Change Makers offer school workshops for both KS1 and KS2.

For KS1 children can take part in a **45-minute** workshop looking at living a healthy lifestyle covering both nutrition and physical activity.

For KS2 they offer 2 separate workshops each **45-60 minutes**. The first covers nutrition and the second covers physical activity. The physical activity workshop ideally fits into a PE lesson.



7 Week School Programme

The Change Makers Healthy Lifestyle Programme is designed around behaviour changes, helping children to consider adopting a healthier lifestyle.

The programme runs after school with families for 7 weeks with each session lasting 60 minutes.

The sessions are interactive and cover the topics:

- The Eatwell Guide
- Portion Sizes
- Food Labelling
- Physical Activity
- My Healthy Day
- Fruit & Vegetables
- Sugar & Oral Health



If you wish to contact Change Makers for support with healthy lifestyle sessions in your school or home, then please contact C4H:

 **03300 245 204**

 **connectforhealth@compass-uk.org**



Want to make healthier choices this January?

Download the NHS Food Scanner App



With a speedy scan of your family's favourite foods, you can find healthier swaps for next time you shop.

The nutrient data provided in the app is supplied by Brandbank and FoodSwitch.

Scan, swipe, swipe!



Just scan the barcodes of your family's favourite foods, swipe to see the healthier options available, and make a swap next time you shop!



National Child Measurement Programme (NCMP)

Has your child had their height and weight measurements taken for the NCMP? Height and weight measurements are taken for all Reception and Year 6 pupils in Warwickshire, unless opted out. If your child has been measured as part of the programme, you can view the results letter via your parent/carer portal. To log in or register an account, please go to:

<https://www.compass-uk.org/primary-parent-sign-up>



Please contact us if you have any problems or require a results letter sent by post.

Cold & Flu Season

Hand Washing and Germ Prevention

During the Winter season washing your hands is one of the easiest ways to protect yourself and others from illnesses such as food poisoning, and viruses such as flu and coronavirus.



Steps of Hand Washing



Rinse hands



Use soap



Palm to palm



Interlock fingers



Back to fingers



Base of thumbs



Fingernails



Wrists

Little Tips



For cleanliness this Winter

- You should wash your hand for around 40 seconds to get rid of 99.9% of germs.
- If you do not have immediate access to soap and water you could use an alcohol-based sanitiser instead.
- Open the windows and let fresh air in to get rid of germs and particles lingering.

Useful Contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a children under 5.

[Click here for useful apps and websites for young people.](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: connectforhealth@compass-uk.org



We are
HIRING

Join our Stratford-upon-Avon team
and be a part of the School Nursing service

APPLY NOW

Connect for Health is your School Nursing service in Warwickshire.
At C4H we give children, young people and their families the tools to
succeed and lead healthy, happy lives.

Full Time

School Staff Nurse

Full Time

**Family Brief
Intervention Worker**

Full Time

School Nurse



Complete an online application

For more information on our vacancies contact:
connectforhealth@compass-uk.org