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Autumn poster

Over the past few months, we have been busy updating a number of pages on our website, including pages for parents/carers, professionals, young people and pregnant women.

We are delighted to share these with you in our

Autumn newsletter



How to share the Hertfordshire and west Essex Healthier Together website with parents, young people and healthcare professionals:

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



SEND A TEXT MESSAGE

Professionals can use the **SMS function** at the top of each page to send a link to clients by entering a mobile phone number.



TRANSLATE IN YOUR LANGUAGE

Professionals can use the **select language function** at the top of the page to translate pages into over 200 languages.

Scan the QR Code to access the

HEALTHIER TOGETHER WEBSITE



Health resources and guidance

Practical information to help support children and families this autumn

Routine childhood vaccination



Now that autumn is here, and seasonal infections are on the rise, it's a good time to encourage parents and carers to complete their child's vaccination schedule and to take up the offer of the seasonal flu vaccine. Our [childhood vaccination page](#) includes the routine childhood vaccination schedule, vaccine myth busting facts, as well as links to other resources, such as [NHS choices](#) websites. **The RSV vaccination for infant protection has introduced a [pregnancy schedule](#).**

Childhood and adolescent anxiety



The ICB Youth Council recently helped us to develop our [anxiety page](#) for young people. On this page there is information on what anxiety is and helpful tips on what you can do to try to manage it, as well as links to local services.

Oral health



Oral health is very topical at the moment, Keir Starmer recently commented on his surprise that the most common reason for elective surgery in children is for tooth extraction due to tooth decay. Our [Oral Health page](#) provides advice for parents and carers on how to help their child develop good oral health habits, as well as advice on how to find a dentist near you and other useful resources.

Asthma



With the season turning cooler, it is a good time for parents to check they have an up-to-date asthma care plan for their child and with their child's school. Our [asthma pages](#) has a rich source of information for parents and carers, including understanding how to use an inhaler correctly, getting the most out of an asthma review and top tips for reducing triggers caused by air pollution.



Healthier Together

Infectious diseases



Group A Streptococcus

Scarlet fever, which is caused by the bacteria Group A streptococcus, is usually a mild illness but it is highly infectious. Our page includes information on symptoms and when you should worry and advice on when and how to seek help.



Measles

As measles cases continues to increase locally, parents/carers should 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.

Pregnancy and new birth

Over the last few months, we have been working with local midwives and health visitors to refresh and develop our pregnancy and new birth pages.

We have published new pages on the [staying healthy in pregnancy](#) and [concerns during pregnancy](#) sections.

Please check them out.



Staying healthy in pregnancy

This section includes pages with the following topics: eating healthy, smoking, drug and alcohol, weight gain, urinary incontinence, sexual health, exercise, family and friends support, as well as a page on the maternity & neonatal voice partnership.



Healthier Together

Concerns during pregnancy

These new pages provide advice on common concerns during pregnancy, and when and how to seek help. This sections covers the following topics; bleeding in pregnancy, covid infection during pregnancy, domestic abuse, feeling faint, headaches, itching, maternal mental health, morning sickness, rashes, reduced baby movements, swelling, tummy pain and vaginal discharge.



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 autumn

Asthma



Anxiety



Group Strep A



Childhood vaccination



Oral health



Measles



Concerns during pregnancy



Staying healthy in pregnancy



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