



Healthier Together

HEALTH news

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WINTER ISSUE - 1 | NOVEMBER 2023

Our **winter newsletter contains** information and guidance that will help practitioners provide excellent care for children and families across **Hertfordshire and West Essex.**

The **HWE Healthier together website contains** - Healthcare advice and Information for **parents & carers** Healthcare clinical resources and guidance for **professionals**



Childhood and Flu Vaccinations



Difficulty breathing and wheeze



Mental health & Wellbeing



Worried about cost of daily living

PRIMARY CARE PRACTITIONERS

For **Winter Ready Checklist** scan below to **HWE Healthier Together Professionals** webpages.



You can share the **Hertfordshire and West Essex Healthier Together website** with parents, young people and healthcare professionals in the following ways:

- **Display poster** in your reception and waiting areas
- Add our **weblink** to your organisations' website.
- **Refer** to clients and patients during appointments or consultations.
- **Share** with family and friends.

Scan the QR Code below for more



Practical information to help support children and families this winter

Managing Epilepsy

We have developed new pages on the website to help parents, carers and young people understand epilepsy, and give tips on general safety, seizure first aid, education and working with epilepsy, as well as links to other helpful guides and organisations. **Click the photo on the right to access more.**



Asthma Attack

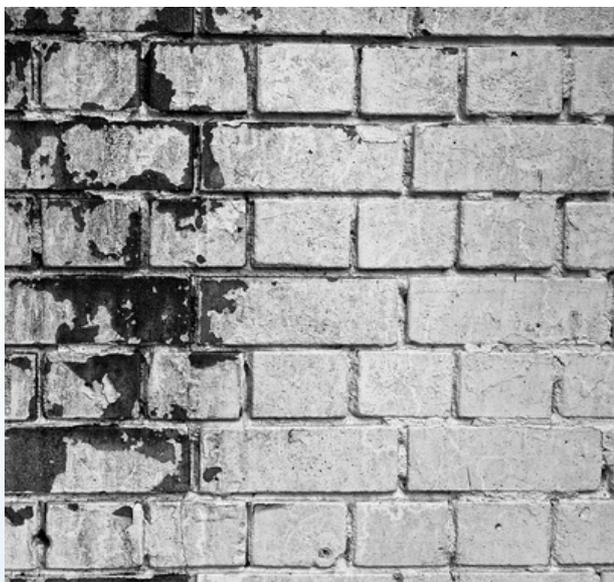
Cold weather is a common asthma trigger and winter is a time when children and young people with asthma may be at higher risk of having an asthma attack. Parents and Carers can find advice on looking after their child with asthma on our asthma attack page as well as advice on signs to look out for and when to seek help. **Click the photo to the left to access more.**

Asthma friendly schools

This year, Hertfordshire and west Essex Integrated Care System launched their Asthma Friendly Schools programme. Over 60 Schools have so far expressed interest and are working towards 'Asthma Friendly School' Status. To find out more about how to become an Asthma Friendly School, **click on the logo to the right.**



Practical information to help support children and families this winter



Damp and Mould

Children living in a damp home are up to 3 times more likely to have breathing problems. Damp can cause mould to grow on the walls, which produce spores that can be breathed in, and puts children at higher risk of developing breathing problems, particularly if they have asthma. Parents and carers can find advice on what to do if they have damp in their home, and some top tips on how to reduce damp. ***Click the photo to your left to access more.***

Cost of Living

The rising cost of living, from price increases on many essentials such as energy, fuel and food costs, is impacting many people across the country. As local residents of Hertfordshire and west Essex, parents and carers may have concerns about their personal financial circumstances. Local Authorities have advice, grants and schemes available to help individuals that need support. ***Click the photo to the right to find out more.***



for children and families in
Hertfordshire and West Essex



Asthma



Bronchiolitis



Cough
and Cold



Covid - 19



Croup



Diarrhoea
and
Vomiting



Difficulty
breathing
and Wheeze



Fever and High
Temperature



Fever (Baby)



Group Strep A



Sore throat



Small object
safety

Scan a **QR code** to find out how to
help your child when they are
unwell this **Winter**



Healthier Together