

Healthy lifestyles - what is a healthy lifestyle?

Good health isn't just the absence of disease or illness, it is a state of physical, social and mental wellbeing. This means getting enough exercise, eating a balanced diet, communicating with friends and family, relaxing and getting a good night's sleep.

Would you consider yourself to have a healthy lifestyle? Are you healthy?

NHS Live Well

The NHS provide support through free, reliable advice and tips to help people make the best choices about their health and wellbeing. Some of the links most useful for helping us all make some simple, healthier choices are:

[5 steps to mental wellbeing](#)

[Sleep and tiredness](#)

[Quit smoking](#)

[Healthy weight](#)

[Eat Well](#)

[Healthy body](#)

[Exercise](#)

[Alcohol support](#)

[Sexual health](#)

Why not take a look and see if there's a small change you can make to improve your health today?

[NHS 'How are you?' quiz](#)

To check up on your overall health and wellbeing, take part in the 'How Are You?' quiz. When you finish, you'll get a summary of how your choices impact on your health and will be offered free NHS apps to download to make improvements.

[Every Mind Matters – Your Mind Plan](#)

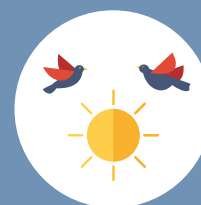
You can also access mental health support and guidance through Every Mind Matters. You will receive your own personalised Mind Plan by answering 5 quick questions, which will provide you with activities to try out, advice and support information.

Healthy family fun

- **Wellbeing Walks:** walking is simple, free and an easy way to get active. It also improves our mood and helps to reduce stress. Why not take a brisk walk and see how you feel?
- Nature Walk Treasure Hunt: make walking fun for the little ones and print off the [Nature Walk Treasure Hunt Checklist](#). What can you find?
- Family Outdoor Adventure Activities – **8 activities** that are sure to provide some inspiration for fun and easy ways to get outdoors.

Family fun at home:

- Discover [London's virtual zoo](#), with zookeeper videos, webcams and live streams of animals.
- From mid-late March until mid April, watch the [Walby Farm Park live lamb cam](#) to experience the magic of lambing time.



Public Health Campaigns

National Eating Disorder Awareness Week – 1st - 7th March

Did you know binge eating disorder will affect one in fifty of us in our lifetime? It is the most common eating disorder, but least understood. Find out more about binge eating disorder with [this video](#).

Other useful links:

beateatingdisorders.org.uk

nhs.uk/conditions/eating-disorders/advice-for-parents



No Smoking Day – 10th March

Smoking can seriously affect a person's health. Take a look at our [information guide](#) for stop smoking support, tips and services for young people and adults.

World Sleep Day – 19th March

A good night's sleep has many benefits for improving health and wellbeing. [Click here](#) for tips, useful info, and resources including links to bedtime relaxation videos and support service information for children, young people and adults.

Stop CSE Awareness Day – 18th March

Child Sexual Exploitation (CSE) is a form of sexual abuse that involves the manipulation and/or coercion of young people under the age of 18 into sexual activity.

Stop CSE Awareness Day aims to highlight the issues surrounding CE; encouraging everyone to **think, spot and speak out against abuse**. Find out more about what you can do to protect children:

stop-cse.org/national-child-exploitation-awareness-day
barnados.org.uk/what-we-do/protecting-children/cse

[Children's Society - Online Exploitation Card](#)

[Children's Society - What is the Dark Web?](#)

Exploitation Awareness for Parents/Carers via Zoom

Learn more about CSE, county lines and substances with a **free 60-minute virtual guide to Child Exploitation & Substance Misuse** from Compass CYPDAS and Barnados.

Thursday 16th March - 7pm // Thursday 18th March - 7pm

To book your place, please email rebecca.weaver@barnados.org.uk or gemma.austin@compass-uk.org.

World Oral Health Day – 20th March

World Oral Health Day is a great chance to brush up on our knowledge of how to keep our teeth healthy. Good oral health is so important throughout our lives, with poor dental hygiene leading to a range of health conditions. Here are some useful tools for making sure your family's oral health habits are the best they can be:

[Look after oral health for overall health](#)

[Protect your oral health during COVID-19](#)

[Start good oral health habits early](#)

For children & yp: [Professor Hallux's Dental Depository: Podcasts, videos and games](#)

For children: [oral health with toothie](#)

Change Makers: helping your family live a healthier lifestyle

Are you concerned about your child's eating habits, weight or physical activity levels?

Speak to the Change Makers team. Change Makers is a free healthy lifestyles service based in Warwickshire. They offer support with nutrition and physical activity to any family that has a child that goes to a Warwickshire school. They can provide you with the tools and resources to make positive changes in your family's lifestyle, and can help find solutions if your child has struggles with things like fussy eating or avoiding physical activity.

If your family needs any support, contact the School Health and Wellbeing Office on **03300 245 204** or email on warwickshireschoolhealth@compass-uk.org



You can also follow Change Makers on Facebook for lots of quick tips, recipes and inspiration for healthier lifestyles: facebook.com/ChangeMakersWarwickshire



Emotional and mental health

The upcoming return to school will have had an impact on many children and young people's emotions. Some will be excited to get back in the classroom, while others may be facing social anxiety, worries about catching COVID-19, concerns about exams or their futures, and a whole range of other thoughts and feelings. However your child is feeling, it's important they know that it's normal to have these feelings, and support is there for them. These websites and booklets can provide support for families with this change.



For children

[When Things Change](#) - what to do and how to cope when things change.

[Feelings Activity Sheet](#) - a chance for children to write down or draw how they feel.

[Lanterns Activity](#) - an interactive game to help children let go of their feelings.

For young people

[Young Minds Anxiety](#) - help identifying and treating anxiety.

[The Worry Tree](#) - a useful tool for working through your worries.

For parents/carers

[Tips for parents/carers](#) - preparing your child to return to school.

[NHS anxiety in children](#) - information, signs and help supporting children with anxiety.

[Priority Group](#) - managing back-to-school anxiety after COVID-19

Other services and general support

[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

[The Mix](#) - essential support for under 25s

[GOV UK](#) - guidance for parents/carers supporting CYP mental health during the pandemic

[GOV UK](#) - easy-read guide to looking after your feelings & body during COVID-19

[Anxiety Easy Read Booklet](#)

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)

The Prime Minister recently revealed the government roadmap for easing lockdown restrictions in England. This includes pupils returning to school on the 8th March. You can read the government press release, which details the four steps for reducing lockdown measures and the tests that will have to be met for these changes to go ahead, [here](#).

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](#)

Get in touch for support

Your school nurse team is here to support children, young people and parents/carers in Warwickshire with a wide range of health and wellbeing topics. Please use the details below to contact us, 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

Just a quick question that's been on my mind the past few days

No problem, we're here to help. What's on your mind?

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](#).

