

Families Health & Wellbeing Service 0-19 Newsletter - Issue 16

**AUTUMN
EDITION**

**Welcome to the 16th Edition of the 0-19 Service Newsletter for
Staffordshire (County)!**

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

- **ICON Week**
- **Back to School: Why Sleep Matters**
- **Talking about feelings & Emotions with Children & Young People**
- **Healthy Lunchbox**
- **Immunisations**
- **Children's Bladders & Bowels**
- **Emergency Medications in School**
- **School Staff Training: Supporting Pupils with Medical Needs**
- **September is Sepsis Awareness Month**
- **Is your Child's vision ready for School?**
- **Stoptober 2025**
- **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://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 summer.
Thank you and take care,**



Zoe



Kathryn



Kate



Dawn



Gemma



**ICON
week**

22-26 September 2025

Listening to a crying baby can be hard for parents and carers, but all babies cry, it is normal, and ICON is here to help you cope. If your baby is showing no signs of being unwell it's OK to walk away and take a breath for a few minutes if your baby is safe. Never, ever shake a baby.

- I Infant crying is normal.**
- C Comforting methods can help.**
 - O It's OK to walk away.**
 - N Never ever shake a baby.**

Visit the ICON website at <https://iconcope.org/> or speak to your midwife or health visitor for more advice and support. You can also look at the video in the link below for more information about ICON.

<https://www.youtube.com/watch?v=Q3mc0FhrNF8>

Back to School: Why Sleep Matters

As many children return to school or begin nursery or school for the very first time, it can be a challenge to shift out of holiday mode and back into the rhythm of early mornings and structured routines.

Just like eating well and staying active, getting enough sleep is essential for good health. A consistent bedtime routine helps children wind down, and while they sleep, their brains build new connections, their bodies repair themselves, and their energy is restored for the day ahead.

How Much Sleep Does My Child Need?

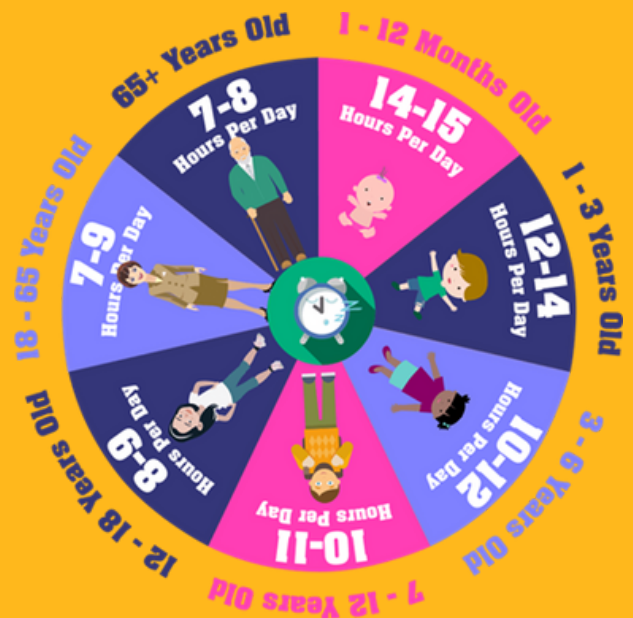
While every child is different, The Sleep Charity offers helpful guidance on recommended sleep durations:

Toddlers: Around 12 hours per night

Children aged 3–6: 10–12 hours

Children aged 7–12: 10–11 hours

Teenagers: Around 8–9 hours



It's important to remember that these figures are guidelines, not strict rules. What matters most is sleep quality, not just quantity. Establishing a calming bedtime routine can make a big difference and just like adults, some children naturally need more sleep, while others may need less.

Support for Families

The Sleep Charity offers fantastic resources to help families build healthy sleep habits. You can explore their advice and tools through the links below:

Children <https://thesleepcharity.org.uk/information-support/children/>

Teenagers <https://teensleephub.org.uk/>

Adults <https://thesleepcharity.org.uk/information-support/adults/>

Let's help our children start the school year feeling rested, refreshed, and ready to learn!

Talking about feelings and emotions with children and young people

Talking about feelings really does help, especially for young children, as it gives them the words to express how they feel from an early age and to encourage them to talk about their emotions. This sets them up to develop their emotional intelligence as they grow older. Below are weblinks to recources that may be useful if you feel you need a little guidance or confidence to talk to your child about their emotions.

Talk about feelings with your child: [Click Here - Talk About Feelings with Your Child](#)

Toddler emotions: [Click Here - Toddler Emotions](#)

Talk about feelings with your teenager: [Click Here - Talk about feelings with your teenager](#)

	Happiness - Often results in smiling and feeling positive about a situation or person.
	Sadness - Can often lead to crying, not wanting to take part in social activities, and feelings of unhappiness or upset about a particular situation or person.
	Anger - A strong feeling of frustration and unhappiness. It often results in increased heart rate, tension, and possibly aggressive behaviour towards another person.
	Fear - When we feel scared or worried about something or someone we feel threatened by. It can cause physical changes like increased heart rate, sweating and heightened alertness.
	Surprise - Often triggered by an unexpected event. It can be positive or negative and usually involves a physical reaction like gasping or widening of the eyes.

When we feel emotions such as anger, sadness, fear and frustration, they can affect the decisions we make and our behaviour even before we realise we have them. As children get older this can often be unhelpful and make them feel worse. The Staffordshire & Stoke-on-Trent's Violence Reduction Alliance (VRA) have developed a guide to help children and young people understand what emotions and feelings are, how to recognise them, and how you can control them [Click Here - WWIE-Guide](#) There's also an advice for parents and carers section in the guide too!

Healthier lunchbox ideas your kids will love!



School meals are a great choice, but if you do make a packed lunch for your child then Better health Families have got you covered with a range of quick, easy, healthier lunchbox ideas and tips designed to keep your kids happy and full throughout the day.

Find them

<https://www.nhs.uk/healthie.../recipes/healthier-lunchboxes/>

The NHS childhood vaccination schedule gives protection against lots of serious illnesses.

Before your child starts school, please check if they are up to date with their immunisations.

If you think you or your child have missed a vaccine, you can contact your GP surgery and arrange to catch up.

You can find out more via this link [NHS Vaccinations - When to Have Them](https://www.nhs.uk/vaccinations-when-to-have-them) or watch the Staffordshire & Stoke on Trent ICB School aged Children Vaccinations video here <https://www.youtube.com/watch?v=bVQ-ICmuOFs>

Vaccines help protect what matters most

Check
your child's
vaccines
are
up to date



STAY STRONG. GET VACCINATED.

Back to School: Supporting Children with Continence Needs

We understand that continence issues in childhood, such as bedwetting, daytime wetting, and constipation can be challenging for both children and parents. These issues are more common than many realise, and, with the right support, they are manageable.

When to Seek Help

- **Bedwetting:** If your child is over five years old and still wetting the bed, it may be time to seek professional advice.
- **Daytime Wetting:** Daytime accidents could indicate an underlying issue that needs attention.
- **Constipation:** Signs could include children that don't have a poo every day or nearly every day, or children who pass large poos or lots of little ones. The child may also strain, and it may hurt them when they poo. Having hard stools, or pain during bowel movements should be discussed with a healthcare professional.

You're Not Alone

If you have any concerns or questions about your child's continence, please contact your Health Visiting and School Nursing Team for advice and support via the Children and Families Single Point of Access (CaFSPA) The CaFSPA, often referred to as the hub, is a central point of contact for Staffordshire families and young people: Freephone 0808 178 0611.

In addition, ERIC is a UK-based charity dedicated to supporting children and young people with bladder and bowel conditions [Information and advice - ERIC](#)

ERIC offer:

- Self-help guides and resources
 - Advice for managing continence at home and school.
 - Support for children with additional needs
 - Real-life stories from families and young people
 -
- Some of their popular factsheets are also now available in other languages.

For school aged children ERIC UK have a guide for Managing bowel and bladder issues in early years education settings, schools and colleges, which you can access via this link [eric.org.uk - managing-bowel-and-bladder-issues-in-early-years-education-settings-schools-and-colleges](http://eric.org.uk-managing-bowel-and-bladder-issues-in-early-years-education-settings-schools-and-colleges)



Emergency Medications In School



As the new school year begins, it is important that parents and carers prepare for any medical needs their child may have. If your child has a severe allergy, epilepsy, or any other medical diagnosis that requires emergency medication, it is essential that they have enough in-date medication to share with their school. This medication must be brought in on the first day of term to ensure staff are equipped to respond in case of an emergency.

It's also vital to inform your child's school of any changes or updates to their individual health care plan. These plans help ensure your child receives the right support and care while at school. If you have any questions, concerns, or need advice regarding your child's care plan, please don't hesitate to contact Children and Families Single Point of Access (CaFSPA) for Staffordshire on Freephone 0808 178 0611 .

Asthma Inhalers - please check!

If your child has asthma, please ensure their inhalers are working correctly, are in-date and have plenty of doses left on the dose counter. This will help ensure their health and safety at home, at school and when out in the community. Your child should have a personalised asthma action plan from their GP, asthma nurse, or asthma clinic.

Scheduling an asthma review every year and after every attack can help children and young people to manage their symptoms better. Always send them back to school with an up to date Asthma Action Plan and a Count it Out tracker, a tracker is available to [Download the Asthma Tracker Here](#)

You can also listen to the FREE MPFT Asthma Podcast episode from the 0-19 Service, where Caroline talks to Sadie, a children's respiratory consultant nurse. This episode covers what asthma is, the symptoms, how it is treated, the importance of Personal Asthma Action Plans and 'Count it out' methods Sounds interesting? Grab a cup of coffee, and tune in to find out more **Listen now:** <https://ow.ly/26l550TMHTU>

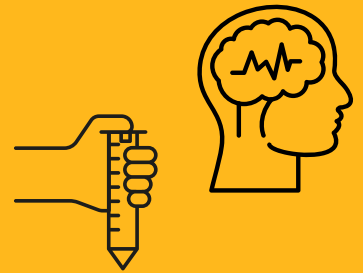
School Staff Training: Supporting Pupils with Medical Needs

As part of the Families' Health and Wellbeing Service (0–19), the Schools Training Team delivers virtual awareness sessions to school staff across Staffordshire. These sessions are designed to help staff feel confident and informed when supporting pupils with specific medical needs.



Training Topics Include:

- Asthma
- Anaphylaxis
- Epilepsy
- Emergency Rescue Medication (Buccal Midazolam)



(This session is for named staff who administer seizure rescue medication in school. If no dates are currently advertised, please contact the training team directly to arrange this training)

Each topic is delivered in a dedicated one-hour session, focusing on:

- Increasing staff awareness of the condition
- Providing an overview of the needs of children with these medical conditions
- Raising awareness of how staff can effectively support pupils in the school setting.

These sessions are for school staff only and are a valuable opportunity to enhance knowledge and confidence in managing health conditions in the classroom.

For further information please e-mail
[**FHWS.trainingenquiries@mpft.nhs.uk**](mailto:FHWS.trainingenquiries@mpft.nhs.uk)



September is Sepsis Awareness month

What is Sepsis?

SEPSIS is the body's life-threatening overreaction to an infection.

Why Does Sepsis Awareness Matter?

Awareness is the first step towards prevention and early intervention. Many people are unaware of the signs and symptoms, which include fever, rapid heartbeat, confusion and difficulty breathing, to name a few.

You can learn more about Sepsis via this link

<https://www.nhs.uk/conditions/sepsis/>

SEPSIS SYMPTOMS



ADULT

An adult may have sepsis if they show any of these signs:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured

CHILDREN

A child may have sepsis if he or she:

- **I**s breathing very fast
- Has a 'fit' or convulsion
- Looks mottled, bluish, or pale
- Has a rash that does not fade when you press it
- Is very lethargic or difficult to wake
- Feels abnormally cold to touch

Call 111 or contact your GP if you're worried about an infection.
Call 999 or visit A&E if someone has one of the sepsis symptoms.

JUST ASK "COULD IT BE SEPSIS?"

IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.

Sepsis is a potentially life-threatening condition caused by an infection. It's hard to spot, but can be easy to treat if caught quickly.

BE SEPSIS SAVVY. SPOT THE SIGNS. SAVE LIVES.

If you or someone you know has been affected by sepsis or COVID-19, our professional support team can help.



Visit <https://sepsistrust.org/get-support/> or call **FREE** on 0808 800 0029.

This simplified copy of the document is prepared by The UK Sepsis Trust. The content of this document does not constitute a medical or professional recommendation. It is intended for general information only. It is not intended to be used as a substitute for professional medical advice. The UK Sepsis Trust is a registered charity (number 1040001) and a company (number 02050000). It is a limited liability company. The UK Sepsis Trust is a registered charity (number 1040001) and a company (number 02050000). It is a limited liability company.

Know the signs!

Educate yourself and your loved ones about the symptoms of sepsis. If you or someone else is showing signs of sepsis, especially after a recent infection, seek urgent medical attention immediately.

Call 999 or go to A&E. Sepsis is a medical emergency, seek immediate medical attention.

Is Your Child's Vision Ready for School?

This year's National Eye Health Week (NEHW) will take place from 22-28 September 2025, promoting the importance of good eye health and the need for regular eye tests for all.

Undiagnosed vision issues in children and young people can affect learning, behaviour, and even long-term eye health. Children may not always know how to describe what they're experiencing, so it's up to an adult to spot the signs and take action.

What can parents/carers do to support a child's healthy vision?

Book regular eye tests, even if your child doesn't wear glasses

Watch for signs like squinting, frequent eye rubbing, or difficulty reading

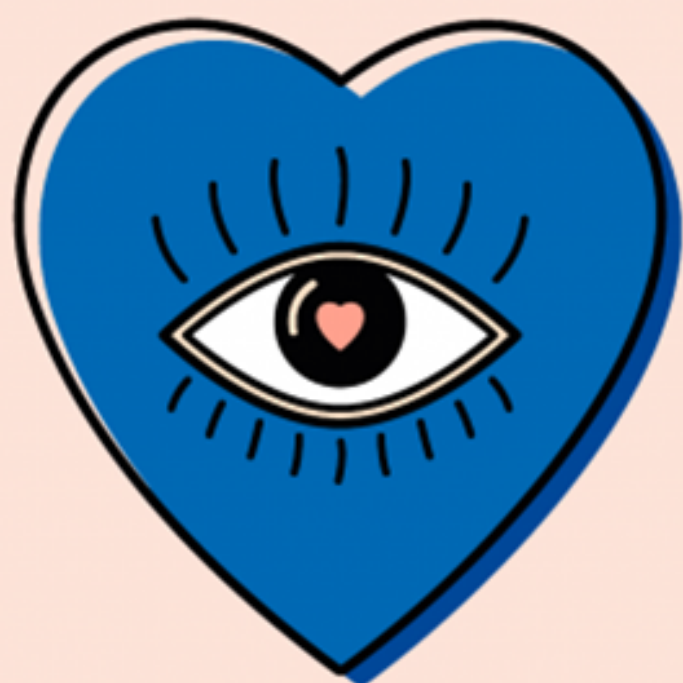
Encourage good screen habits, take regular breaks and avoid holding devices too close

Read more about eye tests by clicking this link <https://www.nhs.uk/tests-and-treatments/eye-tests-in-children/>

A child or young person is entitled to a free NHS sight test if they:

- are under 16 or 16, 17 or 18 and in full-time education (this includes being taught full-time at a
- school, college, university or at home).

To find your nearest optician please visit: www.nhs.uk/service-search/find-an-optician



National Eye Health Week

22-28 September 2025

#VisionMatters

STOP TOBER

Better Health

Let's do this

Stoptober 2025 is coming! October is the perfect time to say goodbye to smoking and embrace a healthier lifestyle! 🚭

Whether you're quitting for yourself, your family, your future, or to just help your finances, Stoptober offers incredible support to help you through this journey. Thousands are joining in - why not try it? For more information, tips and advice visit <https://www.nhs.uk/better-health/quit-smoking/> Take it one day at a time, and by the end of the month, you'll feel stronger, healthier, and smoke-free! 💪

This year's Stoptober theme is 'Let's quit smoking together' because you don't have to go it alone.

Free support is also available through Everyone Health Staffordshire who offer FREE support with a specialist stop smoking practitioner who can help you manage your cravings and withdrawal symptoms. Visit:

<https://staffordshire.everyonehealth.co.uk/services/stop-smoking/>

Call: 03330 050095

Text: QUIT to 60777

Look at the images below to see how stopping smoking can help you and your family!

Quit for a smokefree household

Let us help you **create a smokefree household** to protect your loved ones!

What we can offer you:

- Free nicotine replacement therapy (NRT) and vapes to support your journey
- Weekly non judgemental group sessions or one to one appointments for 12 weeks
- Support with how to manage cravings and withdrawal symptoms

Who can we support?

- If you live in Staffordshire*
- If you smoke tobacco products
- If you are pregnant, or have had a pregnancy within the last 6 months
- If you live with someone who is pregnant, or has had a pregnancy within the last 6 months
- If you live with a child aged 0-3 years old

What do I do now?
Tel: 0333 005 0095
Email: eh.staffs@nhs.net
Visit: staffordshire.everyonehealth.co.uk



*Excluding Stoke on Trent

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 **everyonehealth**
because everyone matters

How can smoking harm you and your family?

Smoking can cause **serious harmful effects** to the whole household.

Tobacco smoke can contain over 4000 harmful chemicals, which are inhaled through the cigarette. Secondhand smoke exposure can just be as harmful to others around you, especially children.



Short term second hand smoke exposure

- Eye irritation
- Headaches
- Coughs
- Sore Throat
- Dizziness
- Nausea
- Decline in lung function in asthmatics

Long term second hand smoke exposure

Lung Cancer	Increase by 20-30% in non smokers
Coronary Heart Disease	Increase 25-35% in non smokers
Sudden Infant Death Syndrome (SIDS)	45% more likely
Stroke	Increased risk by 20-30%
Asthma/Respiratory illness in children	Increased risk by 30%
Meningitis (Invasive meningococcal disease)	Risk is doubled

- Children are 4 times as likely to take up smoking if they live in a smoking household
- Pets - Secondhand smoke can affect pets and can cause breathing problems, or make your pet's existing breathing problems worse. Due to the toxic gases, this will increase certain types of cancers, such as lung, nose, mouth cancers and lymphoma.

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 **everyonehealth**
because everyone matters



Customer Services

TELL US ABOUT YOUR

EXPERIENCEScan 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



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>

Free Virtual Sessions



NHS
Midlands Partnership University
NHS Foundation Trust

Families Health & Wellbeing Service (0-19)

Our friendly,
informal
sessions are
open to parents
and carers living
in Staffordshire



Getting Ready To Breastfeed



Amazing Babies, Amazing Brains



Safer Sleep

Moving Onto Solid Foods



Babbling Babies, Talking Tots



Toilet Training

You are welcome
to keep your
camera on or off
and just listen/
watch the
presentation if
you'd prefer,
there's no
pressure!

The sessions will be facilitated
by Health Visitors, who will
share information and aim to
answer any questions you may
have.



**Scan the QR code for more details
or visit mpft.live/cde to book**

WELL BABY CLINIC GUIDANCE


FHWS 0-19 CaFSPA
0808 178 0611
Option 1



✓ 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, signpost you to our virtual groups/podcasts or to other services

✗ 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 CaFSPA 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

Scan
the QR code
to see details for
well baby clinics in
Staffordshire



Staffordshire County

<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-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/>



SCHOOL NURSE VIRTUAL DROP IN CLINIC



Hosted by School Nurses this is open to parents/carers and young people of Staffordshire. Takes place every Thursday between 3.30pm and 4.30pm, even during the school holidays.

The School Nurse is here to help children and young people, aged 5-19, feel healthy, happy and safe during their school years and get the best from their education.

- Scan the QR code, or type in the link <https://mpft.live/schoolnurse>
- Enter your contact details
- Wait in the private virtual waiting room (no one else will know you are waiting)
- Your School Nurse will let you in to the virtual room where your conversation can begin



If you need to speak to a School Nurse outside of these times please call the freephone number: 0808 178 0611 & press option 1

School Health Nurses are here to support children/ young people with any health or wellbeing concerns they may have. In addition to the virtual School Nurse Drop-in sessions there are a number of community Drop in sessions you can access too, see details in the link: <https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics/drop-schedule-5-19>

USEFUL INFORMATION



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:

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**

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**

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

[Staffordshire Referral Forms](#)

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 one of our

Scan this QR code to access the link

