

# Family health & wellbeing!

## September 2021 Update

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# Our service rebrand!

## Warwickshire School Health & Wellbeing Service is now called Connect for Health

Our service (formerly Warwickshire School Health & Wellbeing Service) has been working with children, young people and families to come up with a new name for the service. The aim of this project was to make sure we have a name and brand identity that children and young people can relate to and engage with, and to help make more people aware of our service and the support available to them.

After creative sessions, chats and surveys, we decided on the name 'Connect for Health', as children and young people engaged particularly with the word 'connect' and concepts surrounding this.

We continue to provide exactly the same support as before. Our updated contact details are on page 4 - if you have any questions or would like to speak with one of our nurses, please get in touch.

We would like to take this chance to say a massive thank you to everyone who helped with this project and shared their ideas!

### Logo drawings by children & young people



### Our final logo and branded materials



# Public Health Campaigns

## National Fitness Day (Wednesday 22nd September)

National Fitness Day is all about encouraging the nation to celebrate the fun of fitness and physical activity - [find out about how to get involved here](#).

It is important to stay active: doing so can help improve our physical, mental and social health and wellbeing. Do you know how much physical activity you should be doing?

★ [Guidance for children and young people \(5-18 years\)](#)

★ [Guidance for adults \(19+\)](#)

Need some inspiration for getting active as a family? These Youth Sport Trust activities are fun, free ways to get started:

### [Youth Sport Trust – 60 Second Challenges](#)

A fun 'compete against yourself or your family' approach to physical activity with a focus on resilience and perseverance and the aim to achieve bronze, silver or gold medal targets.

### [Youth Sport Trust – Active Board Games](#)

Classic board games with a sporting twist for all the family to try. This resource pack includes bingo, connect four, jigsaw and arrows, snakes and ladders, and sportopoly.

### [Youth Sport Trust - SEND PE Activities](#)

PE resources to support in-school and remote learning for children and young people with Special Educational Needs and Disabilities (SEND).



## National Eye Health Week (20th-26th September)

Vision really matters. Sight is the sense people fear losing the most, yet many of us don't know how to look after our eyes – National Eye Health Week aims to change all that!

What can you do to support the campaign? [Here are a few ideas to get you started.](#)

### Other useful websites

#### [NHS - eye tests for children](#)

Provides information, advice and support to maintain good eye health awareness for children and young people.

#### [Eye care for children and young people](#)

Lots of useful advice about eye care for children and young people, including

downloadable information for parents/carers of children with SEND.

#### [Children's eye health](#)

Resources designed for parents/carers - providing advice on how best to take care of young eyes including leaflets, videos and posters.





# 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 Coventry and Warwickshire. Includes counselling via text service.

## Family support

### Family Lives

Support with a wide range of topics relating to family life.

### Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

[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)



@schoolhealthC4H



@compassc4h



@c4hwarwickshire

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

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