



Family health & wellbeing!

November 2022 Update

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Bonfire Night fun & firework safety

Bonfire Night crafts

You don't have to go out or have your own firework display to celebrate Bonfire Night - make your own firework displays with [these craft ideas](#). Ideas include a bonfire collage, bonfire painting, Catherine Wheel craft, chocolate sparklers, rocket bookmark and plenty more.

Alternatively, why not [put the Guy back in Guy Fawkes Night](#) - you might not be burning him on a massive bonfire, but you can have fun with the younger ones making your own Guy with old clothes and stuffing him with paper. Tell them the Guy Fawkes story as you stuff!

Warwickshire Bonfire Night events

You can watch dazzling displays and enjoy family fun at various locations across Warwickshire - [find one near you](#). The safest place to enjoy fireworks is at a public display; you are much less likely to be injured there than at a private party.

Firework safety

If you do decide to have a firework party at home, you can help make the occasion fun and safe for everyone by following the Firework Code, as well as some sparkler and bonfire safety tips - [read here](#).

There's also lots of important information about firework safety [available from CAPT](#). Children are more likely to be hurt by fireworks than adults; however, by following the safety advice, you can minimise the risk to your family.

Find out more about burns and scalds and how to treat them by visiting the [NHS Burns and Scalds webpage!](#)



Stress Awareness Week

7-11 November

A small amount of stress can be useful. It can motivate you to take action and get tasks completed. It can also make you feel alive and excited. But too much stress can cause negative effects such as a change in your mood, your body and relationships. Stress Awareness Week is a great opportunity to talk about stress, how we can manage it and support each other in our daily lives.

Activities and resources for children & young people

- **Coping with stress** - looks at what stress is, what causes it, how it might feel to be suffering from stress and ways to cope with stress.
- **Wellbeing bingo** - activity to get you talking and thinking about what you have done in the last week to look after yourself. It could be reading a good book, spending time with a friend or visiting somewhere new.
- **Developing resilience top tips** - taking steps to look after your wellbeing can help you deal with pressure, and reduce the impact that stress has on your life. This is sometimes called developing emotional resilience.
- **Stress Bucket** - consider what makes you stressed and some ways to help those stresses go away.
- **NHS Every Mind Matters** - there are plenty of things you can do to help cope with stressful events, and simple steps you can take to deal with stress or burnout. Learn about: What stress is, tips to deal with stress, signs and symptoms of burnout and much more!



Healthy eating fact of the month

Did you know?

On average a single chocolate bar has a whopping 6 cubes of sugar. That's the entire days allowance for a 10 - year old!

Find Healthier Food swaps [here](#) and download the [NHS Food Scanner app](#)



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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www.compass-uk.org/services/c4h

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