

Locala



Thriving
Kirklees

Stay well this Winter

Winter 2019/20

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



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 can help if you have an urgent medical problem and you're not sure what to do:

- go to 111.nhs.uk (for people aged 5 and over only)
- or
- call 111 on your phone.

NHS 111 is available 24 hours a day, 7 days a week.

How NHS 111 works

You answer questions about your symptoms on the website, or by speaking to a fully trained adviser on the phone (You can ask for a translator if you need one).

Depending on the situation you'll:

- find out what local service can help you
- be connected to a nurse, emergency dentist, pharmacist or GP
- get a face-to-face appointment if you need one
- be told how to get any medicine you need
- get self-care advice

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 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.

Thriving 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.

To find out more you can visit the website www.thrivingkirklees.org.uk which includes 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 (open 24 hours a day, 7 days a week)**

or you can text the Thriving Kirklees Chathealth line:

- **07520 618867 (for parents/carers)**
- **07520 618866 (for young people aged 11-19)**

Both numbers are available between 8am and 8pm Monday to Friday.

Kooth.com

Kooth.com is an anonymous, online counselling and support service for children and young people and it's available now in Kirklees. The service is accessible through mobile, tablet and desktop and free at the point of use. It's available for 11-19 year olds in Kirklees (up to age 25 for those with additional needs) and is accessible up to 10 o'clock at night, 365 days a year.

Features on Kooth.com include:

Online counselling

– Text-based one-to-one online counselling sessions with a fully trained counsellor, through either drop-in or pre-booked chats

Self-help materials

– Read useful self-help articles and resources on a range of topics

Peer-to-peer forums

– Join moderated online forums and discussions with other users in a safe, supportive environment

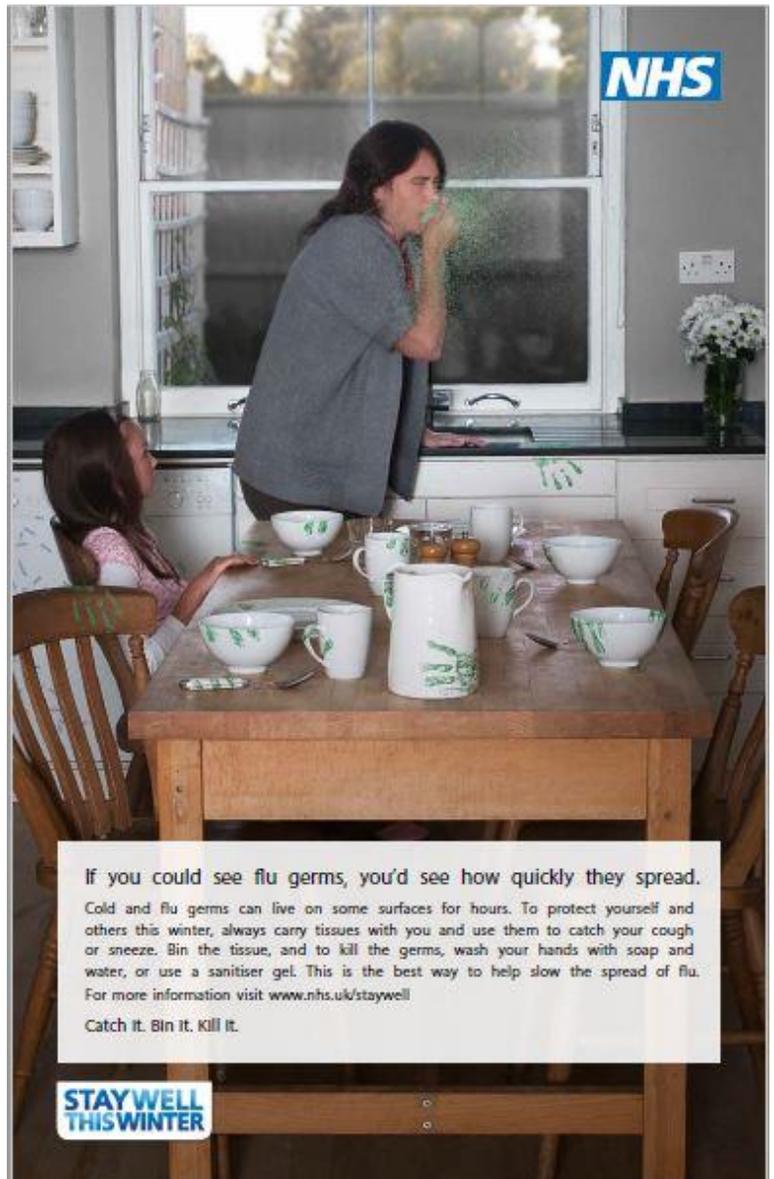
Catch it, bin it, kill it

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

Catch it. Bin it. Kill it.

**STAYWELL
THISWINTER**

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 6 are offered the nasal flu vaccine free.

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

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

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:

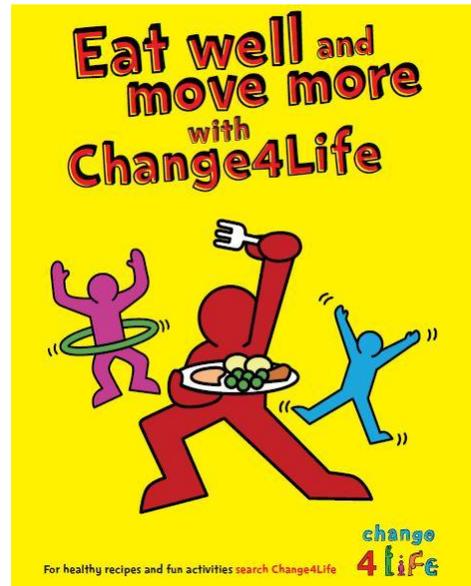
<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k>

The NHS Live well webpage

<https://www.nhs.uk/live-well/exercise> 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 www.nhs.uk/change4life 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.