

# Healthy Young People's Network Web Updates from Public Health

Liz Wilson - January 2023



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

# Healthy Young People's Network Webpages



**Information about our Healthy Young People's Network which works collaboratively to share health and wellbeing messages is available here:**

**[Healthy Young People's Network | Milton Keynes City Council \(milton-keynes.gov.uk\)](https://www.milton-keynes.gov.uk/healthy-young-people-network)**

**Members of the Healthy Young People's Network provide and share a wealth of experience in supporting children and young people.**

Direct link to **[Support and Resources Available](#)**

If you have anything to share on this part of the web-page, then please contact Sophie Jordan **[Sophie.Jordan@milton-keynes.gov.uk](mailto:Sophie.Jordan@milton-keynes.gov.uk)** & copy **[Liz.Wilson@milton-keynes.gov.uk](mailto:Liz.Wilson@milton-keynes.gov.uk)**



# Some items you might have missed

The [HYPN Support Available | Milton Keynes City Council \(milton-keynes.gov.uk\)](https://www.milton-keynes.gov.uk) has some new updates including the following, click in the link above for more information and access to the full A-Z.

- **Better Health Start for Life** - Ready-to-use, empty belly and customisable A4 posters for the Better Health Start for Life – Introducing Solid Foods campaign.
- **Being Active** - Shake Up your school with these Disney, Pixar and Marvel inspired resources for teachers, leaders and other school staff – designed to promote physical activity for students throughout the school day and help engage parents beyond the gates.
- **Change4Life campaigns**
- **Charlie Waller** - We're talking mental health. We provide mental health training, resources and consultancy with a focus on children and young people.

# Further updates

The [HYPN Support Available | Milton Keynes City Council \(milton-keynes.gov.uk\)](https://www.milton-keynes.gov.uk) click through the A-Z for further updates

- **Healthy eating** A range of flexible nutrition resources across different subject areas
- **MindEd** is a free educational resource on children, young people, adults and older people's mental health, which includes e-learning training.
- **School Zone** (Public Health England) Reception and KS1.
- **Every Mind Matters** is here to support you by providing simple, practical advice for a healthier mind.
- **Top Tips for Teeth**
- **Young Minds** are the UK's leading charity fighting for children and young people's mental health. They want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

# Health and Wellbeing Awards



The Milton Keynes Health and Wellbeing Award is available to all settings that work with children and young people in MK, such as children and family centres, nurseries, and schools. The Award is led by Milton Keynes Council and was developed by the Public Health Team and partner organisations including the NHS and Youth Services. [Health and wellbeing awards](#)

**The Award provides strong evidence that your setting is committed to improving and protecting the health and wellbeing of the children and young people that you serve.**

Holding the Award and the supporting evidence shows commitment to the Healthy Child Programme and provides Ofsted with a powerful portfolio, demonstrating the setting's approach and actions to improve the health and wellbeing of its children, young people and families. It also provides a useful framework for your setting to show what has been achieved to date and create plans for future improvements. Application process is available within the link above. **There is going to be a full relaunch of this work in March 2023.**

# Healthy Young People's Network Training and events

How to join the health young people's network (HYPN) and information on the types of training events we hold. [Healthy Young People's Network training](#)

This webpage has a range of national training alongside face-to-face Network Events that have been held and the presentations and information shared at them.

The Next Event is due to happen 1 March 2023 at 3:30pm – 5:45pm there will be space for 25 people, with Teams facilities if you are unable to make it face to face. The agenda is going to be based around how we work together to support children and young people's health and wellbeing. If you would like more information or to book a place, please contact Liz Wilson.

# Thank you!

If you would like to add any more information,  
please contact:

[Liz.wilson@milton-keynes.gov.uk](mailto:Liz.wilson@milton-keynes.gov.uk)



Public Health:

Working together to improve the health  
and wellbeing of our communities