

Monthly Newsletter

February 2025 Edition

Designed for parents, carers and schools in Warwickshire.
Created by Connect for Health, your School Nursing Service.

Let's talk about...

- Safer Internet Day
- Supporting children to stay safe on mobile apps and games
- Time To Talk Day: Exploring your mental health
- A day in the life of a Family Brief Intervention Worker
- Supporting your child's continence: a free online workshop for parents and carers
- Health resources feature of the month
- Useful contacts

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Introduction

Welcome to this month's edition of our newsletter!

First, we're marking Safer Internet Day with some strategies and support for promoting online safety with children and young people.

We're also recognising Time to Talk Day, a reminder of the importance of open conversations about mental health.

Ever wondered what a typical day looks like for one of our Family Brief Intervention Workers? We're taking you behind the scenes to see how they support families in overcoming challenges, offering practical guidance and carrying out early help when it's needed most.

Lastly, we're highlighting our continence workshops designed to support parents and carers.



Think Before You Click

Building A Safer Internet For All

Encourage children to stay smart, stay secure, stay kind.

This #SaferInternetDay, let's work together to create a safer and more positive digital world! Whether it's protecting personal data, spotting scams, or being mindful of what we share, every small action makes a big difference.

Cyberbullying, misinformation, and online scams are real risks—but so is the power of kindness, education, and awareness. Let's use our voices to spread positivity, think before we click, and help others stay safe online.



DID YOU KNOW?

That almost

20%

of children aged 10-15 have exchanged messages with someone online who they have never met.



Encourage children and young people to...

Speak Up, Stay Safe - their voice matters

If something feels wrong, report it - you're never alone.

The internet should be a safe space for everyone, but if something feels wrong—whether it's bullying, scams, or inappropriate content—report it. You're never alone, and there are people who can help.

[Click here to learn more about reporting](#)

Supporting Children: Staying Safe on Mobile Apps & Games

Key strategies and tips for supporting your child.

Mobile phones, apps, and games are a big part of young people's lives, but it's important to ensure they're using them safely.

Set Clear Boundaries & Privacy Controls

- Adjust privacy settings on apps and games to limit who can contact your child.
- Set screen time limits to encourage a healthy balance between online and offline life.
- Use parental controls on devices and app stores to manage downloads and purchases.

Encourage Open Conversations

- Talk regularly about the apps and games they use—show interest and ask about their experiences.
- Teach them how to recognise inappropriate content, cyberbullying, or unsafe interactions.
- Let them know they can always come to you if something feels wrong.

Teach Them How to Spot Risks

- Explain the dangers of sharing personal information (like location, phone number, or school).
- Help them recognise scams, fake profiles, and phishing attempts in apps and games.
- Warn them about in-game chats and how people online aren't always who they say they are.

Promote Positive & Safe Gaming Habits

- Choose age-appropriate games by checking ratings and reviews.
- Encourage them to take breaks and not feel pressured to spend money on in-game purchases.
- Remind them that they shouldn't accept friend requests from strangers.

Empower Them to Report & Block

- Show them how to report inappropriate behaviour or content in apps and games.
- Teach them how to block users who make them uncomfortable.
- Reassure them that seeking help is always the right thing to do.



Get comfortable and start talking about mental health

#TimeToTalk



In partnership with



Get comfortable and start talking about mental health

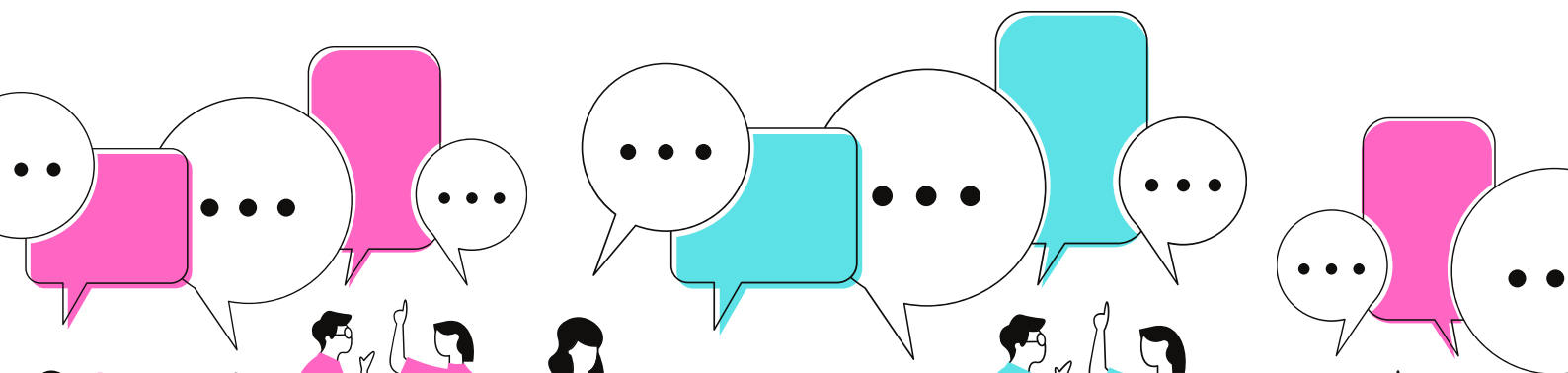
This #TimeToTalk Day, let's break the silence around mental health. Whether you're struggling with worries, feeling low, or just need someone to listen—talking can make a difference.

Getting comfortable with these conversations starts with small steps. A chat with a friend, family member, or colleague could be the first step towards support. You're not alone, and your feelings matter.

Why talking is important

Time to Talk Day 2024 revealed that nearly two thirds of the UK public put on a brave face to avoid talking about their mental health. And nearly half of us are less likely to open up as we don't want to worry others in already difficult times.

But talking openly and honestly can be the first step towards better mental health for everyone. It can reduce stigma and help people feel comfortable enough to seek help when they need it.



A Day In The Life of a Family Brief Intervention Worker

Discover how the School Nursing Service can support your family

My name is Leanne Joyce and I'm one of the Family Brief Intervention Workers at Connect for Health.

As part of my role I'm able to support children and families with a range of health and well-being issues such as sleep, continence, emotional health and behaviour on a daily basis.

This morning, I spoke with a parent of a child who was struggling to manage their emotions. The parent was able to explain their concerns and **I offered to do some 1-1 work with the child to support them** with understanding and recognising their body's response to big emotions and to **provide them with coping strategies** to manage their emotions.

After this, **I delivered a workshop to a group of parents** via zoom who needed advice and support around continence issues, such as daytime wetting, constipation & soiling and night-time wetting. I delivered the presentation and offered several strategies that the parents could try to implement to help support their children and was able to **answer any specific questions that parents had at the end.**

This afternoon, I visited a local library where there was a stay and play event taking place. I set up a stand and displayed one of our **information boards which had useful contact information** on and some age appropriate information on sleep, oral health and continence. I also took along some supporting leaflets for parents. At the start of the session I was able to **introduce myself and the service to the parents**, explaining that we are there to support children from the age of 5 up to age 19 and 25 for those children with additional SEND needs. Afterwards I was on hand to provide advice and support to parents who approached me. I was also able to inform parents of our Parent Line which is a **free confidential text messaging service for parents** that is manned by our nurses.



Supporting Your Child's Continence: A free Workshop for Parents & Carers

Is Your Child Struggling With Bladder or Bowel Issues?

Join our free online continence workshop designed to support parents and carers in understanding and managing childhood continence challenges.

What you'll learn

Delivered by our Family Brief Intervention Workers, your online workshop will include:

- Common continence issues in children and young people.
- Practical tips for toilet training and routine building.
- How diet and hydration affect bladder and bowel health.
- When to seek further support from health professionals.

Who is this workshop for?

This workshop is designed for parents and carers of children who are experiencing difficulties with toilet training, daytime wetting, night-time wetting, constipation or other continence concerns.



To join our workshop, you need to make a referral into our service:

Click the link below to visit our website and download the referral form. Once a referral is made, you will be offered a choice of workshop dates.

[Click here to visit our website](#)



Health Features Of The Month

February

Theme: Online Safety



Keeping children safe online

Learn more about children's online safety. Advice and support to help you learn about staying safe online as a family.



NSPCC Website

Keeping children safe online: We all have a part to play in keeping children safe online. Find out how with the NSPCC online safety guides.

[Click here to visit the website](#)

THINK BEFORE YOU SHARE

TEENAGERS PARENTS & CARERS TEACHERS & EDUCATORS

NEED HELP WITH NUDES?

THINK BEFORE YOU SHARE.

Young people are sharing nudes for all kinds of reasons – with people they know, and people they don't.

Those images are ending up in places they shouldn't – with people who have no right to see them, let alone share them.

When that happens, we're here to help. Think before you share.

[REMOVE A PIC](#)

 <h4>I'M A TEENAGER</h4> <p>Are you being pressured to share nudes, or know someone who is? Have your images been shared without your consent? We can help.</p> <p>GET HELP</p>	 <h4>I'M A PARENT OR CARER</h4> <p>Worried about what your children are sharing online? Get help to talk about it.</p> <p>FIND SUPPORT</p>	 <h4>I'M AN EDUCATOR</h4> <p>Want to start a conversation with your students? Find resources that can help.</p> <p>GET RESOURCES</p>
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Think Before You Share

Online support for parents/carers and educators surrounding supporting young people if they have shared explicit images of themselves online or with other people.

[Click here to visit the website](#)

Useful Contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a children under 5.

[Click here for useful apps and websites for children & young people](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: connectforhealth@compass-uk.org

Visit our website: www.compass-uk.org/services/c4h