



Healthier Together

SPRING ISSUE - 2 | MARCH 2024

HEALTH news Contents

- 1 Pharmacy First
- 2 Measles
- 3 Managing allergies and hay fever
- 4 Asthma friendly schools
- 5 Eating well
- 6 Exercise and physical activity
- 7 Childhood vaccination
- 8 Health for young people
 - Mental wellbeing
 - Exam stress
- 9 Health advice for families
Spring poster

This **newsletter contains** useful advice and guidance on **common illnesses** that may affect families this spring as well as some information for young people across **Hertfordshire and west Essex**

Hello Spring...

To share the **Hertfordshire and west Essex Healthier Together website** with parents, young people and healthcare professionals, you can:

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

Scan the QR Code
below for more
information on
**HEALTHIER
TOGETHER WEBSITE**



Pharmacy First



NHS Pharmacy First is a new advanced service provided by community pharmacies that went live on 31 January 2024. The service provides an alternative option to attending a GP appointment for the following clinical conditions:

Uncomplicated urinary tract infection, Shingles, Impetigo, Infected insect bites, Sinusitis, Sore throat, Acute otitis media (ear infection).

For more information, including ages ranges for inclusion of the services, and which pharmacies have signed to deliver Pharmacy First across Hertfordshire & West Essex, [visit our Pharmacy First page by clicking on the above photo.](#)



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SPRING Hot topics

Measles



[click on the photo above](#)

In light of recent increases in **measles** cases across the country, it is important that parents/carers ensure that their children receive both doses of the MMR vaccination.

Information about measles and the MMR vaccine can be found on our [measles page](#), including symptoms and what to do if you think a child might have measles.

Allergies



[click on the photo above](#)

Allergies are very common and are thought to affect more than 1 in 4 people in the UK. They're particularly common in children.

As the UK moves into the spring season, some children may experience an increase in allergic reactions, particularly from pollen from trees and grasses.

Our page on allergies includes information on the most common causes and symptoms of allergic reactions, as well information on where you can get help.

Practical information to help support children and families this Spring



Training

Asthma friendly schools Workshop

Hertfordshire and west Essex Integrated Care System launched their Asthma Friendly Schools programme in 2023.

Over 60 Schools have registered to become 'Asthma Friendly'.

Our next workshop is on **20th March 2024** from **9am to 1pm**. Please email the ICB Asthma Team on : hweicbenh.cypteam@nhs.net

SPRING - Hot topics

Eating well



[click on the photo above](#)

Eating well is important for good growth and development.

Our page provides advice for families to encourage healthy eating habits, as well as links to local services that can provide a little more support.

Exercise



[click on the photo above](#)

Exercise and physical activity is a core part of development for children.

Our advice page has much information on physical activity ideas to keep children moving both indoors and outdoors, as well as information to signpost families to local services.



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Childhood Vaccination



Our webpage on [childhood vaccinations](#) provides information about vaccinations and helpful links, such as the national immunisation schedule.

Childhood vaccination is one of the best ways to protect children from serious illness.

Key messages for families:

- Vaccinations are safe and effective
- Vaccinations help to stop the spread of serious illness
- Vaccinations save lives

Health for Young People

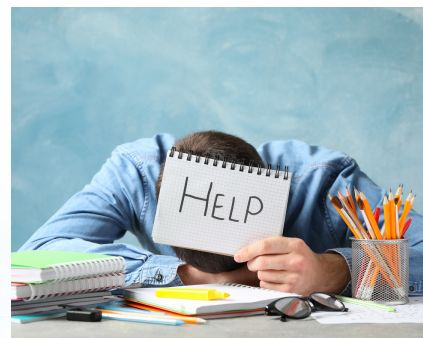


[click on the photo above](#)

Mental Health and Well-being

Young people often experience difficulties, feelings of anxiety or low mood, as they adjust to changes in life.

The [Hertfordshire and west Essex Integrated Care Board](#) has engaged with young people to understand a range of topics that children and young people are concerned about currently, including low mood, anxiety and eating difficulties. There is information on these topics as well as a range of other information, including signposting to local mental health services for young people.



[click on the photo above](#)

Exam Stress

The thought of revision and sitting exams often leave young people feeling worried or anxious. The examination period can be really stressful, however there are things that can be done before, during and after an exam to help manage anxieties.

The [Healthier Together website](#) provides lots of helpful resources for young people or those supporting them during the exam period.





Healthier Together

Improving the health of babies, children and young people throughout Hertfordshire and West Essex



Hertfordshire and West Essex

Scan the QR code for health advice this Spring



Asthma and Wheeze



Allergies and Hay Fever



Measles



Rashes



Your medicine Cabinet



Childhood Vaccination



Health Advice for Families

Help on hand for parents and carers at www.hwehealthiertogether.nhs.uk