An important message for Essex schools from our Public Health and Healthy Schools Team

Subject: World Friendship Day
Date: July 2019
Issue: No. 7

The Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical and emotional health, social, and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing education, advice and information to other organisations that can improve health and wellbeing for all.

This month we are focusing our campaign on friendships in response to World Friendship Day on Tuesday July 30th. To find out more please visit the United Nations web site.

To find out more about the Essex Child and Family Wellbeing Service, please visit our website.

We would also like to wish all children, families and staff an enjoyable summer.
Family Wellbeing

Information for parents/carers to be disseminated via your newsletters/parent mail/website

To help your child make friends look at the Childline top tips with them. If your child is a Young Carer they can attend a social group with other Young Carers, click here to find out the locations across Essex.

To meet other parents/carers in your community please see the FREE groups and services that the Essex Child and Wellbeing Service offers. The following websites may also be helpful in providing you with opportunities to meet other parents/carers: Gingerbread, Families in Focus and Home Start.

Wellbeing for you

We all know the benefits of spending time with friends (emotional support, a sense of self-worth) and relationships are good for our mental wellbeing, which contributes to us feeling good about ourselves. It can be difficult to make time for friends when we have many demands on our time.

The NHS suggest the following ways to build stronger and closer relationships:

• Arrange a day out with friends that you haven’t seen for a while
• Have lunch with a colleague
• Instead of texting or messaging a friend, phone them
• Speak to someone new today

The Department of Education is introducing compulsory Relationships Education for primary pupils and Relationships and Sex Education (RSE) for secondary education from September 2020. Also, from September 2020 it will be compulsory for all schools to teach Health Education. To find out more please click here.
References

Please use these references to further your reading and find out more information on the topics covered this month.

2. Essex Child and Family Wellbeing Service (2019). Welcome. Available at: https://essexfamilywellbeing.co.uk

To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to Essex.Communications@virgincare.co.uk