

Stoke-on-Trent Integrated Health Visiting, School Nursing, SALS & Targeted Services - Issue 17 (Winter Edition)

**Welcome to the 17th Edition of the 0-19 Service Newsletter for
Staffordshire (County)!**

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

- New Year's Resolution - Healthier Families**
- Seasonal Affective Disorder (SAD)**
- Top Tips for Beating the Winter Blues**
- Outdoor Language Learning**
- Vitamins & Healthy Start**
- Dangerous Baby Products**
- Parenting / Caring for Teens**
- Chat Health Relaunch for Young People**
- Service User Feedback**
- Useful Information**

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://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 summer.
Thank you and take care,**



Zoe



Kathryn



Kate



Dawn



Gemma



New Years Resolution - Healthier Families

Looking to make healthier choices for you and your family in 2026?

Discover healthy recipes, food swaps, nutritional advice, top tips and activities to help your whole family stay healthy on the Better Health Healthier Families website <https://www.nhs.uk/healthier-families/>

Not sure where to start to improve family fitness? Take the sports and activities quiz to find out what sports and activities you should try. Plus, if you have young children you can get a personalised Shake Up game recommendation inspired by some of their favourite Disney characters! <https://www.nhs.uk/healthier-families/activities/disney-sports-quiz/>

Being active for at least 60 minutes each day helps children keep their hearts healthy and their bones strong – and if they have additional needs, this is just as important. Many of the NHS Healthier Families activities for non-disabled children, including the Shake Up games, can be modified and enjoyed by disabled children too. For some it may be an easy adaptation to the games like:

using larger or softer balls, making distances shorter or targets bigger, or playing for less time.

Just click this link to find advice and ideas for accessible activities, an accessible advice guise and list of National Disability Sports Organisations <https://www.nhs.uk/healthier-families/activities/accessible-activities/>



Seasonal Affective Disorder (SAD)

It's very common as the season changes and the evenings get darker to experience low energy levels, have reduced motivation and experience sleep changes. For some people, shorter days and colder weather can bring more than just a chill, the season change brings about a type of Depression called Seasonal Affective Disorder.

What does it look like?

- Persistent low mood
- Lack of energy
- Difficulty concentrating
- Loss of interest in things
- Feeling sad, guilty, tearful or hopeless
- Anxiety, anger, agitation
- Disturbed sleep
- Changes in appetite and carbohydrate craving
- A feeling of wanting to hibernate
- Symptoms often stop abruptly in spring, often like a switch being turned back on.



What causes it and what we can do about it?

It is thought to be linked to reduced sunlight being detected by the eye, disrupting the natural body clock, which then affects your mood. Vitamin D levels may also play a part so taking a supplement may help. A symptom diary can also help you to identify patterns, triggers and things that help too.

Take care of yourself this season!

If you notice changes in your mood or energy levels don't ignore them. Small steps like getting outside during daylight hours can make a big difference. If you think you might have SAD and find it hard to cope, speak to your GP. They can assess your mental health, lifestyle and how your mood changes with the seasons. You can read more about how Seasonal Affective Disorder may be treated here [Seasonal affective disorder \(SAD\) - NHS](#)

Find out more

- [Understanding seasonal affective disorder \(SAD\) | Mind](#)
- [Tips for coping with seasonal affective disorder \(Mind\)](#)
- [Seasonal Affective Disorder \(SAD\) \(Mental Health Foundation\)](#)
- [Vitamin D - NHS](#)
- [Mental wellbeing tips \(Every Mind Matters\)](#)





Top Tips for Beating the Winter Blues

1. **Get outside daily – Even a short walk in daylight can boost your mood.**
2. **Let the light in – Open curtains wide and sit near windows when possible.**
3. **Stay active – Exercise releases feel-good hormones and helps fight fatigue.**
4. **Eat well – Balance comfort foods with nutritious meals to maintain energy.**
5. **Connect with others – Social interaction can lift your spirits.**
6. **Create a cosy space – Warm lighting and relaxing activities can help you feel more positive.**
7. **Stick to a routine – Regular sleep and wake times support your body clock.**

Watch this animation to find out how the NHS 5 ways to wellbeing you can help you maintain a healthy mind
https://www.youtube.com/watch?v=x6bz_ekkrYA

Outdoor Language Learning



It may be cold outside but why not wrap up warm, get out and about with your child and help their language development!

The BBC CBeebies Parenting website has a great activity checklist the “27 things to spot on a winter sensory walk with your child,” the article encourages families to go outdoors and use their senses - sight, hearing, smell, taste and touch. As the outdoors is ever-changing this leads to opportunities to introduce new vocabulary and experiences.

Check it out here

[https://www.bbc.co.uk/tiny-happy-people/articles/zwbmg2p?](https://www.bbc.co.uk/tiny-happy-people/articles/zwbmg2p?fbclid=IwY2xjawOtDspleHRuA2FlbQlXMAbicmlkETB5MUZOa2ZKNTYzWms2QU1hc3J0YwZhchBfaWQQMjlyMDM5MTc4ODlwMDg5MgABHIKRBCeq-b4V-ZFa-Fxbug6j5f8tZt1t1B9ExR1OI0mZ-kW8doHgGLZeVh-S_aem_GWvWdrF2loyFCWqN0qiGjQ)

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From October to March, we can't make enough vitamin D from sunshine, so to keep bones and muscles healthy, it's best to take a vitamin D supplement. Adults and children just need 10 micrograms a day and you can get vitamin D from most pharmacies

Babies who are having more than 500ml (about a pint) of infant formula a day should not be given vitamin supplements. This is because formula is fortified with vitamins A, C and D and other nutrients.

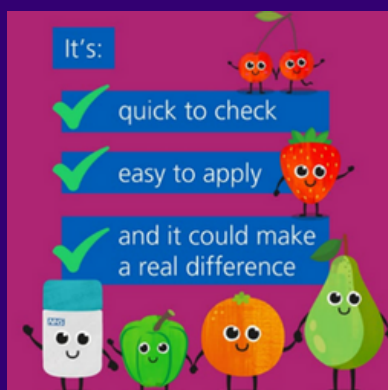
Babies who are being breastfed should be given a daily vitamin D supplement from birth, whether or not Mum is taking a supplement containing vitamin D.

Vitamin advice for children <https://www.nhs.uk/baby/weaning-and-feeding/vitamins-for-children/>

Vitamin D advice for adults <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

Vitamins, supplements and nutrition in pregnancy <https://www.nhs.uk/pregnancy/keeping-well/vitamins-supplements-and-nutrition/>

Some families are entitled to free vitamin drops, you can check eligibility for Healthy Start here [Check Your Eligibility!](#)



Dangerous Baby Products

Why are so many dangerous baby products available to buy online?

We're used to thinking that if you can buy something for your baby, it must be safe. But there are lots of products for babies online that can be deadly.

The Child Accident Prevention Trust have highlighted 10 products that could put your baby at risk and the simple things you can do to keep your little one safe. **10 baby products that could pose serious safety risks**



Parenting / Caring For Teens

The Teenage Years

The teenage years can feel like a rollercoaster. For many young people, this stage brings emotional ups and downs. While some challenges pass on their own, others may need a little extra support. Many of the common behaviour issues that parents find hard are an essential part of puberty and growing up.

Surges of hormones, combined with body changes, struggling to find an identity, pressures from friends and a developing sense of independence, mean the teenage years are a confusing time for your child. Look at the resources in the links below to help you navigate this process

NHS - Talking to your teenager <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/talk-to-your-teenager/>

**Young Minds – Supporting your child
<https://www.youngminds.org.uk/parent/>**

**NHS Coping with the teenage years -
<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/cope-with-your-teenager/>**

CHAT HEALTH

Re-Launch

for Young People

The relaunch of ChatHealth for 11–19-year-olds across Staffordshire and Stoke-on-Trent is now live!

ChatHealth is a confidential text messaging service for 11–19-year-olds: It allows young people to send a text message to ask a School Nurse for health and wellbeing advice and is available between 9am - 5pm, Monday to Friday.

Outside of these times, anyone who texts the service receives a message explaining where to get help if their question is urgent, and when they can expect a response.

Families Health and Wellbeing Service (0-19)

ChatHealth

NHS
Midlands Partnership University
NHS Foundation Trust

11-19 year olds in Staffordshire can text an NHS School Nurse and get confidential health, wellbeing advice and support
Text 07520 615721

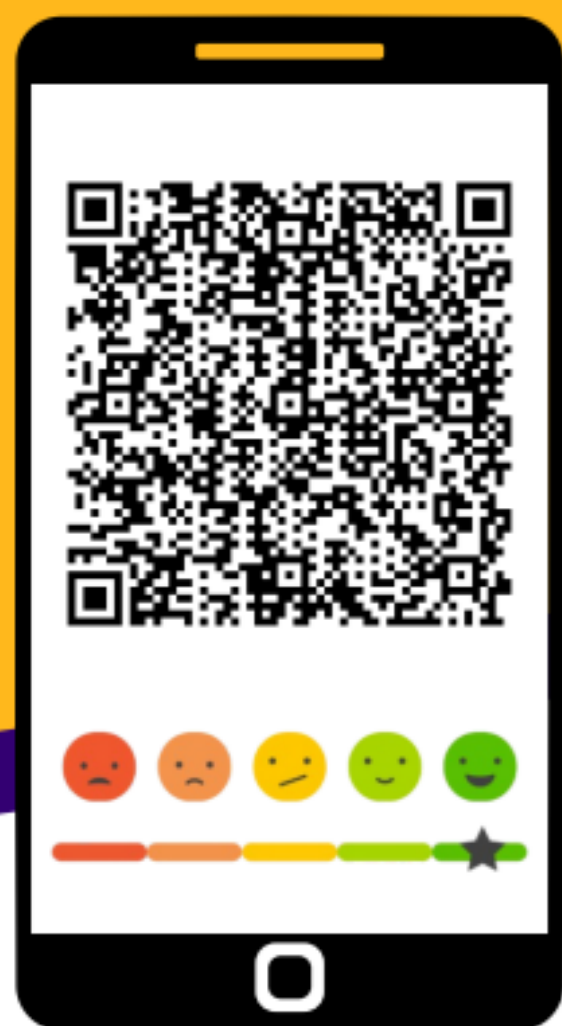
CHPOSTER2025 (V1)

WE DO NOT USUALLY INFORM YOUR PARENTS, TEACHERS OR ANYONE ELSE IF YOU CONTACT THE SCHOOL NURSE. WE MIGHT INFORM SOMEONE 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 HEALTHCARE STAFF WHO FOLLOW THE SAME CONFIDENTIALITY RULES. WE AIM TO REPLY TO YOU WITHIN ONE WORKING DAY AND YOU SHOULD GET AN IMMEDIATE BOUNCE-BACK TO CONFIRM WE RECEIVED YOUR TEXT. TEXTS WILL NOT BE SEEN OUTSIDE OF NORMAL WORKING HOURS. IF YOU NEED HELP BEFORE YOU HEAR BACK FROM US, CONTACT A MEMBER OF SCHOOL STAFF OR YOUR DOCTOR. OUR TEXT NUMBER DOES NOT RECEIVE VOICE CALLS OR NHS PICTURE MESSAGES. WE SUPPORT MESSAGING FROM UK MOBILE NUMBERS ONLY (WHICH DOES NOT INCLUDE MESSAGES SENT FROM LANDLINES, INTERNATIONAL MOBILE NUMBERS AND SOME 'NUMBER MASKING' MOBILE APPS). PREVENT THE SCHOOL NURSE FROM SENDING MESSAGES TO YOU BY TEXTING STOP TO OUR NUMBER. PLEASE RESPECT YOUR SCHOOLS' MOBILE PHONE POLICY. MESSAGES ARE CHARGED AT YOUR USUAL RATE.

Give the powtoon link below a click to find out more about your Chat Health Service In Your Area



Customer Services



TELL US ABOUT YOUR

EXPERIENCE

Scan the code to complete
the feedback survey

Care Opinion is a place
where you can share your
experience of your care,
and help make it better for
everyone. Share your story.



If you are unable to scan the codes, please ask staff for other options

WELL BABY CLINIC GUIDANCE

If you have a child aged 0-5 years, you are welcome to attend well-baby clinics. You may wish to discuss concerns around feeding, growth, development, behaviour, or well-being concerns for yourself or your child. We may offer advice or signpost you to other services if appropriate

If your child is ill please DO NOT COME to a WELL BABY clinic. If you are unsure whether to attend, you could speak with a Health Visitor by telephone on the Hub number

Alternatively, you could consult your local pharmacist, use the Lullaby Trust Baby Check App, contact your GP surgery or telephone NHS 111

In an emergency ALWAYS dial 999

Stoke Hub
0808 178 3374

MPFT

Scan the QR code to see details for well baby clinics in Stoke on Trent





Stoke-on-Trent (City)

<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/stoke-trent-clinics/well-baby-clinics>

Please do not bring your baby or child to a well-baby clinic if they are unwell

If your child is ill, you can try your local pharmacy first. They'll tell you if your child needs to see a GP. If your child has signs of serious illness, contact your GP surgery directly or take them straight to the A&E department of your local hospital. In an emergency always dial 999.

<https://www.nhs.uk/conditions/baby/health/looking-after-a-sick-child/#:~:text=Many%20GPs%20will%20also%20give,advice%2C%2024%20hours%20a%20day.>

<https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/>

[Baby Check App https://www.lullabytrust.org.uk/safer-sleep-advice/infection-and-illness/baby-check-app/](https://www.lullabytrust.org.uk/safer-sleep-advice/infection-and-illness/baby-check-app/)



All of the 0-19 podcasts can be listened to for free, at a time of day to suit busy families and we have some great topics for you, with many more in development!

- Five ways to wellbeing
- 5 minute mindfulness
- Baby Blues
- The dangers of button batteries
- Take action today put them away (accidental poisoning)
- Breastfeeding & returning to work
- Guided meditation for sleep
- Babies cry, you can cope (ICON)
- Back to school worries
- Asthma
- Safer Sleep-co sleeping and bed sharing

<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics/what-we-offer/podcasts>

WE'RE ALWAYS HERE

School Nurses and Health Visitors work with babies, children and their families to help improve their physical and / or emotional health and Wellbeing. Our Teams are able to help with a wide range of issues including health queries, emotional health and wellbeing concerns and can offer advice on parenting and behaviour strategies.

Young people in High School can also see their school nurse privately in school during term time (the school reception staff will be able to let you know what day a member of the team will be in) or check our schedule of drop ins on our website [schedule for drop-ins](#).

Our Website also has lots more information... why don't you take a look:
[Health Visiting and School Nursing: Midlands Partnership University NHS Foundation Trust \(mpft.nhs.uk\)](#)

Even when schools are closed, School Nurses can be contacted by young people or parents/ carers by getting in touch with them in our hubs:

Stoke-on-Trent (City) Hub

(covering all localities in Stoke-on-Trent)

Freephone: 0808 178 3374

lines are available Monday to Friday 9am-5pm all year round excluding Bank holidays



ChatHealth

Chat Health Text Messaging Service
Parents/Carers text: 07312 277161



ChatHealth

For young people living in Stoke-on-Trent, text: 07520 615723

CAFSPA Staffordshire (County) Hub

(covering East Staffs, Cannock, Lichfield, Rugeley, Tamworth, Moorlands, Newcastle, South Staffordshire, Stafford, Stone)

Freephone: 0808 178 0611

lines are available Monday to Friday 9am-5pm all year round excluding Bank holidays



ChatHealth

Chat Health Text Messaging Service
Parents/Carers text: 07520 615722



ChatHealth

For young people living in Staffordshire, text 07520 615721

Professionals can make referrals by telephoning the Hub or completing and emailing a referral form to: 019CityHub@mpft.nhs.uk

Stoke-on-Trent Referral Forms

THANK
you
😊

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:

0808 178 0611 CAFSPA Staffordshire (County)

or

0808 178 3374 Stoke-on-Trent (City)

Scan this QR code to access the link

