

# Families Health & Wellbeing

## 0-19 Service

AutumnNewsletter - Issue 11

### Welcome to the 'Autumn Edition' of the Families' Health and Wellbeing 0-19 Service Newsletter!

In this edition, we have included articles on the following topics:

- The Lullaby Trust's Newborn Infection Prevention Campaign
- Developmental Language Disorder (DLD) Awareness Day
  - How much sugar is in our drinks?
    - Road Safety Week
    - Tech4Families
  - Cost of Living Support
    - Vaping
- Feedback and compliments received for the 0-19 service

We would like to thank everyone who has contributed to this newsletter with articles and service information. You can find our previous newsletters on the MPFT website at: [Newsletters :: Midlands Partnership University NHS Foundation Trust \(mpft.nhs.uk\)](https://www.mpft.nhs.uk/newsletters). You will find lots more information and advice on a range of topics to support the physical and emotional health and wellbeing of you and your family.

We hope you enjoy this newsletter and wish you a safe and healthy Autumn.

Thank you and take care,



Zoe



Janine



Kate



Heidi



Gemma





# Think Hands And No KisseS



The Lullaby Trust is a UK (United Kingdom) charity that aims to prevent sudden infant death syndrome (SIDS) and provide support to bereaved families. The charity has recently launched a Newborn Infection Prevention Campaign to raise awareness about the importance of preventing infections in young babies. Newborn babies have immature immune systems, infections which are mild to older children and adults can be life-threatening for new babies.

A recent survey conducted by The Lullaby Trust found that 54% would let friends and family kiss their newborn baby, unaware of the risk of serious infection. It also found that 63% of new and expectant parents would feel uneasy asking visitors not to touch their baby, worried that they would offend someone, hurt their feelings, or be labelled an overprotective parent. With this in mind, the campaign offers a range of easy-to-access resources and practical tools for parents and carers to support their conversations with visitors, without feeling awkward.

The campaign encourages visitors to follow the **THANKS** guidance:

## Think Hands And No KisseS

1. Wash your hands before you touch a baby.
2. Do not kiss a baby unless you are their parent or main carer – and even then, avoid kissing if you have an infection or are unwell.
3. Do not visit a baby if you are ill, have recently been ill or have an infection. This includes colds, active cold sores as well as diarrhoea and vomiting illnesses.



The Lullaby Trust has created a new page on their website for parents, covering this vital information in more detail. You will also find infection prevention posters and red book inserts which are free to download and links to further information about infections and spotting the signs. To raise awareness on this vital issue, The Lullaby Trust has teamed up with Annabel Karmel MBE, who sadly lost her daughter, Natasha, at three months old due to infection. You can read more about the campaign and access further resources here: [Newborn Infection Prevention Campaign - The Lullaby Trust](#)

The following are the red book inserts which are available to download and print off on the website which include all the campaign's key messages - [Red Book 2 \(lullabytrust.org.uk\)](#):



# SPOTTING INFECTIONS IN BABIES



Produced in consultation with The British Paediatric Allergy, Immunity and Infection Group, an affiliated speciality group of the Royal College of Paediatrics and Child Health (RCPC).



It can be difficult to tell when your baby has an infection, as infections can cause lots of different signs and symptoms and babies can't say how they feel. It is important to trust your instincts and, if you feel that something is 'not quite right' with your baby, seek help from your midwife, health visitor, GP, NHS 111 or visit an emergency department if you are very worried.

These are some important **signs and symptoms** to look for that might mean your baby has an **infection**:

If your baby...



is difficult to wake



appears floppy



is irritable and will not settle



has a mottled or blotchy appearance



has difficulty breathing, is breathing fast or noisily, is 'sucking in' under their ribs or is grunting or wheezing



has a rash, or sores/blisters on the skin, eye or inside the mouth, or around their tummy button



has a high or low temperature (above 38° or below 36°), or their body is cold to the touch



has a high-pitched or abnormal cry

...they might have a serious infection

You should also keep an eye on your baby's wet nappies and feeding and speak to a health professional if they have had fewer than 2-3 wet nappies in a 24-hour period.

Remember, you know your baby best so you are well placed to notice if there are changes in their wellbeing or behaviour. It is important to get help if you are concerned that your baby might have an infection.

The Lullaby Trust, 10-18 Union Street, London, SE1 1SZ  
Registered Charity Number: 262191  
Company registration number: 01000824

# Key information to tell your health professional



Produced in consultation with The British Paediatric Allergy, Immunity and Infection Group, an affiliated speciality group of the Royal College of Paediatrics and Child Health (RCPC).



If you think your baby might have an infection, it is important that health professionals have all the information they need to help them treat your baby. You need to let them know if any of the following apply to you:

If you had **any illnesses during pregnancy**, such as flu-like symptoms

If you or your baby have **tested positive for Group B Strep**

If you **missed any routine vaccinations in pregnancy**, such as COVID-19, influenza or pertussis vaccines

If you developed **chicken pox** 7 days before or after your baby's birth or someone else with chicken pox has been in contact with your baby

If you, or anyone that has met your baby, has an **active cold sore**

If you are breastfeeding and have **blisters or a rash on your breast/nipple**

If you have ever had a **genital herpes infection**, even if you don't currently have symptoms

If you have had **sexual contact with a new partner during pregnancy**, particularly in the third trimester

If you experienced **symptoms of sexually transmitted disease** during pregnancy

If you **travelled overseas** during pregnancy

Make sure that you tell the health professionals caring for your baby if any of these apply to you, even if they don't ask.

Having this information may give them clues as to why your baby is unwell.

# T·H·A·N·K·S

Think · Hands · And · No · KisseS

**ALWAYS REMEMBER TO:**

- Wash your hands before touching a baby
- Only kiss a new baby if you are their parent or main carer



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## Raising awareness of Developmental Language Disorder (DLD) for international DLD day

Stoke Speaks Out and Children's Speech and Language Therapy in [MPUFT](#) have been raising awareness of Developmental Language Disorder (DLD) for international [#DLDDay](#) which was on Friday 20th October 2023.

Developmental Language Disorder is a hidden but common disability that affects 1 in 14 people causing difficulties understanding and using language for no known reason.



Speech and language therapists work with children with DLD providing assessment, diagnosis, therapy, and advice. One of a speech and language therapist's most important roles is educating parents, carers and teachers about the strategies and support they can put in place to help children with DLD to thrive. That is why the speech and language therapy team shared key facts and useful tips on their [Facebook page](#) and on [X, formerly known as Twitter](#). They would like everyone to share the posts far and wide to raise awareness of DLD.

The 2023 DLD day theme was DLD Around the World, highlighting that DLD affects people around the world regardless of age, gender, language spoken or ethnicity. Speaking more than one language does not cause DLD. In fact, people with DLD can learn multiple languages. DLD is a neurodevelopmental condition affecting how the brain processes language, so it makes sense that we find it in every country and every language. Raising Awareness of Developmental Language Disorder (RADLD), the peak body who coordinate international DLD day are advocating for increased recognition and support for people with DLD around the world.



“People with DLD are 6 times more likely to suffer from anxiety and 3 times more likely to have clinical depression. They are also at significant risk of struggling with reading, spelling, and mathematics. Although DLD is a common condition affecting many areas of life, people with DLD are unlikely to receive access to services,” said Stephen Parsons, Chairperson of RADLD.

Visit the Stoke Speaks Out news page, Facebook page or Twitter page to learn more about DLD. Developmental Language Disorder Day [#DLDDAY](#), now in its seventh year, is celebrated annually around the world with more than 40 countries involved.

Learn more about DLDDAY, DLD & RADLD at:

WEBSITE: [www.radld.org](http://www.radld.org)

FACEBOOK: [www.facebook.com/radld.page](https://www.facebook.com/radld.page)

TWITTER: <https://twitter.com/RADLDcam>

YOUTUBE: [www.youtube.com/user/RALLIcampaign](https://www.youtube.com/user/RALLIcampaign)

INSTAGRAM: [www.instagram.com/radldcam/](https://www.instagram.com/radldcam/)



Find out more about Developmental Language Disorder by reading our FREE fact sheet.



Article by Victoria Jones

Specialist Speech and Language Therapist



  
Midlands Partnership University  
NHS Foundation Trust

# HOW MUCH SUGAR IS IN OUR DRINKS?



It's recommended that children under 4 avoid any foods with added sugar or sugar-sweetened drinks.

## How to cut down on sugar:

Even if you know what to look out for when it comes to sugary food/ drinks, it can be difficult to know what to do instead.

Here are three quick tips to start you off:



*Fruit juice only counts as 1 of your 5 A Day, no matter how much or how many different types you have. So limit it to no more than 150ml a day – and keep it to mealtimes, as juice can cause tooth decay.*



A quarter of the sugar kids have every day comes from sugary drinks. Swap soft drinks, juice and flavoured milks for water, lower-fat milks and diet, sugar-free, or no added sugar drinks.

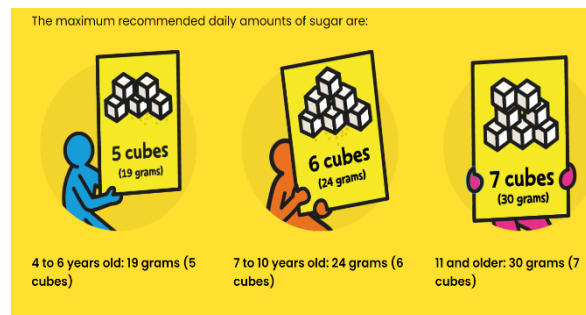


Information available at: [Reducing sugar - Food facts - Healthier Families - NHS \(www.nhs.uk\)](#)

Children are having over 2 times more sugar than is recommended, with half of it coming from snacks and sugary drinks. This summer, two members of the 0–19 community development team spent the day at Lichfield Family Fun Day to raise awareness about these hidden sugars and to talk to people about how they could make healthier swaps by using the free NHS Food Scanner App.

Our stall included a display with bags of sugar attached to some popular drink labels to show exactly how much sugar was hidden in them.

Many parents/ carers were surprised to see that some of the drinks which they thought were healthy choices, such as smoothies and milkshakes, contained worrying amounts of sugar. For example, a well-known brand of smoothie contains 15 grams of sugar in 150ml, which is almost the maximum daily amount recommended for a 4-6 year old and a small-sized fast-food restaurant milkshake contains 30 grams of sugar! This is the maximum daily amount recommended for children aged 11 and over!



## The effects of too much sugar

Too much sugar is bad for a child's health as it can lead to the build-up of harmful fat on the inside that we cannot see.

This fat can cause weight gain and serious diseases like type 2 diabetes, heart disease, and some cancers.

Having too much sugar can also lead to painful tooth decay – every 10 minutes, a child in England has a tooth removed in hospital.

Use the [free NHS Food Scanner app](#) to see how much sugar is in your favourite food or drink, and get suggestions for healthier swaps!





# “Let’s Talk About SPEED” Road Safety Week 2023



Road Safety Week is an annual campaign, organised by Brake, the road safety charity. It is an annual event that takes place in the UK which aims to raise awareness about road safety. This year, Road Safety Week will be held from 19<sup>th</sup> – 25<sup>th</sup> November 2023 and the theme for the week is “Let’s talk about SPEED”.

## Why is Road Safety Week important?

- Every year, more than 1600 people are killed on UK roads and more than 25,000 people suffer serious injuries.
- Every day, six children are killed or seriously injured on UK roads.
- Road crashes are devastating events for families, friends, and communities.
- Road Safety Week gives us all the opportunity to remember people killed or injured on UK roads and raise funds to help Brake care for road victims and campaign for safe roads for all.

Five people die on UK roads every day. One in four fatal crashes involve someone driving too fast which is why Brake want to start a conversation about why speed is such a crucial factor for road safety, and what can be done to make the roads safer for everyone.

We will be posting on our social media across the week to help raise awareness, so keep a look out. If you are interested in getting involved in Road Safety Week this year too, then you will find everything you need to take part here:

## [Resources for everyone | Brake](#)

A child’s risk of being injured on the roads when walking or cycling increases as they gain independence, which is why it is important for us to think about the steps we can all take. Far more young people are knocked down and hurt than younger children (ROSPA, 2023). Peer pressure and distractions, such as mobile phones, can also cause young people to take risks and behave in unsafe ways around roads. You can find more information about talking to children and young people about road safety here:

## [Teaching Road Safety: A Guide for Parents \(rospa.com\)](#)

<https://www.staffordshire.gov.uk/Highways/roadsafety/Education/Primary-education.aspx>  
[Education resources – THINK!](#)

## [Advice for parents and families | Brake](#)

[Road Safety For Children | Child Accident Prevention Trust \(capt.org.uk\)](#)



# ROAD SAFETY WEEK

by  Brake, the road safety charity





# Does your family need a **computer**?

Currys are working with the Digital Poverty Alliance to get free technology to those who need it.



**If you live in one of these areas and your family doesn't have access to a computer, you can apply through us to have us send you one - not as a loan or rental, it's for your family, for good.**



- **Staffordshire** (Stoke on Trent, Staffordshire Moorlands, Stafford, East Staffordshire, Newcastle under Lyme, Lichfield, South Staffordshire, Cannock Chase local authorities), England.
- **West Cumbria** (Cumberland local authority), England.
- **Ayrshire** (North Ayrshire, East Ayrshire, South Ayrshire local authorities), Scotland.
- **Norfolk Coast** (Kings Lynn and West Norfolk, North Norfolk, Great Yarmouth local authorities), England.
- **Neath Port Talbot and Bridgend**, Wales
- **Lincolnshire Coast** (North Lincolnshire, North East Lincolnshire, East Lindsey, Boston and South Holland local authorities), England.
- **Northern Ireland**.

## Next Steps

If you're the parent/care giver of a child (4-16) who doesn't have access to a suitable device and you live in one of the above areas you can:

Go to [digitalpovertyalliance.org/tech4families/](https://digitalpovertyalliance.org/tech4families/)

Visit a local **Currys store** or, text **0784445476** to receive a form by post.

Scan me:



# COST OF LIVING SUPPORT IN STAFFORDSHIRE

If you're worried about the cost of living rise there's help and support available locally.

Here is some of the key support available across Staffordshire and nationally:



## · Free school meals

If you're on a low income and receive certain benefits, your child (up to 18) may be able to get free school meals. Apply here: [Apply online - Free School Meals - Staffordshire County Council](#)



## · Healthy Start Scheme

If you're more than 10 weeks pregnant - or have a child aged under four- you may be able to get help to buy healthy food and milk with the NHS Healthy Start Scheme. Find out more here: [Get help to buy food and milk \(Healthy Start\)](#)

## · Free childcare for two, three and four-year-olds and tax-free childcare

Check your eligibility and apply here: [Help paying for childcare - Staffordshire County Council](#)



## · Foodbanks

Find your nearest foodbank:  
[Staffordshire Connects | Listings in Food Support](#)  
[Find a Food Bank - The Trussell Trust](#)

## · Lowering energy costs

Energy costs have risen rapidly. Follow these links to see how you can reduce the amount of energy you use, to help lower your bills.

[Quick tips to save energy at home - Energy Saving Trust](#)

[Be Warm. Be Safe. \(staffordshirefire.gov.uk\)](#)

[Energy saving tips for your budget- Energy Saving Trust](#)

[How to save energy and lower your bills this winter - Help for Households](#)

If you're struggling to pay your energy bills, [contact your energy supplier](#) as soon as possible—there is more advice about what to do here: [Get help if you're behind with your energy bills - Citizens Advice](#)



## · Staffordshire Warmer Homes

This is a scheme run by Staffordshire County Council, in partnership with district and borough councils to combat fuel poverty across the county and help residents to heat their homes for less using greener and more energy efficient solutions. Find out whether you are eligible: [Staffordshire Warmer Homes - Warm Homes Scheme](#)

## · Help with finances, debt, and budgeting

Moneyhelper Advice to help improve your finances: [Free and impartial help with money, backed by the government | MoneyHelper](#)

Stop Loan Sharks Investigates and prosecutes illegal money lenders and provides support for borrowers: [Home - Stop Loan Sharks](#)

Turn2Us Information and financial support : [Tackling Financial Insecurity Together | Turn2us](#)

Check whether you are eligible for any benefits and financial support: [Check benefits and financial support you can get - GOV.UK \(www.gov.uk\)](#)

[Staffordshire Connects | Listings in Money, benefits and care costs](#)

Advice and advocacy services for disabled people: [Information, Advice, and Guidance – Disability Resource Centre](#)





# COST OF LIVING SUPPORT IN STAFFORDSHIRE

## Other Support

We know that financial strain can affect our emotional and physical health and wellbeing.

Here are some links to organisations who can offer other support to help us stay well and cope better:



· **Everyone Health** is commissioned by Staffordshire County Council. The service offers **free** programmes proven to have long term benefits: [Home - Everyone Health Staffordshire](#)



· **Brighter Futures** operates every day offering health and housing services to people in need, people can get support 24 hours a day, 365 days a year. [Help with homelessness and mental health issues | Brighter Futures \(brighter-futures.org.uk\)](#)



· **Victim Support** is an independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales. [Staffordshire - Victim Support](#)

· **New Era** offers help to all those affected by domestic abuse in Staffordshire or Stoke-on-Trent. The service provides free and confidential support for victims, perpetrators and their families. [New Era \(Staffordshire and Stoke on Trent\) - Victim Support](#)



· **Samaritans** - a confidential crisis support helpline, 24 hours a day, 365 days a year. Call 116 123.



· [Staffordshire Network for Mental Health \(Toolbox Project\)](#) - Supporting people with experience of mental illness and people at risk of mental ill health, and empowering them to take responsibility for their emotional health. You can contact them via phone: 07591 924728 or email: [toolboxreferral@ssnmentalhealth.co.uk](mailto:toolboxreferral@ssnmentalhealth.co.uk)

**Urgent mental health support: North Staffordshire urgent mental health helpline: call 0800 0328 728 option 1 for Stoke-on-Trent, Newcastle-under-Lyme, Staffs Moorlands. South Staffordshire urgent mental health helpline 0808 196 3002 for Stafford, Stone, Rugeley, Cannock, South Staffs, Lichfield, Burton, Uttoxeter, Tamworth.**

**In the event of a mental health crisis, emergency, or breakdown—where you or someone else is at immediate risk of harm or injury, call 999.**

Contact [NHS 111 online service](#) or call **111** if you need urgent care but it's not life-threatening or ask for an urgent GP appointment.

OpenClinic - sexual health services in Stoke-on-Trent, Staffordshire, Shropshire, Telford and Wrekin. For all sexual health queries, call 0808 178 0955. Visit [Staffordshire Archives - Open Clinic](#) to find out more.



# VAPING



Our School Nurses are seeing many young people lately who want advice about vaping. Vaping is a popular trend among young people, but it is not without risks. According to the NHS, vaping is less harmful than smoking, but it is not risk-free. Most vapes contain nicotine, which is an addictive substance. This makes vaping more risky for young people than for adults, as evidence suggests that the developing brain is more sensitive to its effects.

Parents, carers, and anyone working with children can make sure young people understand the health facts about vaping and know about vaping and the law so they can make an informed choice. Vaping exposes users to some toxins, and we don't yet fully understand what the risks might be in the long term <https://www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/young-people-and-vaping/>.

Here are some facts that you can tell young people about vaping:

- Vaping is a way for adults to stop smoking – not something for non-smokers, especially children and young people to try.
- Most vapes contain nicotine, which is an addictive substance that can be hard to stop using once you have started.
- The brain is still developing well into our mid-twenties which makes it more sensitive to addictive substances and exposure to chemicals.
- In the UK, it is against the law to sell nicotine vaping products to under-18s or for adults to buy them on their behalf.
- Some disposable vapes on sale are illegal and don't meet UK quality and safety regulations.
- Non-nicotine vapes don't have the same regulations as nicotine vapes and are not without risk.
- Vaping can make some illnesses, such as asthma, worse.

If you suspect that your child/ young person is vaping, it's important to understand what it is and what the risks are so you can talk to them about it. It is helpful to bear in mind that most children and young people do not vape or smoke on a regular basis or for a long period of time, but they might try it.

Here are some steps that you can take if you find out that your child is vaping:

1. Stay calm and approach the situation with an open mind.
2. Talk to your child about the risks of vaping and why it's important to quit.
3. Listen to your child's concerns and offer support.
4. Set a good example by taking care of your own health.
5. Make your house smoke-free and vape-free.
6. Keep all vaping supplies and refill materials in child-resistant packaging out of the reach of children.



If you are worried about your child vaping, the organisations listed below can provide you with further information and advice:

- [Vapes | FRANK \(talktofrank.com\)](https://talktofrank.com)
- [Vaping Information - Everyone Health Staffordshire](#) Parent/ Carer Guide available to download from this link.
- [I'm worried about my child vaping - Support for Parents from Action For Children](#)
- [E-cigarettes: Just The Facts | Health For Teens](#)
- Article information from:
- [Young people and vaping - Better Health - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [Vapes | FRANK \(talktofrank.com\)](https://talktofrank.com)





# Feedback Time!

It's time again to celebrate all the wonderful work going on within the Families' Health and Wellbeing 0-19 Service!

Here are some of the things that parents/ carers, young people, and colleagues have said about...



## Our 0-19 Health Visiting and School Nursing Teams



It is good to talk about my family and my problems She listens to me and sometimes we have a laugh.

She listened to me showed me she cared about my situation and helped me to look at strategies to try and help myself. They support me to seek extra support talking therapy

She was very nice and friendly and I really liked talking to her -it would be good to see her more often as my school nurse

She was personable, approachable and informative. I'd feel so comfortable with seeing her/discussing matters with her again.

The lady was very understanding. She didn't judge me.

She was interested in me and my child. She made the appointment fun for him as he was nervous and uncertain.

She (HV) was lovely, talkative and confident, she got dad involved in weighing and measuring baby which made dad feel a part of the appointment and she gave some very valuable advice. Didn't feel like I was being judged she's just answered any questions without hesitation.





## Our 0-19 Hub and ChatHealth Text Messaging Service



Very helpful and attentive.  
Really put my mind at ease

Spent time with me on the phone, I didn't feel like you were trying to rush the conversation. You sent helpful links and gave plenty of good advice.

Very thorough and took the time to try and get to the bottom of the issue, lots of options of support were given to try.

Think the service is amazing and helpful

Felt as though I could ring anytime, I was given plenty of time to voice my concerns about my little girl and I was given evidence based advice to help and inform me.

Only a quick call (which was good as having a 19month old, everything needs to be done quickly) But even though the call was quick during the call I received a lot of information. The lady I spoke to was lovely, very friendly, kind and encouraging. Giving me advice on the steps I needed to take and what I should look at.



If you have had an appointment or been in touch with us, we'd love to hear your views – just follow the relevant survey link:

<https://surveys.mpft.nhs.uk/Survey526/Create?channel=15181>  
(0-19 Hub Services – Parent/Carer Survey)

<https://surveys.mpft.nhs.uk/Survey527/Create?channel=15181>  
(0-19 Hub Services – Young Person Survey)

<https://surveys.mpft.nhs.uk/Survey471/Create?channel=15181>  
(0-19 Services - Health Visitor, School Nurse – Parent/Carer Survey)

<https://surveys.mpft.nhs.uk/Survey492/Create?channel=15181>  
(0-19 Services -Health Visitor/ School Nurse – Young Person Survey)



# Useful Information



We have included some images here for all of our services so that you can keep them for your own use or, for organisations, add them to your social media pages, waiting room/ reception TVs or newsletters, for example.

**Families' Health and Wellbeing Service (0-19)**

HEALTHY EATING  
RELATIONSHIPS  
MENTAL HEALTH  
SELF HARM  
BULLYING  
SMOKING  
ALCOHOL  
DRUGS

**IT'S GOOD TO TALK...**

**BUT SOMETIMES IT'S EASIER TO TEXT...**

WE HELP STUDENTS AGED 11-19 WITH ALL KINDS OF ISSUES

**TEXT YOUR SCHOOL NURSE ON 07520 615721 FOR CONFIDENTIAL ADVICE & SUPPORT**

**Midlands Partnership NHS Foundation Trust**  
A Keele University Teaching Trust

**ChatHealth**

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might share information if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate response back to confirm we received your text. Texts will not be seen outside of normal working hours. If you send text before you have been in, contact a member of school staff or your GP. Messages from UK mobile numbers only. Texts do not include health advice. Ensure the school nurse team working in privacy. Messages are charged at your usual rate.

**HEALTH FOR TEENS**

EVERYTHING YOU WANTED TO KNOW ABOUT

HEALTH | RELATIONSHIPS | FEELINGS | LIFESTYLE

GROWING UP BUT DIDN'T WANT TO ASK.

**HEALTHFORTEENS.CO.UK**

TWITTER: @HEALTHFORTEENS1 #HEALTHFORTEENS

**Midlands Partnership NHS Foundation Trust**  
A Keele University Teaching Trust

**Families' Health & Wellbeing**

**Tuesday 1:30pm-2:30pm**

Free to join from the comfort of your home!

**Virtual Breastfeeding Support Group**

- ★ Facilitated by our Infant Feeding Leads
- ★ Breastfeeding support & information
- ★ Opportunity to meet other new parents

To find out more and to book a place email:  
InfantFeedingAdminTeam@mpft.nhs.uk

or visit our website  
www.mpft.nhs.uk

## Children and Families' Health and Wellbeing Single Point of Access (CaFSPA)

Our CaFSPA (sometimes referred to as the Hub) is staffed by a full team of highly skilled Health Visitors, School Nurses, Nursery Nurses and Administrators. They will be able to support you with any queries or concerns you may have about a child's health and development. They can also arrange appointments for families with their locality School Nurses or make referrals to other services or professionals as needed.

**Telephone (freephone) 0808 178 0611** 09:00 - 17:00, Monday to Friday (excluding bank holidays)

**Midlands Partnership NHS Foundation Trust**  
A Keele University Teaching Trust

**Families' Health and Wellbeing Service (0-19)**

We now have a text messaging service for parents/carers of children aged 0-19 who live in Staffordshire.

Get advice from our Public Health nurses (Health Visitors and School Nurses).

**TEXT: 07520 615722**

- Feeding and nutrition
- Child development
- Parenting advice and support
- Emotional health and wellbeing
- Behaviour difficulties
- Family health





# 0-19 Health and Wellbeing Services



# 0-19 Health and Wellbeing Services



## 0-5 Children's Health Information

## 5-19 Children's Health Information

East Hub (East Staffs, Cannock, Lichfield, Rugeley, Tamworth), West Hub (Moorlands, Newcastle, Seisdon, Stafford, Stone) **0808 172 0611**

Chat Health Parent Text Line County: **Text: 07520 615722**



Stoke Hub (all localities in Stoke) **0808 178 3374**

Chat Health Parent Text Line Stoke: **Coming Soon**

East Hub (East Staffs, Cannock, Lichfield, Rugeley, Tamworth), West Hub (Moorlands, Newcastle, Seisdon, Stafford, Stone) **0808 172 0611**

Chat Health County: **Text: 07520 615722**

Chat Health Parent Text Line County: **Text: 07520 615722**



Stoke Hub (all localities in Stoke) **0808 178 3374**

Chat Health Text Line Stoke: **07520 615 723**

Chat Health Parent Text Line Stoke: **Coming Soon**

For young people living in Staffordshire **Text: 07520 615721**

**Your child 0-5** **Child Safety** **Immunisations** **Positive Parenting**

**Toileting** **Coping with crying** **Breastfeeding** **Start4life**

**Weaning** **Dental Hygiene** **Safer sleep** **Speech & Language**

**Health for Teens** **Sexual Health** **Sexual Health Clinics** **Drugs & Alcohol Advice** **Quit Smoking**

**Gender identity** **Growth & Weight** **Exam Stress** **Online Safety** **Emotional Health**

**Continence** **FHWS 0-19** **To give us Feedback:** **Parent guide 12-19 years** **Parent guide 5-11 years**

**SCAN ME**

The Families' Health and Wellbeing service has active social media sites - why not give us a like/follow to keep up to date with latest health advice, locality information, and much more?



### Locality pages:

- Cannock: @cannockandrugeleyhvs
- East Staffs: @BurtonHV
- Lichfield: @LichfieldHV
- Newcastle: @NewcastleFHWS
- South Staffs: @seisdon0to19
- Stafford: @StaffordDistrictFHWS0to19
- Staffs Moorlands: @StaffMoorlandsFHWS
- Tamworth: @tamworthHV



# Thank you for reading our newsletter.

Next time we will showcase another part of our service and bring you lots more articles which we hope you will enjoy.

To help us do this, we would love to get your feedback so please let us know what you would like to see in our next issue by answering a few questions, which should take less than two minutes.

Scan this QR code to access the link, or contact one of our hubs on 0300 3033923/ 3033924

