

# Families Health & Wellbeing 0-19 Service

WINTER  
Edition

## Newsletter - Issue 14

### Welcome to the 14<sup>th</sup> Edition of the 0-19 Service Newsletter for County!

In this edition, we have included articles on the following topics:

- Safer Sleep Week
- Baby Slings
- LGBTQ+ History Month
- Common Winter Illnesses
- Immunisations – Are you up to date?
- Asthma Awareness
- Better Health – Start for Life
- Dental Health
- Healthy Start Vouchers & Vitamins
- Our Services to You!
- Team Spotlights & District News
- Virtual Sessions
- Podcasts
- Service User Feedback
- Useful Information

We would like to thank everyone who has contributed to this newsletter with articles and service information. You can find our previous newsletters on the MPFT website at: [Newsletters :: Midlands Partnership University NHS Foundation Trust \(mpft.nhs.uk\)](https://www.mpft.nhs.uk/newsletters). You will find lots more information and advice on a range of topics to support the physical and emotional health and wellbeing of you and your family.

We hope you enjoy this newsletter and wish you a safe and healthy summer.

Thank you and take care,



Zoe



Kathryn



Kate



Dawn



Gemma





**Safer Sleep Week 2025** is fast approaching, which is the Lullaby Trust's national awareness campaign offering evidence-based information to anyone looking after a young baby. This annual campaign aims to raise awareness of sudden infant death syndrome (SIDS) and the simple advice that reduces the risk of it occurring.

### What is Safer Sleep Week?

Safer Sleep Week 2025 will focus on what baby sleep should look like, versus when you may want to seek advice. The campaign also looks to bust the common myths that we see online surrounding baby sleep, and support parents with ways to strategies that may help if they're feeling sleep deprived.

Baby sleeping patterns, this poster explains baby sleep patterns from birth through to 12-months-old.

<https://www.lullabytrust.org.uk/wp-content/uploads/Baby-sleep-patterns-poster.pdf>

This easy read card explains how sleeping positions can affect a baby's ability to breathe.

<https://www.lullabytrust.org.uk/wp-content/uploads/Airways-easy-read-card.pdf>

Information on how to choose products or items that will help to reduce the chance of sudden infant death syndrome (SIDS) - Lullaby Trust Product Guide <https://www.lullabytrust.org.uk/wp-content/uploads/The-Lullaby-Trust-Product-Guide-Web.pdf>

Some parents choose to share a bed or other sleep surface (also known as co-sleeping) with their babies. Read our advice on how to co-sleep more safely <https://www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping/>

## Baby slings ROSPA

Do you know about baby sling safety?

Whilst baby slings can be incredibly useful, it is important for them to be used correctly to prevent fatal accidents including suffocation.

RoSPA recommends that if you choose to use a carrier or sling then one that keeps baby solidly against the parent's body, in an upright position is best. Parents should always ensure that they keep their baby's chin off their chest, keeping the airways clear for breathing



If you choose to use a sling or carrier, it is important that you follow the T.I.C.K.S rule to keep your baby as safe as possible

<https://babyslingsafety.co.uk/ticks.pdf>

✅ Tight

👁️ In view at all times

😘 Close enough to kiss

✅ Keep chin off the chest

✅ Supported back





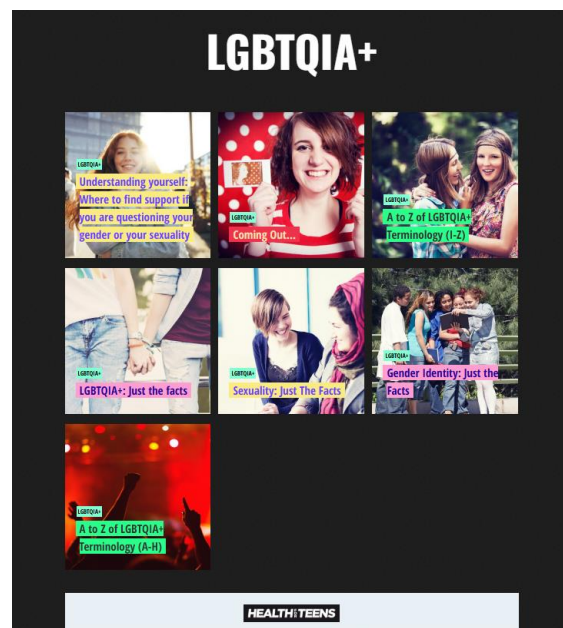
# LGBT HISTORY MONTH

## February is #LGBThistorymonth

This year's theme celebrates Activism and Social Change

Young people may have lots of questions about themselves as they grow and learn more about who they are. Health for Teens offers an innovative way for young people aged 11-19 to find out more about a range of subjects, including resources relating to gender & sexuality. The content has been produced by school nurses, a whole range of other health and wellbeing experts, and most importantly young people, just click the link below to find out more

<https://www.healthforteens.co.uk/relationships/lgbtq/>



[LGBTQIA+: Just the facts | Health For Teens](https://www.healthforteens.co.uk/relationships/lgbtq/)



## Common winter illness



Coughs and colds are extremely common in babies/young children and tend to occur more frequently over the winter months. They are usually caused by a viral infection and often get better by themselves. In general, antibiotics do not make them better more quickly.

Babies have immature immune systems, which means that they are particularly at risk from infections. Good hand hygiene

can really help reduce the risk of catching viral infections and don't forget it's important to follow THANKS – Think Hands And No KisseS advice to protect young babies too

<https://www.lullabytrust.org.uk/safer-sleep-advice/infection-and-illness/how-to-keep-babies-safe-from-infection/>

# T·H·A·N·K·S

Think · Hands · And · No · KisseS

**ALWAYS REMEMBER TO:**









• Wash your hands before touching a baby



• Only kiss a new baby if you are their parent or main carer

Below is an image from The Lullaby Trust explaining some of the signs or symptoms a young baby may have if they are unwell.

			
<p><b>are difficult to wake</b></p>	<p><b>appear floppy</b></p>	<p><b>are irritable and won't settle</b></p>	<p><b>have a mottled or blotchy appearance</b></p>
			
<p><b>have difficulty breathing</b> or are breathing unusually such as: fast, noisily, 'sucking in' under the ribs, grunting, wheezing</p>	<p><b>have a rash or sores / blisters</b> on their skin, eye, inside of mouth or around their tummy button</p>	<p><b>have a temperature</b> above 38°C or below 36°C, or their body is cold to the touch</p>	<p><b>have a high-pitched or abnormal cry</b></p>

Dehydration can also occur when a baby is unwell, so keep an eye on your baby's wet nappies and feeding and speak to a health professional if they have had fewer than 2-3 wet nappies in a 24-hour period.

Some parents also find it useful to use Baby Check too, which is a FREE app from The Lullaby Trust. It features 17 simple checks that parents can do if their baby is showing signs of illness. Each check tests for a different symptom and when completed, the app lets parents know whether their baby needs to see a doctor or health professional. You can find out more about this useful tool here <https://www.lullabytrust.org.uk/safer-sleep-advice/infection-and-illness/baby-check-app/> or download it from Google Play or the App Store








A high temperature is common in young children who are unwell, it is important to know how to manage it and recognise when you may need to seek advice. This video explains how to recognise a fever and the best way to help a child recover as quickly as possible

<https://www.youtube.com/watch?v=bx2w8fPYCQ>

## HOW TO TAKE YOUR CHILD'S TEMPERATURE

You should use a digital thermometer under the armpit for children 5 years and younger, and in the mouth for children over 5 years of age. The other option is to use an in-the-ear thermometer, although these should not be used in babies below one month of age.

-  Place the thermometer inside the top of the child's armpit (under 5 years of age) or in the mouth (over 5 years of age). Products vary so always follow instructions in the leaflet.
-  Leave the thermometer in place for as long as it says in the instruction leaflet. Some digital thermometers beep when they're ready.
-  Remove the thermometer. The display will show your child's temperature.

## WHAT SHOULD I DO IF MY CHILD HAS A HIGH TEMPERATURE?

### ASK FOR AN URGENT GP APPOINTMENT OR CALL NHS 111 IF YOUR CHILD:

- is under 3 months old and has a temperature of 38C or higher, or you think they have a high temperature
- is 3 to 6 months old and has a temperature of 39C or higher, or you think they have a high temperature
- has other signs of illness, such as a rash, as well as a high temperature
- has a high temperature that's lasted for 5 days or more
- does not want to eat, or is not their usual self and you're worried
- is dehydrated – such as nappies that are not very wet, sunken eyes, and no tears when they're crying

### CALL 999 OR GO TO A&E IF A BABY OR YOUNG CHILD HAS A HIGH TEMPERATURE AND:

- has a stiff neck
- has a rash that does not fade when you press a glass against it
- is bothered by light
- has a fit (febrile seizure) for the first time (they cannot stop shaking)
- has unusually cold hands and feet
- has changes to their skin colour such as blue, grey, paler than usual or blotchy skin (this may be harder to see on brown or black skin), or blue, grey or paler than usual lips or tongue
- is drowsy and hard to wake
- is extremely agitated (does not stop crying) or is confused
- has difficulty breathing (you may notice grunting noises or their stomach sucking under their ribcage), breathlessness or breathing very fast
- is not responding like they normally do, or is not interested in feeding or normal activities



# Should I keep my child off school?



## Yes

	Until...
Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

## No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfoc>.

It can be tricky deciding whether to keep older children off school, nursery or playgroup when they're unwell. Regular attendance at school helps your child to build skills and life-long friendships. Missing a lot of school because of ill health can have a big impact not only on your child's education, but also on how they feel about school. Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend school. However, if your child has a high temperature or is unwell, they should stay at home and avoid contact with other people, where they can, ensuring good hand hygiene – dispose of tissues and regularly wash hands with soap and water.

The UK Health Security Agency have devised this poster which you may find useful to help you decide if your child should go to school or nursery



# Are yours and/or your child's vaccinations up to date?

One of the best ways to protect your child against diseases like measles, rubella, tetanus and meningitis is through immunisations.

As well as protecting your own child, you're also protecting others by preventing the spread of disease.

A new animation co-created by NHS England and the British Society for Immunology explains how vaccines work to help stop the spread of common, potentially life-changing diseases, reducing people's risk of serious illness, and protecting those who cannot be vaccinated [Do you know how vaccines work?](#)

Please check the UK Immunisation Schedule <https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/> to ensure your child is up to date with all their vaccinations. Your child's Personal Child Health Record (PCHR) also known as the "red book" is used to record vaccinations and other important health information, if you are unsure, please speak with your GP surgery who will also have details of your child's vaccination details to date.

For school aged children you can also visit the MPFT School Aged Immunisation Service (SAIS) website for further details too <https://www.mpft.nhs.uk/services/school-age-immunisation>

Did you know you can help to keep your baby safe from a number of infections when you are pregnant too? Some vaccines are recommended in pregnancy and can help keep babies safe after birth, speak with your maternity service or GP surgery to get your free vaccine



**Asthma** is a common condition affecting 1 in 11 children and young people. If not treated well, asthma has a significant impact on a child's quality of life and their ability to enjoy activities and education. It also puts them at risk from episodes of breathing difficulty, known as Asthma attacks. These episodes are preventable with good asthma care delivered in partnership with the child or young person through empowering them to manage their asthma.

The most common symptoms of childhood asthma are:

- Wheezing
- Breathlessness
- A tight chest
- Coughing

Many things can cause these symptoms, but they're more likely to be asthma if they:

- happen often and keep coming back
- are worse at night and early in the morning
- seem to happen in response to an asthma trigger like exercise, or
- an allergy (such as to pollen or animal fur).

ALWAYS see a GP if you think you or your child may have asthma, or if you have asthma and are finding it hard to control.

In our MPFT Podcast episode from the 0-19 Service, Caroline talks to Sadie, a children's respiratory consultant nurse, about asthma. This episode covers what asthma is, the symptoms, how it is treated, the importance of Personal Asthma Action Plans and 'Count it out' methods



Listen now: <https://ow.ly/26I550TMHTU>

[Asthma and Lung UK Resources](#)

<https://www.asthmaandlung.org.uk/conditions/asthma/diagnosing-asthma>

<https://www.asthmaandlung.org.uk/conditions/asthma/child>





The more we chat, play and read with children, the more we help build connections in their brains. Anytime, anywhere, whether at home or out and about, it all adds up. There's no need to buy lots of toys or have big days out. Wherever you are, simply chatting back and forth, answering your child's questions and sharing special moments together all help their brain to grow and develop secure and strong connections. Just what they need to get off to the right start at school.

The Start for Life website <https://www.nhs.uk/start-for-life/early-learning-development> is packed with simple ideas on how to build these little moments into each day. It includes lots of examples of tips and activities for you to do together with your child at different ages, as well as links to find further support in your local area.

Children's brains develop rapidly during the early years, and parents/carers play a crucial role in this. Watch this video to see how you can help your child's brain grow <http://www.youtube.com/watch?v=-x0ueD58bJg>

### Additional resources

Stoke Speaks Out shares tips and advice about how to help your child talk, listen and understand <https://www.stokespeaks.org/parents-carers>



Take it Out so I'll speak out by Stoke Speaks Out  
[https://drive.google.com/file/d/1bE8gvlmrlISDYFHPUWed\\_y8DbSq8pVq97/view](https://drive.google.com/file/d/1bE8gvlmrlISDYFHPUWed_y8DbSq8pVq97/view)

### TINY HAPPY PEOPLE

BBC Tiny Happy, one message films offer tips and activities for language learning through play, plus films that show babies' brains development and why parents/carers are so important to that development <https://www.bbc.co.uk/tiny-happy-people>

Book Trust - Reading tips, activities, story-time videos, book recommendations and more <https://www.booktrust.org.uk/families-0-5>



National Literacy Trust - Milestones, tips, resources and advice for parents to support their child's literacy development (<https://wordsforlife.org.uk/>)

Change your story

Institute of Wellbeing Advice to support literacy development and wellbeing kits to help parents take care of their family and their mind <https://theinstituteofwellbeing.com/wellbeing-kits/>



**Speech and Language UK**   
Changing young lives.

Speech and Language UK - Support for parents who are worried about their child's language development - <https://speechandlanguage.org.uk/help-for-families/>

Early Years Alliance - Practical tips for parents to support their child to learn through play. Family Time Tips – free children's activities to try | early years alliance <https://www.evalliance.org.uk/family-time-tips-free-childrens-activities-try>



# Taking care of your child's teeth



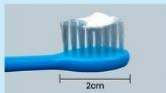
Healthy teeth are important to help children eat, speak, and smile confidently. As soon as your child's 1st milk tooth appears it's time to start brushing to establish good dental habits for life.

## DO's

- ✓ Use a smear (the size of a grain of rice) of toothpaste for babies and toddlers up to 3 years



- ✓ Use a pea sized amount of toothpaste for children aged 3 to 6



- ✓ Brush teeth and gums twice a day for 2 minutes each time, always before bed and one other occasion.

Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch to make sure they brush properly

- ✓ Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist.

Use a family strength fluoride toothpaste, look for one containing between 1,350ppm and 1,500ppm

## DONT's

✗ If your child has a dummy do not offer it to them after 12 months of age. Prolonged dummy use can encourage an open bite, which is when teeth move to make space for the dummy. They may also affect your child's speech development

✗ Do not rinse with water after brushing, as it washes away fluoride.

Always discourage your child from eating, swallowing or licking toothpaste from the tube

✗ Do not offer your child drinks from a bottle once they are 12 months old. Using a free flow 'Sippy' cup is recommended

✗ Do not let your child have too many sugary drinks and snacks. Water or milk to drink and snacks that are kind to your teeth such as fresh fruit, vegetable sticks, crackers, chapatti's etc. are best

The NHS website for anyone looking for a dentist is - [Find a dentist - NHS \(www.nhs.uk\)](https://www.nhs.uk)



If a child or adult is experiencing pain and need an emergency appointment but are unable to find an NHS dentist contact Stoke-on-Trent and Staffordshire's Dental Advice Line on 0300 123 0981

<https://www.nhs.uk/start-for-life/how-to-take-care-of-your-baby-or-toddlers-teeth/>

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**0300 123 0981**



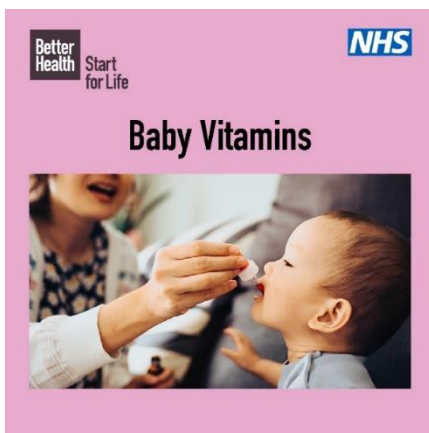




**Get help to buy food and milk with the NHS Healthy Start Scheme**

Apply online at  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

From birth, all breastfed babies should be given a daily supplement of vitamin D (8.5 to 10mcg).



**Baby Vitamins**

However if your baby is having more than 500ml (about a pint) of first infant formula a day, they do not need a supplement because formula is already fortified with vitamin D.

Once your baby is six months old, and up until they are 5 years old, daily vitamin A, C and D supplements are recommended (unless they're having 500ml or more of first infant formula each day).

When you buy your baby vitamin supplements, make sure you read the label to check they are age appropriate.

If you are pregnant or have a child under the age of four you could qualify for NHS Healthy Start to help you buy healthy food and milk.

You could also get free Healthy Start vitamins. Find out if you're eligible here: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



To check if you're eligible for NHS Healthy Start, visit:  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

X @NHSHealthyStart



# WELL BABY CLINIC GUIDANCE



FHWS 0-19 CaFSPA

0808 178 0611

Option 1



MPFT



If you have a child aged 0-5 years, you are welcome to attend well-baby clinics. You may wish to discuss concerns around feeding, growth, development, behaviour, or well-being concerns for yourself or your child. We may offer advice, signpost you to our virtual groups/podcasts or to other services



If your child is ill please **DO NOT COME** to a WELL BABY clinic. If you are unsure whether to attend, you could speak with a Health Visitor by telephone on the CaFSPA number



Alternatively, you could consult your local pharmacist, use the Lullaby Trust Baby Check App, contact your GP surgery or telephone NHS 111



In an emergency **ALWAYS** dial 999

Scan  
the QR code  
to see details for  
well baby clinics in  
Staffordshire



## Staffordshire County

<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics/well-baby-clinics>

***Please do not bring your baby or child to a well-baby clinic if they are unwell***

If your child is ill, you can try your local pharmacy first. They'll tell you if your child needs to see a GP. If your child has signs of serious illness, contact your GP surgery directly or take them straight to the A&E department of your local hospital. In an emergency always dial 999.

<https://www.nhs.uk/conditions/baby/health/looking-after-a-sick-child/#:~:text=Many%20GPs%20will%20also%20give,advice%2C%2024%20hours%20a%20day.>

<https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/>

Baby Check App <https://www.lullabytrust.org.uk/safer-sleep-advice/infection-and-illness/baby-check-app/>



## 5-19 Drop in Schedule for Staffordshire

Families Health and Wellbeing Service 



**SCHOOL NURSE VIRTUAL DROP IN CLINIC** 

Hosted by School Nurses this is open to parents/carers and young people of Staffordshire. Takes place every **Thursday** between **3.30pm and 4.30pm**, even during the school holidays.

The School Nurse is here to help children and young people, aged 5-18, feel healthy, happy and safe during their school years and get the best from their education.

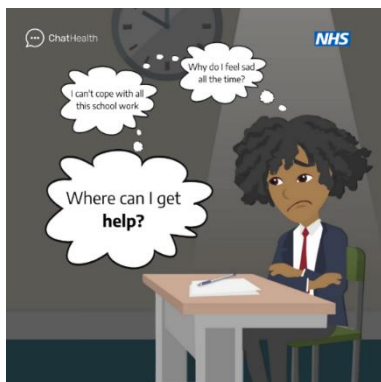
- Scan the QR code, or type in the link <https://mpft.live/schoolnurse>
- Enter your contact details
- Wait in the private virtual waiting room (no one else will know you are waiting)
- Your School Nurse will let you in to the virtual room where your conversation can begin

 If you need to speak to a School Nurse outside of these times please call the freephone number: 0808 178 0611 & press option 1

[www.countrywideonline.co.uk](http://www.countrywideonline.co.uk)

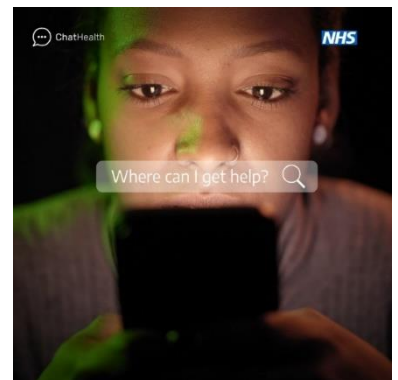
**School Health Nurses** are here to support children/ young people with any health or wellbeing concerns they may have. In addition to the virtual School Nurse Drop-in sessions there are a number of community Drop in sessions you can access too, see details in the link below

<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics/drop-schedule-5-19>



If you're a young person 11-19 years old living in Staffordshire and you feel anxious or need support with your health or wellbeing, you can text ChatHealth on 07520 615721 to speak to a health professional

ChatHealth is also available to offer advice / support to Parents/Carers in Staffordshire by texting 07520 615722





# Team Spotlight

## Schools Training Team - Staffordshire

The School's Training Team offer support to schools and pupils with medical needs, as part of the Staffordshire 0-19 Families Health and Wellbeing Service. The team are qualified nurses who deliver online training to schools across the whole of Staffordshire on Anaphylaxis, Asthma, Epilepsy and Buccal Midazolam. The training is delivered online via a rolling-programme. Each session lasts for an hour and at the end attendees can ask questions around the management of these conditions in school. The sessions are focused on caring for children within the school environment and include practical advice and support.

Staffordshire <https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/information-professionals/schools-training-team-staffordshire-county-council>

For more information or please email: [FHWS.trainingenquiries@mpft.nhs.uk](mailto:FHWS.trainingenquiries@mpft.nhs.uk)

## Perinatal Mental Health – Kristy



Hello, My name is Kristy – I am a Specialist Health Visitor in Perinatal Mental Health across Staffordshire and Stoke On Trent. I am really excited to promote the start of our newly developed Perinatal Mental Health Podcast series which has begun to explore different feelings/emotions that parents can experience in pregnancy or following the birth of a baby. We recognise that having a baby is life changing event for both Mother's and Father's and both can experience mental health difficulties during this time. We have recorded 3 Podcasts; "5 Ways to Wellbeing", "Baby Blues" and most recently "Men's Mental Health". We also have lots more planned so please watch this space!

It can sometimes be difficult to talk about how you are feeling but podcasts can have a positive effect on your mental wellbeing. Tuning in can help reduce stress and gives us an escape from our daily worries. Podcasts have changed the way we access information. There are lots of different topics available at our fingertips. You can access podcasts anywhere and at any time to suit your lifestyle. Podcasts can also improve our listening skills and reduce screen time.



If you are feeling sad and anxious and these feelings are affecting your enjoyment of life and your relationship with your baby, partner and family the Health Visiting Team can help you. Health Visitors are trained to explore how you are feeling and to know what support and help would be best suited to you and your family's needs. **You can contact them on this number 0808 178 0611.**

If you would like to find out more about mental health and wellbeing, there is lots more information available on the following websites:

- Maternal mental health alliance: [Home | Maternal Mental Health Alliance](#)
- Staffordshire and Stoke-On-Trent Talking Therapies: [Home - Staffordshire and Stoke on Trent Talking Therapies](#)
- Every mind matters: [Every Mind Matters - NHS](#)
- News Dads guide to good mental health: [New dads mental health advice - BBC Tiny Happy People](#)

### 5 ways to wellbeing



### Baby Blues



# District News

## LEEK

The well baby clinic at Leek health centre has now relocated to its new home in Leek Moorlands Hospital, Ashbourne Road, Leek ST13 5BQ. The clinic had been running for well over 30 years, many parents who were brought as children, attended with their own children.

Image: Sue, Amanda and Wendy had a photo with Sammi Brown the business manager from the practice at their final Leek Health Centre well baby clinic.



## LICHFIELD

Well baby clinics – illness to wellness spaces



Due to the very nature of GP surgery waiting rooms they are a high-risk area for spread of infection. Carol (Community Development Practitioner) looked at the current provision for Lichfield district well-baby clinics and began to look at other premises in areas of wellness, not spaces where illness was the primary reason for congregating.

Spark Centre now hosts a weekly well baby clinic, which was previously held at a GP surgery. Attendance has been good and feedback from parents/carers has been positive. We have seen an increase in babies and children with complex health issues attending, with parents/carers reporting they feel happier attending this space. Families attending have also reported feeling more inclined to attend Family Hub groups too, as the centre is now more

familiar to them and less daunting. This has a potential positive impact on reducing social isolation and increases play and social opportunities for the children.

A second clinic was moved to Tesco Community Space in Lichfield, providing the opportunity to network with other families comfortably and to see what community activities are on offer in this space too.

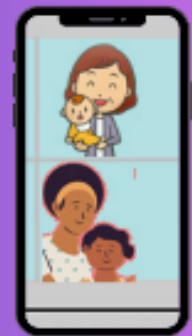
This community project has been an exercise in partnership working, community strengthening, reducing social isolation and considering the importance of wellness spaces for 0-19 services.



## FAMILIES HEALTH & WELLBEING SERVICE 0-19

### Topics covered:-

- Baby brain development
- Getting ready to breastfeed
- Safer sleep
- Supporting speech & language development
- Moving onto solids
- Toilet training



To find out more or to book a place, scan the QR code or visit our bookings page via this link <https://mpft.live/cde>



**All sessions are FREE & delivered by your  
0-19 Community Development Team**

Click [HERE](#) for more information on our Virtual Group Programme



All of the 0-19 podcasts can be listened to for free, at a time of day to suit busy families and we have some great topics for you, with many more in development!

🗨️ Five ways to wellbeing

🧘 5 minute mindfulness

💙 Baby Blues

⚠️ The dangers of button batteries

⚠️ Take action today put them away (accidental poisoning)

👩 Breastfeeding & returning to work

😴 Guided meditation for sleep

👶 Babies cry, you can cope (ICON)

🏫 Back to school worries

👤 Asthma

🏠 Safer Sleep-co sleeping and bed sharing

<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics/what-we-offer/podcasts>







## Staffordshire Families Health & Wellbeing 0-19 Service

Your can also complete our survey by clicking [here](#)





## WE'RE ALWAYS'S HERE!

School Nurses and Health Visitors work with babies, children and their families to help improve their physical and / or emotional health and Wellbeing. Our Teams are able to help with a wide range of issues including health queries, emotional health and wellbeing concerns and can offer advice on parenting and behaviour strategies.

Young people in High School can also see their school nurse privately in school during term time (the school reception staff will be able to let you know what day a member of the team will be in ) or check our schedule of drop ins on our website [schedule for drop-ins](#).

*Our Website also has lots more information... why don't you take a look:*

### [Health Visiting and School Nursing: Midlands Partnership University NHS Foundation Trust \(mpft.nhs.uk\)](#)

Even when schools are closed, School Nurses can be contacted by young people or parents/ carers by getting in touch with them in our hubs:

#### [CAFSPA \(County\) Hub](#)

(covering East Staffs, Cannock, Lichfield, Rugeley, Tamworth, Moorlands, Newcastle, South Staffordshire, Stafford, Stone)

Freephone: **0808 178 0611**



[Chat Health Text Messaging Service](#)

Parents/Carers text: 07520 615722

For young people living in Staffordshire, text 07520 615721



Both lines are available Monday to Friday 9am-5pm all year round excluding Bank holidays

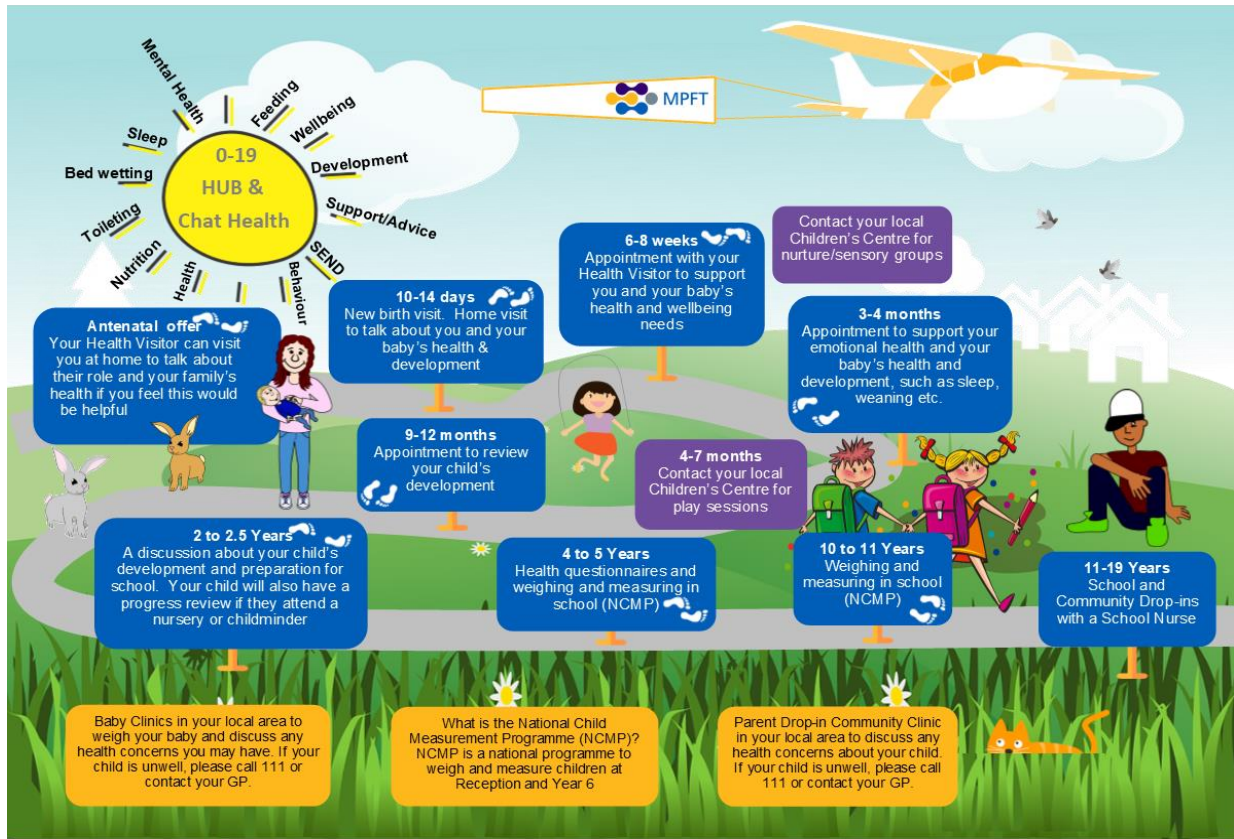
Young people can also access HealthforTeens Website for lots of further advice and support

[www.healthforteens.co.uk/staffordshireandstoke/](http://www.healthforteens.co.uk/staffordshireandstoke/)

Scan the QR Code for more information:



# Useful Information



Professionals can make referrals by telephoning the Hub or completing and emailing a referral form to [CaFSPA@mpft.nhs.uk](mailto:CaFSPA@mpft.nhs.uk)

- [FHWS Referral Form](#)





# 0-19 Health and Wellbeing Services



# 0-19 Health and Wellbeing Services



## 0-5 Children's Health Information

## 5 -19 Children's Health Information

East Hub (East Staffs, Cannock, Lichfield, Rugeley, Tamworth), West Hub (Moorlands, Newcastle, Seisdon, Stafford, Stone) **0808 172 0611**

Chat Health Parent Text Line County:  
Text: 07520 615722



Stoke Hub (all localities in Stoke) **0808 178 3374**

Chat Health Parent Text Line Stoke:  
**Coming Soon**

East Hub (East Staffs, Cannock, Lichfield, Rugeley, Tamworth), West Hub (Moorlands, Newcastle, Seisdon, Stafford, Stone) **0808 172 0611**

Chat Health County:  
Text: **07520 615722**

Chat Health Parent Text Line County:  
Text: **07520 615722**



Stoke Hub (all localities in Stoke) **0808 178 3374**

Chat HealthText Line Stoke:  
**07520 615 723**

Chat Health Parent Text Line Stoke:  
**Coming Soon**

For young people living in Staffordshire  
Text: **07520 615721**

<b>Your child 0-5</b> 	<b>Child Safety</b> 	<b>Immunisations</b> 	<b>Positive Parenting</b> 	<b>Health for Teens</b> 	<b>Sexual Health</b> 	<b>Sexual Health Clinics</b> 	<b>Drugs &amp; Alcohol Advice</b> 	<b>Quit Smoking</b> 
<b>Toileting</b> 	<b>Coping with crying</b> 	<b>Breastfeeding</b> 	<b>Start4life</b> 	<b>Gender identity</b> 	<b>Growth &amp; Weight</b> 	<b>Exam Stress</b> 	<b>Online Safety</b> 	<b>Emotional Health</b> 
<b>Weaning</b> 	<b>Dental Hygiene</b> 	<b>Safer sleep</b> 	<b>Speech &amp; Language</b> 	<b>Continence</b> 	<b>FHWS 0-19</b> 	<b>To give us Feedback:</b> 	<b>Parent guide 12 – 19 years</b> 	<b>Parent guide 5 – 11 years</b> 

## Health Visiting and School Nursing Contact Details

### CAFSPA (County) Hub

(covering East Staffs, Cannock, Lichfield, Rugeley, Tamworth, Moorlands, Newcastle, South Staffordshire, Stafford, Stone)  
Freephone: **0808 178 0611**

### Chat Health Text Messaging Service

Parents/Carers text: 07520 615722

For young people living in Staffordshire, text 07520 615721



# Thank you for reading our newsletter.

Next time we will showcase another part of our service and bring you lots more articles which we hope you will enjoy.

To help us do this, we would love to get your feedback so please let us know what you would like to see in our next issue by answering a few questions, which should take less than two minutes.

Scan this QR code to access the link, or contact one of our Hubs on:  
**0808 178 0611 (CAFSPA County)**

