



Family health & wellbeing!

May 2022 Update

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Mental Health Awareness Week

Mental Health Foundation have set this year's Mental Health Awareness Week (9th-15th May) theme as loneliness, focusing on the practical steps we can take to address it.

Loneliness has huge impacts on our physical and mental health and does not discriminate, affecting people of all ages. There are plenty of ways for families to get involved in Mental Health Awareness Week and support this cause. Why not try out some of the activities below to increase your social interactions and combat loneliness in yourself and others?

80 miles in May challenge

You can walk, run or jog the distance over the month of May to raise awareness of mental health. [Find out how to get involved](#) - why not do this as a family or with friends?

Tea and Talk

Get together with friends, family, colleagues and hold a Tea & Talk this Mental Health Awareness Week. [Download your Tea and Talk pack here.](#)

Time for us

Activities to get adults and children talking about their feelings - [get started here.](#)

A Student Guide to Loneliness

This guide is aimed at students 16+ and explores loneliness and mental health. [Download here.](#)



Sun Awareness Week

Sun Awareness Week takes place Monday 2nd to Sunday 8th May, and is a great opportunity to remind ourselves of the importance of protecting our skin from the sun while enjoying the outdoors.



During the hotter months of the year, children are exposed to UV radiation from the sun, often during the hours when UV penetration is at its strongest (11am to 3pm). Without adequate protection, a child's delicate skin can burn within minutes, causing irreparable damage. The best way to prevent this is to remember the **5 S's of Sun Safety**: **SLIP** on a t-shirt, **SLOP** on sunscreen, **SLAP** on a broad brimmed hat, **SLIDE** on sunglasses and **SHADE** from the sun wherever possible.

Affected by the sun?

Advice for common health concerns related to sun exposure:

- [Sunburn – DO's and DON'T's of what to do with sunburn.](#)
- [Heat exhaustion & heat stroke – how to treat and prevent it.](#)
- [Dehydration – the importance of staying hydrated.](#)

Sunscreen and sun safety

NHS have advice for adults and children on sunscreen and sun safety in the UK and abroad. Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy. Find out more [here](#).

George the Sun Safety Superstar

Teach children how to stay safe in the sun with [George!](#)

Spotting the signs of scarlet fever



Scarlet fever occurs most often in the winter and spring. It is a contagious infection that mostly affects young children. It's easily treated with antibiotics. Symptoms include a rash, a sore throat, flushed cheeks and swollen tongue. In many cases, doctors can diagnose scarlet fever from the symptoms alone.



Call your GP if you or your child have symptoms.

Treating scarlet fever at home

Relieve symptoms of scarlet fever by...

- drinking cool fluids
- eating soft foods if you have a sore throat
- taking painkillers like paracetamol to bring down high temperature (do not give aspirin to children under 16).

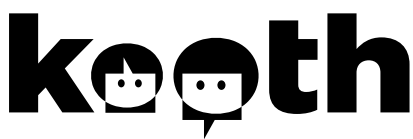


For more information about symptoms, GP appointments, treatment and more visit [NHS scarlet fever](#).



Local services & events

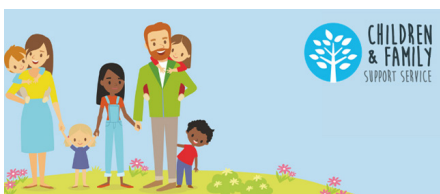
Useful services and events for Warwickshire families: mental health support for young people, help with your energy bills, local parenting programmes and healthy lifestyles services.



Kooth is a safe and confidential way for young people to access emotional wellbeing and early intervention mental health support. The service is available to all young people across Warwickshire aged 11-25 years. Learn more. [here](#).



Act on Energy supports Warwickshire families to save energy and combat fuel poverty. [Visit their website](#) to access free, impartial advice.



Parenting Support in Warwickshire - download the full guide to parenting programmes and workshops available for free to Warwickshire families [here](#).



Change Makers Healthy Lifestyles Services teach Warwickshire families about good nutrition, staying active and other healthy living topics. It's a free service for anyone with a child aged 4 to 19, or up to 25 for individuals with SEND. Learn all about their fun, interactive programmes and after school clubs in this [quick video](#).

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 child 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

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 @c4hwarwickshire

www.compass-uk.org/services/c4h

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