

Health Promotion, Protection and Prevention

Liz Wilson - June/July 2023



Public Health:
Working together to improve the health
and wellbeing of our communities

Coming soon: OHID resource for schools on vaping

The Office for Health Improvement and Disparities (OHID) is **producing a new resource pack for schools on vaping, aimed at Years 7 and 8. The resources, to be published on the [Better Health School Zone](#) in time for the 2023/24 academic year, have been informed by research with teachers and young people.** The activities will feature films made with young people in which they will talk in their own words about the issues around vaping, as well as a clear presentation of the latest evidence. As with all OHID's schools material, the resources will be linked to National Curriculum requirements and guidance on delivering PSHE.

The pack will include three flexible bitesize sessions, which can be:

- used as a standalone session to meet the learning needs of individual classes
- used together over a few sessions to build and develop deeper understanding around vaping
- used in form time or assemblies.
- embedded in pre-existing lesson content around smoking.

The three topic areas are:

- Vaping: What and Why? – explore what students already know about vaping – and then present the facts, get them thinking about why young people vape, and helping with strategies for saying “no” if pressured by others to start. There will also be signposts to sources of support if young people are worried (e.g. school nurse, Talk to Frank, Childline)
- Vaping: the impacts – in which we explore things like potential health impacts, environmental impacts, financial impacts, etc
- Vaping: nicotine – more of a deep dive on the effects of nicotine including signs of addiction

Children's oral health – advise for all free e-learning course

The Children's Oral Health programme is freely available to access [here](#).

Please note your progress and completion of sessions will not be recorded and you will not be able to generate a record of completion. If you require evidence of learning, please register and then log in to access this programme on the elfh Hub.

If you already have an account with elfh, then you can enrol on to the Children's Oral Health programme by logging in to the elfh Hub, selecting My Account > Enrolment and selecting the programme. You can then access the programme immediately in the My elearning section.

The link leads you to a drop down training list, so have the title of the course ready: 'Children's oral health – advise for all' and just scroll down to it and click on the link. I didn't register and got it straight away!

It takes approximately 30 minutes.

Great for those working with families with young children.

Health Protection Updates

Key Updates

- The latest UKHSA health protection report data shows there has been [a rise in measles cases](#).
- Childhood vaccination levels are not at the recommended national targets and should continue to be promoted in all relevant children's settings.
- Vaccines are our best line of defence against many diseases especially measles, mumps and rubella (MMR) and help to stop outbreaks occurring in the community. However, in recent years the number of children vaccinated against these diseases has fallen.
- We are calling on all parents and guardians to make sure their children are up to date with their vaccines especially MMR - 2 MMR doses (1st dose at 1 year and 2nd dose at 3 years 4 months). It's never too late to catch up, and people can get the MMR vaccine for free on the NHS whatever their age by contacting their GPs to book.

Some other useful resources

- [Supporting immunisation programmes - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/collections/supporting-immunisation-programmes)
- [Infectious diseases: education and childcare settings - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/collections/infectious-diseases-education-and-childcare-settings)
- [Children and young people settings: tools and resources - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/collections/children-and-young-people-settings-tools-and-resources)



UK Health
Security
Agency

Children and young people need their:

Teenage booster
to protect against tetanus, polio, and diphtheria)

MMR vaccine
to protect against measles, mumps and rubella

MenACWY vaccine
to protect against meningitis and septaemia

HPV vaccine
to protect against types of cancer

Most young people have their vaccines at school, but if you have missed yours speak to your school nurse. If you have left school, speak to your GP practice and make an appointment to catch up.



Visit nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/
#VaccinesWork to protect us from infectious disease

i mmunisation
Helping to protect everyone at every age

WORKPLACE HEALTH

A BULLETIN FOR EMPLOYERS TO SUPPORT WORKPLACE HEALTH AND WELLBEING

A FOCUS ON TRAINING OPPORTUNITIES



Being in 'good work' is good for your health and wellbeing. Good work is defined as having a safe and secure job with good working hours and conditions, supportive management and opportunities for training and development.

Education and training supports employees to develop and progress in work, which not only results in better employment rates, it can create an environment where your employees feel valued.

A happy, healthy workforce makes great business sense!

The following Health and wellbeing training opportunities are available: -

- Financial Wellbeing - Protect your staff from illegal money lending. [Stop Loan Sharks](#)
FREE online training courses teach you the skills and confidence to have a potentially life-saving conversation with someone you're worried about. [Zero Suicide Alliance](#)
- The importance of taking breaks webinar. [The Bank Workers Charity](#)

You will also find a range of FREE training opportunities on the Workplace Training and Webinars webpage click here, including the following-

- How to be more dementia friendly [Alzheimer's Society](#)
- How to set up a domestic abuse champions network [MKact](#)
- How to build a disability inclusive workplace [Ability NET](#)
- Improving awareness around suicide prevention [Zero Suicide Alliance](#)



Congratulations to 2 of our local workplaces who were presented with their Healthy Workplace Awards by the Mayor and Mayoress of Milton Keynes at our successful workplace health breakfast event in May! Delegates at the event heard from a range of speakers about free inclusive employment services, and were able to chat to many health and wellbeing service providers throughout the morning. Thank you to all of the stall holders that attended, that included, the stop smoking service, domestic abuse awareness and menopause awareness. The next breakfast workplace health event is being held on **Tuesday 26th September 2023 at the Forest Centre Marston Moretaine Bedford MK43 0PR.** Further details will be published nearer the time.



Public Health is a shared service across Milton Keynes, Central Bedfordshire and Bedford Borough.

Dear colleagues

As you know the Public Health Workplace Health Team are keen to promote the range of service offers to workplaces in our areas, including the Healthy Workplace Standards and the offer of free health and wellbeing services.

This newsletter is for the attention of employers, managers, HR and wellbeing leads across Milton Keynes City, Bedford Borough and Central Bedfordshire.

This month we have a focus on training opportunities and have highlighted some **that may be of interest to you and any networks that you support.**

Please take a look at our attached newsletter or view via our webpages under 'Hot Topics' [here](#).

I would appreciate it if you could also share this newsletter via your relevant networks / contacts.

Thank you for your interest and support.

Kind regards,

Lisa Neal

Public Health Practitioner - Work and Workplaces

To speak with me: use Microsoft Teams or 07823 519069

Public Health – a shared service across Milton Keynes, Bedford Borough and Central Bedfordshire
Milton Keynes City Council | Civic Offices | Saxon Gate East | Milton Keynes | MK9 3EJ



HYPN Dates for your diary

Please contact Liz.Wilson@milton-keynes.gov.uk **If you would like to receive an invitation and haven't yet.**

29 June 2023 1:30 – 4pm - HYPN Community Cohesion - supporting children and young people's health and wellbeing. Face to Face HYPN

16 Aug 2023 12 -1:30pm Virtual Information Sharing Session – HYPN

Oct 2023 Date to Be Confirmed – Face to Face HYPN

4 December 2023 12:30 – 2pm Virtual Information Sharing Session – HYPN

Further information and reading

Positive Futures Report [Positive Futures: Unsupported LGBT young people half as happy as adults \(justlikeus.org\)](https://www.justlikeus.org/positive-futures-report)

Anxiety animation and teacher toolkit that Anna Freud have just included in their latest update. Links below.

[Access the anxiety animation and teacher toolkit.](#) [Read the related news story here.](#)

MK YiS Young People's Mental Health is a long-running charity that works in Milton Keynes to help young people as well as the people that support them. They provide BACP-Accredited Therapeutic Counselling, One-to-One Wellbeing Coaching, Education, Outreach, Early Support Hubs, and more to improve mental health and wellbeing in the local area.

[YiS Young People's Mental Health \(mkyis.org.uk\)](https://www.mkyis.org.uk) [YiS Annual Review 21/22](#)



Further information and reading

SEND Local Offer, please look at the [Mental Health and Wellbeing Hub](#) **If parents and carers** would like to sign up to the [SEND Newsletter](#) **Professionals can also sign up to** [SENCo newsletter](#) please note that this is primarily aimed at SENCo's.

Early Years in Mind have collaborated with some amazing specialists to co-design the following resources this year: [Helping young children think about race in the early years](#), [A guide to neurodiversity in the early years](#)

And don't forget to have a look at [Wellbeing measurement for early years settings](#) (including [video](#)) and resources on [Personal social and emotional development](#)

Thank you!

If you would like any further information,
please contact:

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