

# Stay well this winter

January 2019

Advice and guidance to help you and your children stay healthy this Winter

An aerial photograph of a snowy mountain slope. Numerous people are scattered across the slope, some walking and others on skis or sleds. The snow is bright white, and the overall scene is active and recreational.

Stay happy  
and healthy  
this Winter  
with our health  
guidance



# Welcome

As part of our efforts to help you stay healthy this Winter we've produced this update to give you all the latest guidance and some useful contacts in case you or any members of your family are feeling unwell.



## Where can I get help if I'm unwell?

**In addition to your local GP there are other options to help support you when you're feeling unwell.**

**NHS 111** is much more than a helpline – if you're worried about an urgent medical concern, you can call 111 to speak to a fully trained adviser.

Depending on the situation, the NHS 111 team can give you self-care advice; connect you to a nurse, emergency dentist or even a GP; and can arrange face-to-face appointments if they think you need one.

NHS 111 advisers can also assess if you need an ambulance and send one immediately if necessary.

For less urgent health needs, contact your GP or local pharmacist.

The NHS 111 service is staffed 24 hours a day, 7 days a week by a team of fully trained advisers.

**Your local pharmacist** is an expert in medicines and uses their clinical expertise, together with their practical knowledge, to advise you on minor health concerns, such as coughs, colds, aches and pains, as well as healthy eating and stopping smoking.

Pharmacists can also help you decide whether you need to see another medical health professional. You can find your nearest pharmacist online – go to [www.nhs.uk](http://www.nhs.uk) and search "pharmacy"

Remember the A&E department of your local hospital is there for emergencies only so please try and use an alternative first.



Health and wellbeing services for Kirklees children and young people aged 0-19 years (up to 25 years for children with special needs) and their families have been brought together under one name... Thriving Kirklees.

Thrivng Kirklees is a partnership of local health and wellbeing providers all working together to support children, young people and their families to thrive and be healthy.

The partnership covers areas of work including:

- Health Visiting
- School Nursing
- Child and Adolescent Mental Health Services (CaMHS)
- Children's Emotional Health and Wellbeing Service (ChEWS)
- Assessment and diagnosis of autistic spectrum conditions (through referrals made by a Speech and Language Therapist, SENCO, Paediatrician, or Educational Psychologist)
- Support for children and young people with learning disabilities
- Home-Start Family Support
- Healthy Start vitamins
- Safety Rangers
- Safety in the Home

**A new website has been launched at [www.thrivngkirklees.org.uk](http://www.thrivngkirklees.org.uk) which will include information about all the services available, the chance to refer yourself to those services via an online form and advice and guidance to help keep you and your children healthy and well.**

**There's also one number to contact services on:  
0300 304 5555.**

The work brings together Locala along with Home-Start Kirklees, Northorpe Hall, South West Yorkshire Partnership Foundation Trust (SWYPT) and Yorkshire Children's Centre.

## World Mental Health Day

The latest World Mental Health Day focused on young people and their mental health. Half of all mental illness begins by the age of 14, but most cases go undetected and untreated.. More info is still available on the [World Mental Health Day website](#).

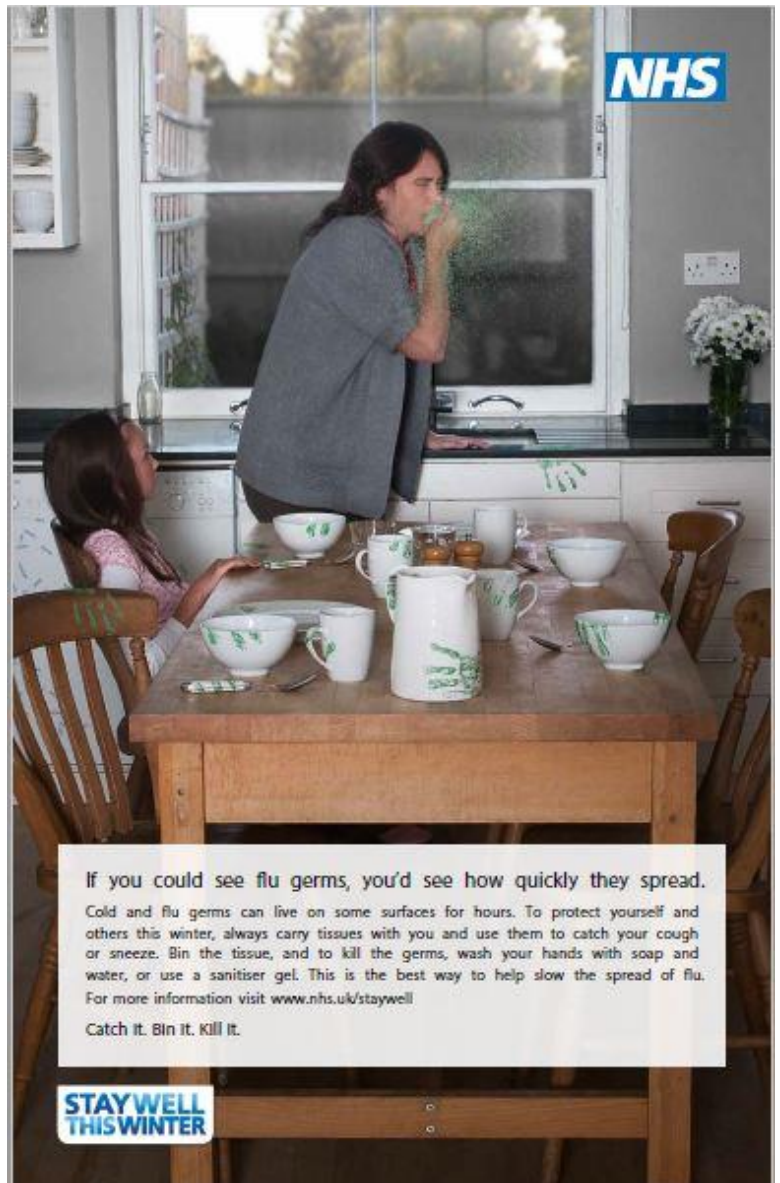
## Catch it, bin it, kill it

Colds and flu can leave you feeling unwell for days, and for some people can be really dangerous and even life threatening.

One of the simple ways that you can help prevent yourself and those around you from catching the flu this winter, and missing important days at school and work, is to catch it, bin it and kill it!

Always cover your mouth and nose with a tissue when you sneeze and throw the tissue away as soon as possible!

Make sure you wash your hands regularly with warm soap and water and a hand sanitizer. This will help to prevent bacteria and virus' spreading from person to person!



If you could see flu germs, you'd see how quickly they spread.

Cold and flu germs can live on some surfaces for hours. To protect yourself and others this winter, always carry tissues with you and use them to catch your cough or sneeze. Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel. This is the best way to help slow the spread of flu. For more information visit [www.nhs.uk/staywell](http://www.nhs.uk/staywell)

Catch it. Bin it. Kill it.

## Flufighters!

Flu season is upon us and flu vaccinations provide an effective defensive against the flu, and help to ensure that you don't infect your friends and family by carrying the virus.

Flu vaccines are offered free to children with long-term health conditions such as diabetes, asthma, heart disease or lung disease. For those groups getting flu can be very serious as they are more at risk of developing serious complications.

Parents may also be eligible for free flu jabs if you have a long-term medical condition – or for a small fee you can have a jab at your GP or pharmacist.

If you think your child may be eligible for a free flu vaccine contact your GP.

Parents with younger children at primary school should note that all children in Reception to Year 5 are offered the nasal flu vaccine free and this will include children in Year 6 from 2019.

## Getting a good night's sleep

A minimum of 8 to 9 hours' good sleep on school nights is recommended for teens. Here's a few ideas to help get enough sleep to stay healthy and do well at school.

- **Limit screen time**

Have at least 30 minutes of screen-free time before going to sleep. If possible, don't have a mobile, tablet, TV or computer in your bedroom at night, as the light from the screen interferes with sleep.

- **Exercise for better sleep**

You should be aiming for at least 60 minutes' exercise every day, including aerobic activities such as fast walking and running. Exercising out in daylight will help to encourage healthy sleep patterns too.

- **Cut out the caffeine**

Drink less caffeine – found in drinks such as cola, tea and coffee – particularly in the four hours before bed. Too much caffeine can stop you falling asleep and reduce the amount of deep sleep you have.

- **Don't binge before bedtime**

Eating too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.

- **Have a good routine**

Get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help you get to sleep.

- **Create a sleep-friendly bedroom**

Ideally your room needs to be dark, cool, quiet and comfortable.

- **Avoid long weekend lie-ins**

Late nights and long lie-ins can disrupt your body clock and leave you with weekend "jet lag" on Monday morning.

## Keeping yourself warm

Being cold isn't just uncomfortable; it can be very bad for your health.

Sitting or sleeping in a cold room is not good for you; it increases the risk of illness, breathing problems and bad chests.

There are some simple common-sense tips for helping keep your house warm:

- Don't let the cold catch you out - check the weather forecast so you are prepared.
- Have plenty of hot drinks like tea, coffee or hot water.
- Make sure you can check the temperature in your living room and bedroom. The living room should be 21C and your bedroom should be 18C.
- Wear a few layers of thinner clothing rather than one thick layer.
- Tuck curtains behind radiators, this will keep the heat in the room.

For advice on keeping your home warm and for help with affordable warmth visit the Kirklees Council website at

[www.kirklees.gov.uk/warmerhomes](http://www.kirklees.gov.uk/warmerhomes)

### Be Prepared

If you need any regular prescription medication please make sure you have enough in the house in case bad weather means you can't get to your GP or pharmacy.

## Keep active

Getting outdoors in natural daylight as much as possible during the winter months can help to increase energy levels and prevent depression and other emotional health issues.

Trying new activities that include the whole family can be a great way of enjoying the outdoors, such as:

- Cycling
- Visiting local parks and green spaces
- Walking to school instead of taking the car!

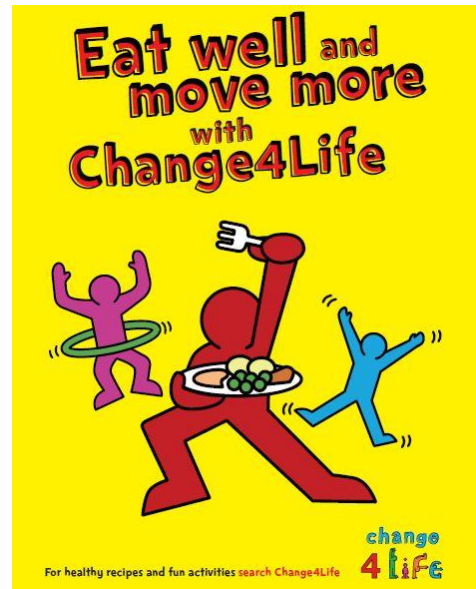
Regular exercise has also been shown to help control weight, boost your immune system and reduce stress. Stress is one of the main risk factors for illness – your immune system does not function well when you are stressed!

The One You 'Couch to 5k' app is also a great way to increase your fitness. It is suitable for absolute beginners and offers coaching podcasts for three runs a week – designed to get you off the sofa and running 5k in 9 weeks!

More information can be [found here](#). The [NHS Live well webpage](#) also has lots of other useful hints and tips to get active!

**This newsletter was produced by Locala Community Partnerships School Nursing Team**

**For more information on the support and advice School Nursing offers please visit - <https://www.locala.org.uk/your-healthcare/school-nursing/>**



## Eating healthily

Eating healthily is one of the best defences we have against becoming ill. A well balanced diet provides us with all the energy we need to stay alert and active during the day and can help us to prevent illness.

It's important that you should eat a hearty and healthy breakfast everyday – this will give you the energy boost you need to start your day and will stop you reaching for unhealthy snacks later in the day.

It's also important that we all make sure we eat the 5 recommended portions of fruit and vegetables a day. Visit the [Change4Life website here](#) for some innovative ways to include more fruit and vegetables in your diet!

Change4Life also have lots of interesting ways you can ensure your diet is healthy and balanced, including understanding and taking notice of food labels, ideas for snacks under 100 calories and information about managing sugar intake as well as lots of easy and simple recipes that you can try out at home.