***Website***

*The following is shared on the HWE ICS websites. You are welcome to replicate this text on your own site:*

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| ***Template copy*** |
| **Health advice all in one place for your family this summer**While the arrival of warm temperatures and sunny skies in the summer is usually welcome, it’s good to know what health challenges children and families may face this season to help them stay safe when out and about or at home enjoying the sunshine. With the summer holidays fast approaching, many families may be traveling abroad. Therefore, it’s important families ensure everyone is vaccinated to protect from serious diseases found overseas.For those families staying closer to home, holidaying in the UK or just heading to the beach or elsewhere for a day out, knowing how to stay safe in the sun and around water will help to reduce stress and worry so they can focus on having fun.It can be a hugely worrying time for parents to have poorly children and they will want to know what symptoms to look out for, get advice on what to do in the first instance and know when they need to call in professional help.Clinical leaders of local health and care services have created a website you can go directly to which offers useful information and trusted advice direct from health professionals all in one place.The [Hertfordshire and west Essex Healthier Together website](https://www.hwehealthiertogether.nhs.uk/?utm_source=HT+promotion&utm_medium=website+news&utm_campaign=HT+promotion&utm_id=HT+promotion) has up to date information and advice on a number of topics, including:* travel vaccinations
* managing allergies, stings and bites
* summer safety including top tips on sun, water and road safety
* helping young people make healthy behaviour choices in relation to alcohol, smoking and drugs.

The site advises on the common symptoms of a number of conditions, what steps you should take to treat them at home and when to think about seeking further help.Professionals also use this website for information to share during appointments.Dr Rachel Joyce, Medical director for Herts and West Essex ICB, said: “It is sometimes hard to know what your next steps are when your children are unwell and what to look out for in those symptoms if they are normal or you should get extra medical help.“This website gives parents that information about a range of childhood illnesses, all in one place and supplied by trusted health experts, to make that decision. It also has a range of information on important topics and places you can get extra support.”Please share this website with your own friends and family this spring and help them get much needed support and advice for their own loved ones when they need it. |

***Newsletter articles***

*The following articles will be used by HWE ICB for internal and external newsletters, and you are encouraged to share these within your own similar publications:*

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| ***Target audience*** | ***Template copy*** |
| *Public newsletter (long version)* | **Get expert advice this summer with the Healthier Together website**While the arrival of warm temperatures and sunny skies in summer is usually welcome, it’s good to know what health challenges children and families may face this season to help them stay safe when out and about or at home enjoying the sunshine. With the summer holidays fast approaching, many families may be traveling abroad. Therefore, it’s important families ensure everyone is vaccinated to protect from serious diseases found overseas.For those families staying closer to home, holidaying in the UK or just heading to the beach or elsewhere for a day out, knowing how to stay safe in the sun and around water will help to reduce stress and worry so they can focus on having fun.There is a bespoke website, created by clinical leaders of local health and care services that can help with useful information and trusted advice, all in one place and directly from health professionals.The [Hertfordshire and west Essex Healthier Together website](https://www.hwehealthiertogether.nhs.uk/?utm_source=HT+promotion&utm_medium=public+newsletter&utm_campaign=HT+promotion&utm_id=HT+promotion) advises on the common symptoms of a number of childhood conditions, what steps you should take to treat them at home and when to think about getting further help.This includes advice on:* travel vaccinations
* managing allergies, stings and bites
* summer safety including top tips on sun, water and road safety
* helping young people make healthy behaviour choices in relation to alcohol, smoking and drugs.

Professionals also use this website for information to share during appointments.Dr Rachel Joyce, Medical director for Herts and West Essex ICB, said: “It is sometimes hard to know what your next steps are when your children are unwell and what to look out for in those symptoms if they are normal or you should get extra medical help.“This website gives parents that information about a range of common childhood illnesses, all in one place and supplied by trusted health experts, to make that decision. It also has a range of information on important topics and places you can get extra support.”Please share this website with your own friends and family this summer and help them get much needed support and advice for their own loved ones when they need it. |
| *Public newsletter (short version)* | While summer usually brings warmer temperatures, it can still bring some of its own challenges to our family’s health.As a parent, you will want to know what symptoms to look out for across a range of childhood illnesses, what to do initially and when to seek professional help.The [Hertfordshire and west Essex Healthier Together website](https://www.hwehealthiertogether.nhs.uk/?utm_source=HT+promotion&utm_medium=public+newsletter&utm_campaign=HT+promotion&utm_id=HT+promotion) offers all this in one place.Created by clinical leaders of local health and care services it has advice on a number of conditions including mental health concerns, particularly around the lead up to exams and dealing with allergies including hay fever.Dr Rachel Joyce, Medical director for Herts and West Essex ICB, said: “This website gives parents that information about a range of common childhood illnesses, all in one place and supplied by trusted health experts, to reassure you when dealing with your child’s symptoms. It also has a range of information on important topics and places you can get extra support.”Please share this website with your friends and family this summer. |
| *Staff newsletter*  | **Tell your friends and family about the Healthier Together website**Knowing where to get the right advice, when we need it, all in one place can make a huge difference when our families are poorly.Clinical leaders of local health and care services have created a website you can go directly to which offers useful information and trusted advice on a range of common childhood illnesses all in one place.This summer, we want to continue to spread the word about the [Hertfordshire and west Essex Healthier Together website](https://www.hwehealthiertogether.nhs.uk/?utm_source=HT+promotion&utm_medium=staff+news&utm_campaign=HT+promotion&utm_id=HT+promotion) which has up to date information and advice on a number of topics including:This includes advice on:* travel vaccinations
* managing allergies, stings and bites
* summer safety including top tips on sun, water and road safety
* helping young people make healthy behaviour choices in relation to alcohol, smoking and drugs.

The site advises on the common symptoms of a number of conditions, what steps you should take to treat them at home and when to think about seeking further help.Please help us by sharing this website with your friends and family this summer. |