Living Healthy Lifestyles

change 4 life

Eat well Move more Live longer

"These days, 'modern life' can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to" (Change4Life)

The School Nursing Service offer free workshops to parents and carers of children aged 4-19 years. These workshops explore:

- What is a healthy lifestyle
- Thinking about food
- Time to exercise
- 5 Ways to Wellbeing
- Information about our healthy lifestyles programmes for children and families

We cannot deliver face to face workshops at the moment because of social distancing guidance. However, we can offer these sessions virtually. We are offering video sessions via Microsoft Teams which is safe application used by the NHS.

To find out more about our workshops or book a place on a workshop contact our Single Point of Access on Tel: 01922 423349 or Email schoolnursing@walsallhealthcare.nhs.uk

Do you need advice and support about other health issues? We have resources to help you:

- Health for Teen Website for teenagers www.healthforteens.co.uk
- Health for Kids Website for children (with parent pages) www.healthforkids.co.uk
- School Nursing Service Webpages https://www.walsallhealthcare.nhs.uk/our-services/school-nursing
- ChatHealth – text messaging service to contact a School Nurse for advice
  - Teen ChatHeath - 07480 635363
  - Parent CHatHealth - 07520 634909