



# Family health & wellbeing!

June 2023 Update

## in this issue...

Learning Disability Week **Page 2**

Child Safety Week **Page 3**

School Readiness Reminder **Page 3**

Useful contacts **Page 4**



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# Learning Disability Week

## Living life with a learning disability

Learning Disability Week takes place between 19-25 June. It is all about making sure the world hears what life is like if you have a learning disability. Find out about the annual campaign at the [mencap website here](#).



### Learning disability explained

Information and resources that will help you get to grips with learning disabilities



### Mental Health Foundation

Information pack - Children and young people with learning disabilities and their mental health



### Advice and Support

Trying to find the right advice can be hard. Find out about the available support for people with learning disabilities.



### NSPCC Learning

Love Life: resources for young people with learning disabilities. Helping young people explore topics such as emotions, relationships and identity.

### MIND - Guide to learning disability support

Find information about where and how to get support for yourself, or someone else with a learning disability.

# Child Safety Week



Child Safety Week is an annual campaign run by the Child Accident Prevention Trust (CAPT), encouraging conversations and activities around child safety. This year, Child Safety Week runs from Monday 5th to Sunday 11th June. For free safety advice and resources visit CAPT Child Safety Week website [here](#).



## **Think! Education resources**

### **Road safety teaching resources for children**

You can access content to support students to be more road aware. The resources support different learning styles and encourage conversation. Click [here](#) to view the education resources.

**Warwickshire County Council - Road safety education**  
**information and advice for parents and schools**

## **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, even if your child is perfectly healthy.

The questionnaire is open for completion now until the end of August. Click on the link below to find out and complete the questionnaire.

[www.compass-uk.org/services/c4h/sr-hq/](http://www.compass-uk.org/services/c4h/sr-hq/)



# 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](mailto:connectforhealth@compass-uk.org)**