

Health for Kids/Health for Teens

Newsletter

April 2020

Thank you for your continued hard work during the coronavirus (COVID-19) pandemic. We would like to keep you updated in a regular newsletter to provide you with ideas and resources to help you run your 'Health for' websites as efficiently as possible.

Keeping your local pages up-to-date

In the current climate where schools are closed, children and young people will be looking for ways to fill their time, keep up their learning and stay healthy and active. The Health for Kids and for Teens website are unique age-appropriate online resources to help support children, young people and families, which is particularly important during these unprecedented times.

If you have staff in isolation and working from home, this is an ideal opportunity to update your local pages. We've seen lots of great articles and stories that your teams have recently added. If you would like any support with this, then please get in touch with us. We have created some 'featured stories' about coronavirus and these are available to be added to your local site.

Coronavirus resources on Health for Kids

As you will know, there has been coronavirus-related new content added to both websites, which has been well received by service users. To date, the recently added coronavirus pages have received over 8,000 page-views.

Here's an updated list of the coronavirus-related pages on the national pages of Health for Kids and for Teens website. Please share these resources with your schools in your area.

Health for Kids

WHAT IS CORONAVIRUS?

<https://www.healthforkids.co.uk/staying-healthy/what-is-coronavirus/>



LANTERNS GAME – Write about your feelings

<https://www.healthforkids.co.uk/game/lanterns/>

HOW TO TALK TO YOUR CHILDREN ABOUT CORONAVIRUS

<https://www.healthforkids.co.uk/grownups/healthy-minds/talk-children-coronavirus/>

HEALTH FOR KIDS: LOOKING AFTER YOURSELF KIT

<https://www.healthforkids.co.uk/grownups/healthy-minds/download-our-health-for-kids-looking-after-yourself-kit/>

USEFUL RESOURCES FOR CHILDREN AT HOME

<https://www.healthforkids.co.uk/grownups/healthy-minds/useful-resources-children-home/>

TOP TIPS FOR EFFECTIVE HAND WASHING

<https://www.healthforkids.co.uk/grownups/healthy-bodies/top-tips-effective-hand-washing/>

Health for Teens

CORONAVIRUS CATEGORY PAGE:

<https://www.healthforteens.co.uk/health/coronavirus/>

WHAT IS CORONAVIRUS?

<https://www.healthforteens.co.uk/health/coronavirus/what-is-coronavirus/>

3 WAYS TO STAY UP-TO-DATE WITH SCHOOLING

<https://www.healthforteens.co.uk/health/coronavirus/3-ways-to-stay-up-to-date-with-schooling/>

WAYS TO DEAL WITH CORONAVIRUS LINKED ANXIETY

<https://www.healthforteens.co.uk/health/coronavirus/ways-to-deal-with-coronavirus-linked-anxiety/>

LOOKING AFTER YOUR EMOTIONAL HEALTH DURING THE CORONAVIRUS OUTBREAK

<https://www.healthforteens.co.uk/health/coronavirus/looking-after-your-emotional-health-during-the-coronavirus-outbreak/>

STAYING ACTIVE DURING THE CORONAVIRUS OUTBREAK

<https://www.healthforteens.co.uk/health/coronavirus/staying-active-during-the-coronavirus-outbreak/>

HOW TO MAKE YOURSELF A CALMING KIT

<https://www.healthforteens.co.uk/health/coronavirus/how-to-make-yourself-a-calming-kit/>

WHAT IS SOCIAL DISTANCING

<https://www.healthforteens.co.uk/health/coronavirus/what-is-social-distancing/>



Promotions

Please continue to encourage schools, colleges, GP practices, youth groups and other relevant parties to help spread the message about the Health for Kids and Health for Teens. Share electronic versions of your posters and web banner adverts to provide information.

We can provide you with letter templates for schools to send emails to parents/carers about how they use the websites to help children and young people to look after their health and emotional wellbeing during lockdown.

Social media

Why not use your social media channels to share content from your local pages or national – use your professional accounts, or through your service / organisation's account.

- Follow @HealthForTeens1 on Twitter and retweet posts to your followers.
- Use the share buttons on Health for Kids to quickly share content to your chosen social media channel.
- Cut and paste links from your chosen webpage into your social media post.
- Ask your schools to share content through their social media channels and newsletters.

BrowseAloud

Assistive technology BrowseAloud brings text-to-speech functionality to the Health for Kids and Health for Teens websites. This makes the websites more accessible and available for everyone – helping to facilitate access for people with dyslexia, reading difficulties, visual impairments and non-English speakers. Page content can also be translated and read aloud in multiple languages.

You may want to get in contact with SEND groups and non-English speaking communities in your area to offer support using the assistive technology on Health for Kids and Health for Teens. We are happy to help you plan any campaigns around this.

'Health for...' Websites Event

You may remember the 'Health for...' websites event we held in February 2019. This gave us an opportunity to share the latest developments of the 'Health for' websites and support you with your training and promotional needs. We had lots of positive feedback from you.

We would love to do this again, however as you will understand in the current situation during the coronavirus lockdown, our options for organising this are limited. We will keep you updated on our plans, but hope to arrange another event either online or face-to-face when



possible in the near future. We have lots of exciting new developments in the pipeline to share with you!

Tell us what you need from us

The 'Health for...' websites digital development team are here to help you so please get in touch and let us know if we can support your service further in anyway and we will try our best to do this. We will keep you informed with any further updates.

Thank you for your support. You are all doing an incredible job in these difficult times. Please stay safe!

Best wishes,

Digital Development Team,
Leicestershire Partnership NHS Trust

0116 215 3262

HealthForWebsites@leicspart.nhs.uk

