



Keeping well this winter

An information leaflet from your Children's Public Health 0-19 Nursing Service, November 2020

Hello

from your Children's Public Health 0-19 Nursing Service!

(previously known as School Nurses)

Normally we would be in school every week offering our Public Health Nurse drop-in where we can help support you with any health needs you have and if we can't help you we can find you someone who can!

This year has been a very strange one for all of us due to COVID-19!

As you may not have seen much of us this year due to school closures and COVID-19 restrictions we thought we would provide you with some information to help keep you healthy and well through the winter months.

We would also like to tell you about a new way that you can get in touch with us...

Nottingham CityCare has launched a TextHealth Messaging Service a new way for young people to get advice and support about health related issues.

Young people aged 11-19 years old can send a text to or start a direct webchat with us.

Monday to Friday, 8:30am to 5pm (excluding Bank Holidays).

I am worried about my health, can I talk to a Public Health Nurse?

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

The service can help with all kinds of things like:

- Emotional health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking
- And more

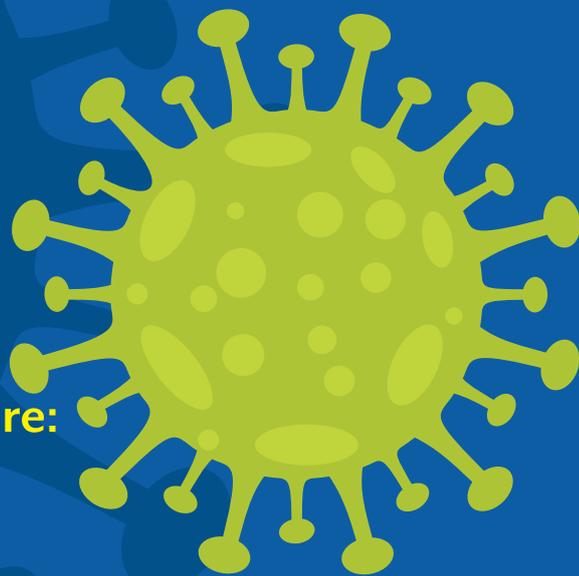
Send a text to:

07480 635024

or start a chat at:

www.chathealth.nhs.uk

Coronavirus COVID-19



The main symptoms of coronavirus are:

- **a high temperature**

this means you feel hot to touch on the chest or back (you do not need to use a thermometer)

- **a new, continuous cough**

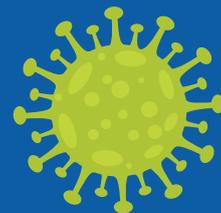
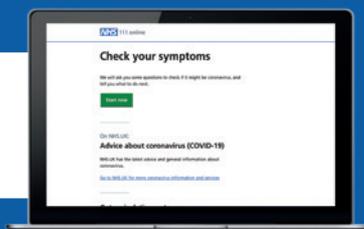
this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

- **a loss or change to your sense of smell or taste**

this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms. Use the NHS 111 online service if you are worried about symptoms.

<https://111.nhs.uk/covid-19/>



Check this out if you're not sure how to recognise the difference between COVID symptoms, flu, colds and allergies:

Know Your Symptoms

NHS

Covid-19

- High temperature
- Dry cough
- Loss of taste or smell

Cold

- Sneezing
- Aches and pains
- Running or stuffy nose
- Sore throat

Flu

- High temperature
- Fatigue
- Dry cough
- Aches and pains
- Headache

Allergies

- Sneezing
- Coughing
- Itchy eyes
- Running or stuffy nose

These are the most common symptoms. For more information visit: www.nhs.uk/conditions/coronavirus-covid-19/symptoms

HM Government

We must keep on
protecting each other.

NHS



HANDS



FACE



SPACE

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Children & Young People's Emotional, Mental Health & Wellbeing

Children & Young People will also be worrying about Covid-19 and may find some of the changes happening difficult.

Here are our top tips for looking after your emotional, mental health and wellbeing:



Talk about your thoughts/ feelings

- If you are feeling sad or worried - talk to someone. A parent, carer, teacher or friend could help
- Try doing something else to distract your thoughts e.g. read a book, draw or listen to some music
- Imagine putting all your thoughts in a cloud and letting them float away
- Your feelings are a bit like the weather and they will change often
- It's okay to feel sad and upset



Sleep



- Getting outside for 20 minutes of morning daylight (if possible)
- Keep to a routine—same daily timings
- Wind down pre-bed
- No screens in the hour before bed
- No daytime naps

Exercise



- Exercise at least 5 times a week
- Get active outdoors
- Try a YouTube workout
- Family walks / cycle rides
- Yoga

Remember to be socially distant during exercise activities.

Eat and Drink



- Try to eat healthy foods
- Drink plenty of water

Remember to eat your vegetables and fruit as part of your 5 a day.

Social Media



- Put your phone / tablet away for a while
- Filter scary keywords out of your feeds
- If you have to go online, limit it to once / twice a day if you can

Have Fun



- Do something you enjoy every day
- Listen to your favourite music—imagine the musicians
- Make a playlist for someone
- Do something creative—paint, colouring, cook something new, write a poem
- Perform a sketch / play / song / dance
- Play a board game—in person or remotely
- Call a friend, or even write them a letter!

It's time to say shoo to the flu!

This year all pupils in Year 7 are being offered the flu vaccination. It is a quick and simple nose spray to help protect you and your family from flu and will be done in school if your parent, or you, have agreed that you can have it. If you're in Year 7, you can watch a video and consent (agree) to having the flu vaccination yourself by registering here:

https://www.asklion.co.uk/kb5/nottingham/directory/service.page?id=uW9OfG_-LE8

How are you doing

This year has been a really strange and difficult one for everyone.

Your emotional and mental health is really important, The Anna Freud Organisation has talked to young people and professionals and come up with a list of self-care strategies. Have a look at them and see if any work for you.

<https://www.annafreud.org/on-my-mind/self-care/>

Rise Above is a website designed by young people with lots of inspiring and useful stories, videos, games and advice.

<https://riseabove.org.uk/topics/>

The Mix - Essential support for under 25's also has loads of information on all sorts of topics.

<https://www.themix.org.uk/>

Where to go for help if you're feeling anxious or need support:

KOOTH

Free, safe and anonymous online support for young people

<https://www.kooth.com/>

Young Minds

<https://youngminds.org.uk/>

The Mix

Freephone **0808 808 4994**

(7 days a week from 4pm to 11pm)

Crisis messenger 24 hours a day, 7 days a week

Text **THEMIX** to **85258**

CAMHS (Child and Adolescent Mental Health Services) in Nottingham

Tel: **0115 876400**

Text: **07860 002131**

www.asklion.co.uk/bemh

[@camhs_nottinghamcity](https://www.instagram.com/camhs_nottinghamcity)

Childline: 0800 1111

If you're under 19 you can confidentially call for free, email, or chat online about any problem big or small at any time of the day or night

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Where to go for sexual health services:

SH:24

Sexual health 24 hours a day – free, discrete, confidential

<https://sh24.org.uk/>

Integrated Sexual Health Service.

Tel: **0115 962 7627**

<https://www.nuh.nhs.uk/sexual-health-services>

Don't forget how important sleep is for your health and well-being! 13 -18 year olds need 8-9 hours sleep a night. It can be difficult but here are some things to try:

Teen Sleep Tips

AVOID

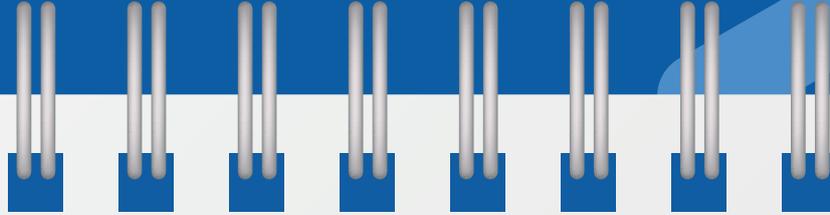
- Screens of any kind in the hour before bed
- Overly stimulating bedroom environments
- Sugary foods or heavy meals
- Caffeine or energy drinks - ideally from lunchtime
- High intensity exercise in the hour before bedtime
- Hot chocolate can also often be sugar-loaded!

TRY

- Reading books or a magazine
- Opt for supper 30 minutes before bed. Choose either toast, a banana, or cereals without sugar
- Warm milk, water, or herbal tea such as camomile
- Invest in an alarm clock rather than using the alarm on your phone
- Exercise during the daytime, and have an hour of relaxation time before bed
- Keep your bedroom environment calm and device free

For more information please visit www.thechildrensleepcharity.org.uk

Coming up.....



16th-20th November - Anti-bullying Week

If you'd like to show your support for anti-bullying week then join in by wearing odd socks on 'Odd Socks Day' on Monday 16th November!

☛ <http://anti-bullyingalliance.org.uk/anti-bullying-week/odd-socks-day/what-odd-socks-day>



To keep yourself safe on the internet check out these pages:

☛ https://www.thinkuknow.co.uk/11_13/

☛ https://www.thinkuknow.co.uk/14_plus/

Even though the theme of Anti-bullying Week is a fun one, being bullied is not fun and is never ok. If you're being bullied or know someone who is, talk to a trusted adult at home or in school. You can ask your teacher about our Public Health Nurse drop-ins or about making an appointment to speak to us; text us at TextHealth on **07480 635024** or contact one of the helplines in this leaflet.

2nd-6th December - Grief Awareness Week

Sadly this year there have been many families who have lost a loved one.

The aim of Grief Awareness Week is to get people talking about this difficult experience and help encourage people to get support.

☛ <http://nationalgriefawarenessweek.org/>

The Good Grief Trust has lots of information and links to support.

☛ <https://www.thegoodgrieftrust.org/>

This short video won't take the pain away, but it does have some ideas based on what other young people have said, that might help you through it.

☛ <https://www.annafreud.org/on-my-mind/dealing-with-loss-and-bereavement/>

The Childhood Bereavement Network has some ideas from other young people about what may help.

☛ <http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/what-you-can-do/for-young-people.aspx>

If you would like to speak to someone or start a chat contact Grief Encounter the charity supporting bereaved children and young people:

- **TALK** to grieftalk from any phone for free **0808 802 0111** 9am-9pm Monday to Friday
- **TYPE** send an email to griefftalk@griefencounter.org.uk



If you would like to give us any feedback on the contents of this leaflet please email ncp.customer@nhs.net