

From the Healthy School Age Operational Group

Don't forget to sign up to our Healthy Schools offer and book your in your school sessions by emailing HIT@halton.gov.uk

Free winter holiday activities across Halton

We wanted to let you know about some of the FREE activities available to the children, young people and families in your school throughout the holidays. Thanks to funding from the Department of Education, there are a number of food and activity clubs this winter - at locations across Halton - which are completely free for eligible FSM children. For further information, please visit [HAF - Edsentia](https://www.haf-edsentia.co.uk) or email us directly via HAF@edsentia.co.uk



Recharge Halton

Recharge can support those young people who require someone to listen to them, provide a safe space to reconnect, offer opportunities for reflection, gain self-awareness, make time for self-care and develop mindfulness. The programme is delivered by youth workers who can get to know and understand the situation the young person is facing, and can support them to learn to cope with adversity while sustaining their mental wealth, help them to rebuild social connections, and focus on their happiness and confidence building. If you require any more information please contact carl.geraghty@vibeuk.org



[REGISTER HERE](#)

Community Matters at Christmas

Throughout Advent we will explore different communities from the Christmas story, see what they can teach us about community and how they can inspire us to make a difference this Christmas. Over four weeks, the resource celebrates how **community** can bring us **joy, acceptance, generosity** and **love**. The resource includes videos of pupils talking about their communities, bible links, reflections and practical challenges and can be used in the classroom or in collective worship. Schools can sign up here:

<https://www.abyyt.com/advent>

We have also recently released a new eBook. **Community Matters: Helping Young People Lead With Character in a Post-Covid World** is a series of reflections from experts in the education sector, focussing on the increasing need for the prioritisation of character education. Download the eBook for free:

www.abyyt.com/projects/community-matters-ebook



Fit 4 Life App Programme

Fit 4 Life has gone digital. We can support families to make healthy lifestyle changes via our 12-week app programme. Details on how to signpost or refer families can be found on the flyer.

<https://www3.halton.gov.uk/Pages/health/hit/start/fit4lifedigital.aspx>



Axess

On 1st December 2021, World AIDS Day gives an opportunity to show solidarity with the millions of people affected by HIV worldwide. There are resources available for schools on the National AIDS Trust website that can be used to deliver HIV awareness to young people. <https://www.nat.org.uk/teachers-resources>

The **axess sexual health outreach team** have also developed an online learning presentation for professionals, which aims to:

- Raise a basic awareness of HIV and AIDS
- Reduce stigma related to HIV
- Dispel some of the myths surrounding HIV
- Increase confidence when working with a HIV positive person
- Raise awareness of HIV prevention
- Increase knowledge of testing and availability in your area.

To complete this E-learning resource click [here](#) which will take you to the axess website



Axess - Transgender awareness

Axess sexual health outreach team are offering a Trans awareness briefing session for professionals working with young people, who would like to raise their awareness of trans identity and gender diversity.

This briefing will include a 1hr 15 minute TEAMS presentation, aiming to expand knowledge and highlight the barriers faced by Trans* people. Covering: Gender, Intersex, Terminology, Correct pronouns, Transition, Transphobia, Trans health and wellbeing, Trans rights and Working/interacting with trans people

Date	Time	Date	Time
Monday 17 th January	3.15pm	Tuesday 5 th April	1pm
Tuesday 1 st February	3.15pm	Monday 9 th May	3.15pm
Wednesday 9 th March	1pm	Monday 6 th June	3.15pm

If you/your team would like a different date please contact Kerry to arrange this.
Kerry.thomas@liverpoolft.nhs.uk

Axess sexual health have put together a survey: <https://www.surveymonkey.co.uk/r/8RSHCTF> This is to find out what young people would like from the young person's service such as clinic name, branding, how to access ensuring participation and the views of young people with regards to the axess website and accessing services. Please click the link above to complete.