



Keeping well this spring

An information leaflet from your Children's Public Health 0-19 Nursing Service, April 2026

Easter fun and holiday activities

To find out about activities in your area over the summer holidays go to Ask Lion



 AskLion

Changes to Childhood Vaccinations

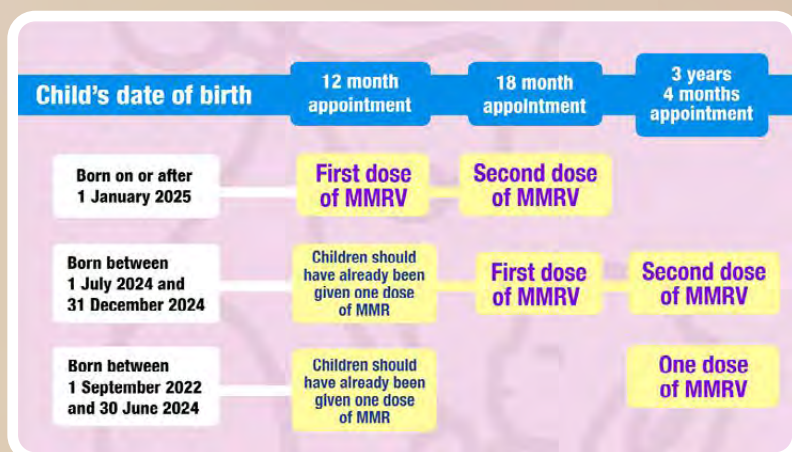
Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide every year (NHS 2024)

Find out more here:

 NHS

Due to the introduction of a varicella (chickenpox) vaccination programme, the measles, mumps, rubella and varicella (MMRV) vaccine replaced the MMR vaccine in the routine childhood programme from the 1 January 2026.

If your child was born on or after 1 January 2025, they will be offered their first dose of MMRV at 12 months old and their second dose of MMRV at 18 months old.





Has your child just been weighed and measured as part of the National Child Measurement Programme? (Reception and Year 6)

If your child was a healthy weight, you will not have received a letter.

If your child was not a healthy weight it is your choice whether you share this information with your child.

[More information](#)



It is a good time to think about changes you can make as a family to eat and move for good health without your child even being aware.

[Click here for some easy ideas to eat well and move more](#)

Time for your family to start thriving!

Try a new FREE health and wellbeing programme here to help children and families to feel great.

We offer 5-17-year-olds above a healthy weight the chance to enjoy moving more with regular local activity sessions including trampolining, multi-sports and more.



While the kids are having fun, you'll get tips and advice from a trained health mentor to help you improve your family's health and wellbeing.

Scan the QR code to find your nearest group and sign up today!



thriving
NOTTINGHAM

Thriving Nottingham offers a wide range of health and wellbeing programmes to support locals to lose weight, move more, stop smoking and more.

www.thrivingnottingham.org.uk

hello@thrivingnottingham.org.uk

0115 648 5724

Children need to be active for at least an hour every day.

If you are doing this already, that's brilliant. It is a good idea to mix moderate activity like brisk walking with vigorous activity like running or fast cycling. To find activities and support in your local area in Nottingham, visit AskLion:

[AskLion](#)

If your child was above the expected weight range for their age, sex and height you qualify for FREE sporting activities and family healthy lifestyle support with Thriving Nottingham.

Thriving Nottingham is a new, free health and well-being service that will help you live well and feel great!

Thinking of making changes for the better?

- Losing weight and eating well
- Stopping smoking
- Moving more
- Improving your well-being

Thriving Nottingham can help, find out more here:

[website](#)

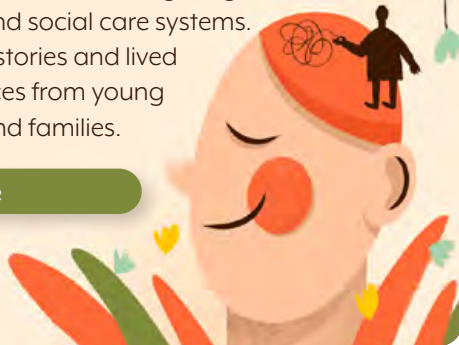
Minds of all Kinds

A new website called has been launched to provide tailored support and resources for people of all ages who are neurodivergent, including those with ADHD and Autism.

Minds of All Kinds includes:

- Clear, jargon-free explanations of ADHD, Autism, and other neurodivergent differences.
- Local service directories and referral pathways for Nottingham and Nottinghamshire.
- Practical advice for navigating education, health, and social care systems.
- Personal stories and lived experiences from young people and families.

[👉 website](#)



Speech & Language Advice Line

NEW OPENING HOURS FROM AUGUST 2025

(for parents and carers of children aged 0-19 and for young people aged 16-19 who would also like to call us for advice)

Do you have any questions or concerns about your child's talking or communication?

We are happy to help, please call the advice line

0300 123 8887 Option 1

Nottingham City and Nottinghamshire Only

Tuesday & Thursday 9am-12.30pm



Opening Hours may change, please contact your school, health visitor or look on our website for more information:

[👉 website](#)

Worried about your child's mental health?

Do you know about the YoungMinds Parent Helpline and Webchat service?

If you have a child aged 25 and below, you can contact the Young Minds parent's helpline, email or webchat service to discuss your concerns about your child's mental health with one of their trained advisors.

You can call the Parents Helpline on 0808 802 5544 Mon - Fri 9:30am - 4:00pm.

For webchat or email click here:

[👉 Find out more here](#)

Click here for their

[👉 Parent's A-Z Mental health Guide](#)

[👉 Parent's guide to looking after yourself while helping your child](#)

If you feel that you need some mental health support, there are lots of websites and services that can help.

You are NottAlone!

This website has local mental health advice and help for people in Nottingham and Nottinghamshire, all in one place.

[👉 Find out more here](#)

NottAlone is here!

Are you worried about your own, or someone else's mental health?

Want to find trusted information, advice and local services that can help?

Sun Awareness Week 11th-17th May



We all hope that this year will bring us some nice weather!

Don't forget though, from March to October in the UK, children should:

- Cover up with suitable clothing
- Spend time in the shade, particularly from 11am to 3pm
- Wear at least SPF30 sunscreen (on areas not protected by clothing, such as the face, ears, feet and backs of hands)

The British Association of Dermatologists has more information:

☛ Sun awareness

Sunlight and Vitamin D

Exposure to sunlight is most people's main source of Vitamin D.

It is recommended that everyone takes Vitamin D supplements (10 micrograms) per day during the winter months October to March, but some people require it throughout the year including those with dark skin and those who cover up in the spring/summer.

Vitamin D aids healthy bones and muscles.

☛ More advice on Vitamin D can be found here

The messages can seem confusing!

For lighter skin types, daily sunlight exposure for 10-15 minutes between April and September provides sufficient year round vitamin D while also minimising the risks of sunburn and skin cancer.

For darker skin types, 25-40 minutes is recommended



Need some advice or support?

Nottingham Early Help Partnership, the right help at the right time!

Nottingham Early Help Partnership's vision is for every child to enjoy their childhood in a warm and supportive environment, free from poverty and safe from harm; where every child grows up to achieve their full potential.

The website has lots of information about local support for families in Nottingham:

☛ Website



Healthier Together

is a website developed with the Royal College of Paediatrics and Child Health and has lots of helpful information for parents, from pregnancy health to all aspects of your child's health.

☛ Website

Children's health and wellbeing

NHS organisations in Nottingham and Nottinghamshire have created some web pages which offer you helpful advice about common conditions in babies and children and the symptoms to look out for.

They hope this information will help you decide when you can treat your child at home, when you need to seek medical help and which service to choose.

☛ Children's health and wellbeing

Remember your Children's Public Health 0-19 Nursing Service is there for you during the school holidays as well as term time

I am worried about my child's development.

I'm here to help.
Whatever is worrying you, let's talk it through.

We are a confidential text service for parents and caregivers that you can talk to about:

- Healthy lifestyles, including healthy nutrition and exercise
- Day and night time wetting
- Constipation
- Sleep behaviour
- Emotional health
- Healthy relationships and sexual health

Text a Public Health Nurse on

07480 635002

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Text will only be seen between 9am and 5pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps).

To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates. For more information on how we use your information please visit www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information



You can now call our **Children's Health Advice Hub** and speak to a nurse about your child's health and development. **0300 300 0040**
(Monday to Friday, 8.30am to 5.00pm)

We can also help you with booking or changing appointments.



For urgent healthcare needs please ring 111.



Use 111

If you need urgent medical help.
Call, go online or use the NHS App.

NHS

111 Help us help you

If you would like more information about our service please visit our website

