



Healthy School News



April 2022

From the Healthy School Age Operational Group

Don't forget to sign up to our Healthy Schools offer by emailing HIT@halton.gov.uk

Healthy Schools Sign Up!

Time is running out to book your Healthy Schools sign up visit for 2021-22!

Please email HIT@halton.gov.uk to book your sign up visit before the **deadline of Friday 10th June.**

Once signed up, we can book in your Healthy Schools pupil sessions for this summer term, but availability is limited, so get in touch now to avoid missing out!

Share your stories with us on social media!

We would love to hear your Healthy Schools stories so please share your events and pictures with us using the hashtag **#HealthyHalton** or tag us in your social media posts **@HaltonBC**.

Mental Health Awareness Week 2022

9 – 15 May

The theme of this year's Mental Health Awareness Week is Loneliness and the impact loneliness can have on mental health. Research by the Mental Health Foundation showed that many people have increasingly been suffering from feelings of isolation and loneliness which has led to harmful consequences. They also discovered an increased demand from the public to see loneliness being addressed as a serious topic requiring urgent action.

A national campaign aimed at 18 – 24 year olds launched earlier this year. **'Lift Someone out of Loneliness'** offers advice for ways to help yourself or others who may be feeling lonely and suggested support routes. For more details about the campaign see the [Every Mind Matters Loneliness webpage](#).



Become a care home friend!

A new initiative has launched to encourage young people age 5 – 14 to become a care home friend.

More information is available from <https://myhomelife.org.uk/community-engagement/intergenerational-linking/care-home-friend-challenge/>

April 2022

Axess RSE Resource Briefing - Key Stage 3 and 4

Axess sexual health outreach team are now offering a RSE briefing session for teachers.

To support teachers and professionals delivering relationships and sex education (RSE) to secondary school pupils, Axess outreach team have produced an educational resource. This resource supports the school curriculum, providing practical support for educational staff to implement some of the sexual health elements of the statutory requirements for RSE.

The briefing session will include a short zoom presentation which explains the Axess RSE resource, how it could work both in the classroom and home learning, top tips for teachers and an opportunity for questions and answers on sexual health topics. The areas covered include: relationships, sex and the law, sexually transmitted infections.

To book onto a staff briefing session please email both Hayley.tooley@liverpoolft.nhs.uk and Kelly.cartwright@liverpoolft.nhs.uk to arrange suitable dates and times. We aim to be flexible to meet the needs of the school.

For further information on sexual health services please visit: www.axess.clinic

Bereavement Awareness Support for Parents and Carers

To provide parents, carers and family members with information to help them support children and young people when someone important to them has died.

Understanding how to support children and young people while also looking after yourself is vital. Families supported by Child Bereavement UK tell us that it is helpful when they better understand how children and young people grieve and what helps them in their grief.

In this 1-hour session we provide an opportunity to learn more about the grieving process and offer some helpful suggestions for you and your family.

Sessions take place on the last Monday of every month, between 5.30-6.30pm.

Book your place on [Eventbrite](https://www.eventbrite.co.uk).

Axess Young Persons Clinic

Axess has now opened a young person's clinic in Widnes based at the Urgent Care Centre on Caldwell Road, for anyone aged 19 and under.

The clinic takes place every Thursday from 3.30pm to 6pm.

Bookings can be made by calling 0300 323 1300, and walk-in appointments are available.

Scam Awareness Events Questionnaire

Our colleagues in Adult Safeguarding Team are conducting a survey to help them to make an informed view of how best to approach and organise an event in relation to awareness raising of scams.

The questionnaire is included as an attachment with this newsletter. If you can complete this before Friday 22 April, please email your completed surveys to katy.rushworth@halton.gov.uk

by Friday 22nd April.



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Staff Training - to book a place email HIT@halton.gov.uk

Mental Health and Wellbeing

If you are feeling concerned about mental health issues presenting in children and young people due to the pandemic, we have put lots of guidance/resources on our [Mental Health Info Point](#), as well as online training. To book a place on any of these courses, please email maria.mcnuity@halton.gov.uk.

Training is delivered via MS Teams, but can also be delivered face to face if required.

Children and Young Peoples Mental Health Awareness Training

This training will provide you with an understanding of what Mental Health is and will look at conditions that can impact on children and young people's mental health. The training also provides resources that promote positive mental health through building resilience and wellbeing.

26th April 15:30-17:00

10th May 15:30-17:00

Self Harm Training

This training will provided you with an understanding of self-harm including why young people self-harm, risk factors to look out for and tips for talking about self-harm and support available.

3rd May 15:30 - 17:00

23rd May 15:30 - 17:00

Resilience Framework Workshop

This workshop will look at different ways we can support a young person to be more resilient. It will cover examples of how teaching staff have used the 'Boing Boing' framework and will highlight practical tools and approaches that can be used to contribute to building resilience with children when times are especially tough.

18th May 15:30 - 16:15

Mental Health Awareness Week

9th - 15th May 2022

For Mental Health Awareness Week, the Halton Health Improvement Team is offering **FREE online Mental Health Awareness sessions**.

The sessions will be delivered via Zoom on:

- Wednesday 4th May 1pm - 4pm
- Wednesday 4th May 6pm - 9pm
- Tuesday 10th May 6pm - 9pm
- Thursday 12th May 9:30am - 12:30pm

For further details and to book onto a session please email

nyki.benson@halton.gov.uk

Bereavement Awareness Support for Parents and Carers

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Parent/Carer Bitesize Workshops (via Microsoft Teams)

New dates are now available for our popular Bitesize workshops for 2022.

Sessions are free, delivered online, and last up to 1 hour. Sessions available include:

Sleep & Screens	Fussy Eating	Mental Health & Emotional Wellbeing
Thurs 28 April 6.00pm	Mon 25 April 1.00pm	
Fri 20 May 1.00pm	Weds 25 May 10.00am	Mon 9 May 6.00pm
Thurs 23 June 10.00am	Tues 28 June 6.00pm	Tues 14 June 1.00pm
Weds 13 July 6.00pm	Thurs 14 July 1.00pm	Thurs 7 July 10.00am

To book a place email HIT@halton.gov.uk

For more information visit our website:

<https://www4.halton.gov.uk/Pages/health/hit/start/fit4lifeparents.aspx>



The NHS Healthy Start scheme can help you give your children a great start in life with help towards the cost of healthy foods and milk



To find out if you're eligible, visit: www.healthystart.nhs.uk

Fit 4 Life now online!

Would you like your family to eat better, sleep better and be more active? Our free Fresh Start app will help you to set good habits and routines, manage snacking and sugars, increase activity levels, sleep better, manage screen time. Plus there are lots of top tips and recipe ideas.

For more information, [click to visit our web page](#). Then download the app via the Google Play store or Apple App Store, or scan the QR code and enter invite ID **F4L-SN**.



Scam Awareness Raising Event Survey

1. What would be your organisation's preferred approach to undertaking an awareness raising event in relation to scams:

Option 1: Host an in person event at the DCBL Stadium, Widnes.

This event would be held in the Bridge Suite. The event would include presentations from a number of agencies in relation to awareness raising and prevention of scams. There would also be a "marketplace" style area where there would be a number of information stands which would be manned by various agencies/organisations in order to provide information and advice to members of the public.

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Option 2: Online Content and "Pop up" events

This option would include online content from various agencies/organisations to be recorded and accessed via the HSAB website.

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AND

To host an information stand/marketplace type of event at a couple of venues in the community - possibly Widnes Market and Runcorn Shopping City, where members of the public could come and ask questions, take information leaflets etc.

Option 3: Other

Please give details:

2. Do you have capacity within your organisation to support either type of event, in order to present information, man an information stand etc.?

YES

☐

NO

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3. What type of support would you be able to offer in order to help organise and stage one of these events?

4. In relation to the topic of scams, what would be the 5 main bullet points from your organisation's perspective that you think should be covered at such an event?

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