



LATEST NEWS AND HEALTH INFORMATION

Our regular newsletter aims to keep you up to date with the latest health news and advice



**Hampshire
Healthy
Families**



Today's Health, Tomorrow's Future



On going Flu Vaccination programme in Schools.

The School-Age Immunisation (SAI) team have been out and about across Hampshire vaccinating children in the eligible cohorts from the beginning of October. As of the 12th November a total of 50,998 children have been vaccinated which is around 40% of Hampshire pupils.

In total, the teams have visited 331 schools since starting the flu programme.

We have also started community clinics for each area for pupils who may have missed the vaccination in school, Electively Home Educated children or those who returned the e-consent form after the deadline date.

Initial feedback tells us the e-consent process implemented this year has been very well received by schools and parents. To further support schools and parents please see some FAQ's we have added here:
www.hampshirehealthyfamilies.org.uk/school-age-immunisations

Please feel free to direct parents to this area of the website.

For several years, NHS healthcare teams have been providing flu vaccinations to children in special and primary schools.

This year, the programme has been extended to include Year 7 pupils in secondary schools.



Peak influenza activity generally occurs in January or February, and it takes 10 to 14 days following vaccination before an immune response and protection develop.

The school immunisation teams are working hard to ensure that sufficient immunisation clinics will be available so that children can receive vaccinations before flu starts to circulate.

For children who are at risk because they have an underlying health condition, it is very important that they get the flu vaccine for their protection. These at-risk children are also eligible to receive the vaccination in general practice if the school session is late in the season, parents prefer it, or they missed the session at school.

Public Health School Nurse service

The PHSN will continue to provide all aspects of the healthy child programme and can be contacted in the usual way. They will recommend the National Child Measurement Programme (NCMP) for year R and year 6 pupils from January 2021, further details will be sent about this.

Child Mental Health Support

One of the key factors for keeping schools open during the second pandemic lockdown was to support children with their mental health. A study was written by www.mentalhealth.org.uk after the first wave identified 3 key areas to focus on supporting children during this crisis.

Loneliness

The impact of the COVID-19 pandemic suggests that, despite the shared experience of lockdown, children and young people are experiencing loneliness.

Worries about school and the future

Emerging evidence from the COVID-19 pandemic also suggests several other factors influencing the mental health and wellbeing of children and young people including; worries and concerns around their education (all ages), missing school (all ages), transitions and being away from school (primary school age), academic pressures (secondary school age), their career (young adults), and uncertainties about the future more generally (young adults)

Supporting mental health and wellbeing

One study has found that a majority of participating parents report that their children are keeping in regular contact with family and friends via video-chat and are getting regular physical exercise, factors that can support the mental health and wellbeing of children and young people. However, this was not the case with pre-school age children in one survey, where parents had concerns about their children's lack of communication with others outside the household.

Resources available:

Hampshire CAMHS:

www.hampshirecamhs.nhs.uk

See Hear Respond (DfE)

www.barnados.org.uk/see-hear-respond

Family Counselling Trust

<https://familycounsellingtrust.org/>

Young Minds

www.youngminds.org.uk

Anna Freud

<https://www.annafreud.org/media/11459/7waysanxiety.pdf>

Think Ninja - NHS App

<https://www.nhs.uk/apps-library/thinkninja/>

Childline

<https://www.childline.org.uk/info-advice/your-feelings/>

Hampshire Healthy Families

www.hampshirehealthyfamilies.org.uk

www.healthforkids.co.uk

(One area for parents and one for children)

Health for Teens

[https://www.healthforteens.co.uk/](http://www.healthforteens.co.uk/)

Hampshire Healthy Families Website

August saw the launch of our Hampshire healthy Families website (www.hampshirehealthyfamilies.org.uk). We have heard from some schools, that due to the internet firewalls, are unable to access the site and the information included.

Please ask your IT provider to allow your school access to the Hampshire Healthy Families Website.

If you are having any problems with accessing this, please email; childrenscomms@southernhealth.nhs.uk and we can email you the resources.

Please also feel free to signpost parents/carers/families to the site which has lots of information for each life stage.

**Days of Note:
November - December:**

FLU vaccinations

25th November:

White Ribbon Day - End Family Violence

2nd December:

Grief awareness week

5th December:

International Volunteers Day

11th December

Christmas Jumper Day