



Family health & wellbeing!

July 2022 Update

in this issue...

Outdoor Activities for Warwickshire [Page 2](#)

School readiness reminder [Page 3](#)

Learn about Eid al-Adha [Page 3](#)

Useful contacts [Page 4](#)



Want to make sure you don't miss health & wellbeing updates from your school nurse team? [Sign up here!](#)



Outdoor activities for Warwickshire

There are lots of lovely parks, woodlands and walks in Warwickshire that you can explore and play games along the way.

In partnership with Warwickshire Wildlife Trust, Connect for Health have created a pack full of ideas for games and activities families can do outside! We hope these ideas will help you explore your local green spaces with family and friends. The activities are easy to follow, fun and you can make up your own games.

[Click here to download the booklet](#)

We want to encourage people living in Warwickshire to be active and enjoy the outdoors by participating in fun activities that help them engage with nature. School grounds, local green spaces and parks are ideal places for families to take part in these activities together. We have created outdoor activity posters that encourage families to scan a QR code where they can learn all about how to complete the activity, with incentives and learning opportunities along the way.

Apple bird feeders!

You may have brilliant birds living in your garden. Here is a quick and easy bird feeder activity that will encourage wildlife into your garden.

What you need:

- An apple
- An apple corer or skewer
- Sunflower seeds
- String
- A thin stick

Stage 1: Ask an adult to make a hole through the middle of the apple.

Stage 2: Thread some string through the hole in the apple and tie the bottom end to the stick.

Stage 3: Push sunflower seeds into the apple until it looks like a little hedgehog.

Stage 4: Tie the string to the tree branch and wait for the birds!

Connect for Health
Your school nursing service

Connect for Health have teamed up with Warwickshire Wildlife Trust to share fun activities for families to take part in on the school grounds, on the way home from school or in local green spaces.

Brilliant birds!

Our bird activities include bird spotting, homemade binoculars and bird feeders. These activities are great for all ages, abilities and require minimal equipment.

Scan here → for fun activities that can aid you on your adventures and encourage feathered friends into your garden.

In partnership with **Warwickshire Wildlife Trust**

For lots more fun, free activities, download our Outdoor Activities Booklet by scanning here →

Compass

[Click here to access more activities](#)

If you need some more inspiration, want to explore further afield or would like to take part in some organised outdoor activities, then visit the Warwickshire Wildlife Trust website to find out lots more: www.warwickshirewildlifetrust.org.uk

Don't forget the School Readiness Health Questionnaire

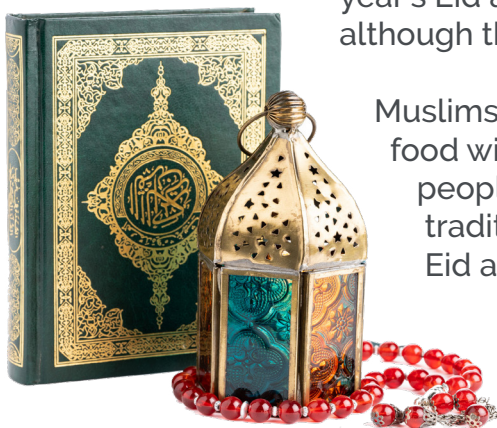
Starting school for the first time is a significant milestone for every child, and often a scary and exciting time for them and their parents/carers. We want to make sure all children and families have the support they need with their health, wellbeing and development to prepare for this. The questionnaire helps us identify when families may need support and advice in order to help children meet their full potential as they enter education.

The questionnaire should be completed online by all parents/ carers with a child due to attend a Warwickshire school for the first time in September. It will be open for completion from June through to August. Further information about the questionnaire and how to complete it can be found [here](#).



Learn all about Eid al-Adha

Eid al-Adha is an important date in the Islamic calendar as it celebrates the 'feast of the sacrifice'. Eid al-Adha is celebrated on the 10th day of Dhū al-Hijjah, the twelfth and final month of the Islamic calendar. According to estimates, this year's Eid al-Adha will take place between July 9 and July 13 – although this can vary depending on where you are in the world.



Muslims will greet each other and exchange gifts and share food with friends and family. It is still common practice for people to distribute meat during the festival, following the tradition of people sacrificing their best animals to mark Eid al-Adha.

Have a blessed
Eid Al-Adha

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

 @schoolhealthC4H

 @compassc4h

 @c4hwarwickshire

www.compass-uk.org/services/c4h

Compass