



Family health & wellbeing!

January 2022 Update

in this issue...

Family New Year's resolutions [Page 2](#)

Useful contacts [Page 3](#)



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Family New Year's Resolutions

It's not too late to make a New Year's resolution as a family!

New Year's resolutions are usually positive changes individuals pledge to make in their lives. However, behaviour changes are not easy to make and require motivation, resilience and perseverance. Often, the best place to start is by making a small step in the right direction, then building on this to form a long-term habit or lifestyle change. Here's a few ideas for family resolutions from our team - plus tips and templates for sticking to your pledges. Why not sit down as a family and decide on your resolution together?



Healthier food choices

Choose a simple way to add healthier options to your diet:

Snack Swaps

Use these ideas to swap your family's go-to snacks for options that have more health benefits and are just as tasty. Get extra snack ideas and recipes [here](#).

Food Scanner

Download the NHS Food Scanner app - it'll tell you if products are a 'good choice', suggest healthier options for next time, and brings labels to life for kids with an augmented reality feature.



Up your activity

Can your family achieve the recommended physical activity guidelines and start the year moving?

5-18 guidelines

19+ guidelines

Activity inspiration:

Find a country park

Nature reserves near you

Change4Life Activities

Use the [GOAL Setting template](#) to make a family New Year's Resolution. Here's an ['Eat Healthier'](#) example for guidance.



Get 'Unplugged'

Can you remember the last time your family spent a day 'unplugged', without watching TV, checking emails, or spending time on phones or tablets? Set a goal of spending at least one day a month without your gadgets and instead, enjoy the outdoor, talk, play board games or take part in other activities you enjoy.



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 Coventry and Warwickshire. Includes counselling via text service.

Family support

Family Lives

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

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

[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



@schoolhealthC4H



@compassc4h



@c4hwarwickshire

www.compass-uk.org/services/c4h

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