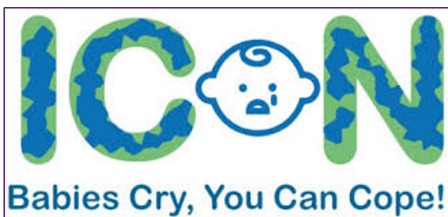


LATEST NEWS AND HEALTH INFORMATION

This regular newsletter aims to keep you up to date with the latest health news and advice from SHFT
0-19 Childrens and Families Services Team



Flu Vaccinations and our new e-consent service

This school term will see our School Age Immunisation team working within the Public Health England guidelines to deliver the Flu Vaccination programme. The free, annual nasal spray will be administered by our team of nurses and support workers to children from Year R to Year 7. As normal, schools should engage with their local immunisation providers to provide immunisation programmes on site, ensuring these will be delivered in keeping with the school's control measures. These programmes are essential for children's health and wellbeing and can also provide benefits for staff.

For more information please visit: <https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools>

From September, Parents and Carers will be able to register their child online through our new e-consent service, details on how to access this will be sent out over the coming weeks.

This year, helping to protect children against flu is particularly important as COVID-19 is still circulating because people at risk from flu are also vulnerable to the complications of COVID-19.

ICON report - 1 year on

The ICON Programme was implemented in Hampshire in response to a recommendation from a Serious Case Review for a baby.

Nationally, Abusive Head Trauma affects up to 25 children per 100,000 in the UK (Kemp, 2011).

The evidence suggests that around one third of severely shaken infants subsequently die as the result of being shaken (Bonnier et al., 2003) and more than half of children aged 0-4 years injured by abusive head trauma will die before they turn 21 years old (Joyce et al., 2018).

The ICON programme is now an established programme of intervention with a simple message to parents and carers regarding how to cope with infant crying:

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

SHFT participated in a multi-agency working group which piloted, launched and embedded ICON across Hampshire. This was led by Hampshire Safeguarding Children's Partnership, working with; children's services, schools, GP's and Hampshire Hospitals Midwifery. As part of the evaluation, Hampshire set the target that at least 90% of all families with new babies would be aware of the message. As part of the evaluation, SHFT 0-19 services completed an audit of parent held child records (Red book), telephone survey with parents and health visiting teams. Of the research carried out 190 records were reviewed across 19 health visiting and family nurse partnership teams. There was 100% compliance rate, with 87% of the families aware of the ICON message and 95% of parents/carers able to confirm they received and remembered the messages.

An online celebration event took place at the end of August, to honour all the work that had been put in by all agencies. The work is to continue....

For more information or to read the full report please visit: <https://www.hampshirescp.org.uk/>



Additional Resources

Young Minds Parents Helpline:
0808 802 5544 or Text YM to 85258

Samaritans: 116 123

Childline: 0800 1111

Papyrus: 0800 068 4141

ChatHealth: 07507 332 160

www.hampshirecamhs.nhs.uk

<https://papyrus-uk.org>

<https://stayingssafe.net>

World Suicide Prevention Day - 10th September

In the UK, suicide is the leading cause of death in young people accounting for 14% of deaths in 10 - 19 year olds and is still increasing.

There is a lot of pressure in today's society, with a consistent focus on self-image and beauty expectations on social media. Self-harm is a sign of serious emotional upset and distress. It is considered a strong risk factor for future suicides. Almost half of the people who had died by suicide had previous self-harm attempts recorded and one in four of the young people aged under 25 years old had a traumatic childhood.

Show someone you love #EveryLifeMatters

Sometimes reaching out to someone or just knowing the signs of someone suffering with a mental health condition can help.

Here are some key signs that extra support for young people maybe needed:

- **Withdrawing from friends, family, responsibilities, commitments and previously enjoyed activities.**
- **Low mood and or irritability, which is uncharacteristic.**
- **Uncharacteristically reckless behaviour.**
- **Disinterest in maintaining personal hygiene or appearance.**
- **Poor diet changes, rapid weight changes.**
- **Appearing distracted or agitated.**
- **Poor sleep.**
- **Alcohol or drug misuse.**
- **Expressing or appearing hopeless; failing to see a future or appearing to give up or be disinterested in their hopes, dreams, goals or ambitions.**
- **Believing they are a burden to others.**
- **Saying they feel worthless or alone.**
- **Talking about death or wanting to die**

In Hampshire we have some great resources to help and advise young people in crisis:

Hampshire CAMHS: <https://hampshirecamhs.nhs.uk/help/professionals/crisis-self-harm-and-suicide/>

Papyrus UK: <https://papyrus-uk.org/wp-content/uploads/2018/09/Conversation-Starters-1.pdf>

If a young person has expressed that they are suicidal and have a plan always seek urgent medical help via 999, 111 or take them to the Emergency Department.

Hampshire Healthy Families

Last month our new service for Health Visiting, School Nursing and Family Nurse Partnership (FNP) launched in partnership with Barnardo's as Hampshire Healthy Families.

As the provider of 0-19 services, School Age Immunisation services, underpinned by our Child Health Information Service, we look forward to maintaining our high standard of care while transforming our service to meet new and developing needs within Hampshire's communities.

To help us streamline our communications to you, we have created a dedicated area within the Hampshire Healthy Families website with downloadable information and content you can use for your services.
<https://www.hampshirehealthyfamilies.org.uk/resources-for-professionals>

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

Days of Note:

7th September:

SAI resumes service for HPV vaccinations

10th September:

World Suicide Prevention Day

23rd September:

National Fitness Day

28th September - 3rd October:

Healthy Eating Week

October:

School Aged Flu Vaccination clinics start