

Hull Child Death Overview Panel e-Bulletin – DECEMBER 2022

Learning from child deaths, child accident prevention and bereavement support

For CDOP members, CDR professionals and practitioners working with children and families

IN THIS EDITION:

➤ Reducing accidents and preventing child deaths

- Hull Child Death Overview Panel 2021/22
- Lullaby Trust advice for keeping babies warm in winter
- UKHSA advice about ways to protect your under 5s this winter
- Child Accident Prevention Trust warn families about the dangers of buying cheap toys online
- UKHSA update on scarlet fever and invasive group A strep
- Professionals asked to report homes they visit with damp or mould following tragic child death
- Pregnancy, Covid, other health and well-being information in lots of languages, from Doctors of the Worlds

➤ Child Death Review process/procedure information for professionals

- Who to contact to notify a local child death
- Learning environment from National Child Mortality Database (NCMD) for CDOPs, and health and social care professionals
- NCMD 'one stop shop' website for child death review process guidance, training webinars, research publications/reports

➤ Published national learning/reviews

- National Child Mortality Database (NCMD) thematic report Sudden and Unexpected Deaths in Infancy and Childhood.
- NCMD Child death review data release covers child deaths notified and reviewed between 2021 and 2022.
- National Neonatal Audit Programme (NNAP) Annual Summary Report on 2021 Data on babies discharged from neonatal care between January and December 2021
- Molly Russell inquest found that she "died from an act of self-harm while suffering from depression and the negative effects of online content"
- Safeguarding Practice Reviews published on the NSPCC repository in December

➤ Support / Wellbeing / Training

- Local safer sleep training
- Healthy Holidays Winter programme for children in Hull
- Contacts and helplines for bereavement support for families and professionals
- Hull and East Yorkshire MIND - Substance Misuse and Suicide Prevention Training
- Hull Together – Hull City Council's 'cost of living rescue package'.
- Hull THRIVE Training offer and Directory of local support services
- Fitmums & Friends programme: The Forest Project, supports bereaved children in Hull
- ANDYSMANCLUB - confidential space for men through free weekly peer support groups.
- Men in Sheds support Group
- 'Together - Bereaved By Suicide Service' delivered by Hull and East Yorkshire Mind

- Dawn Bereavement Support –supporting people whose loved ones died in Hull hospitals
- HEY MIND - Work Well Project to support individuals and employers in Hull
- The Youth Hub Hull - a dedicated centre to support unemployed 16-29 years old
- HENRY Raise Engage Refer online training to develop and practice skills in raising sensitive lifestyle issues with parents
- The Coroners Court Support Service for families and witnesses
- UK Trauma Council resources
- Young Minds' Crisis Messenger crisis support
- BBC bitesize article and short film for young people dealing with boredom and low motivation.
- Home Office list of sources of support for victims of domestic abuse.
- Smoking Cessation L1 Brief Intervention Training for professionals to support clients - NEW DATES January - March 2023
- Local stop smoking service - SmokeFree Hull

Hull CDOP Annual report 2021/22 – reporting on child deaths notified and reviewed 1st April 2021 – 31st March 2022, what we learned and actions taken.

[See attached](#)

Lullaby Trust’s advice on safer sleep in winter - How to keep your baby safe when the weather gets cold

[Things to consider for safer sleep in winter](#)

“We know that the colder months can be difficult for families. You might have to make difficult decisions between heating or eating. Or you might be worried about paying your heating bills with energy prices set to rise again. You might also be concerned about trying to keep your home warm, keeping drafts out and keeping your baby warm.

Whilst we understand it can be tempting to wrap your baby up to keep them warm, we know that overheating a baby increases the chances of SIDS. Research shows babies are better to be cooler rather than overheated, so do bear that in mind.”

UK Health and Safety Agency - If you work with the under-fives or with families with pre-school children, please take five minutes to read the government advice about **5 ways to protect your under 5s this winter** and share this advice.

[UKSHA blog](#)

Child Accident Prevention Trust warn families about the dangers of buying cheap toys online

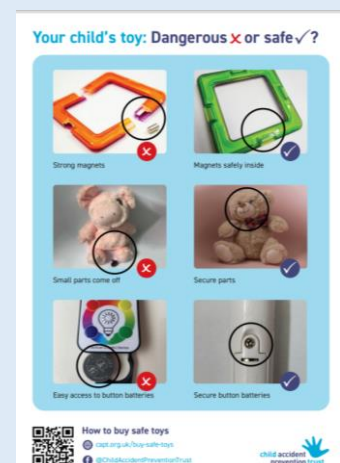
[Safety advice and resources to share with families \(capt.org.uk\)](#)

Many parents and carers assume that if they can buy a toy for their child then it must be safe. But sadly, there is an increasing number of unsafe toys being sold online which can be deadly.

And, with many families feeling the pinch this Christmas, the appeal of cheap toys could have fatal consequences.

That’s why they’ve launched a campaign to raise awareness of the high-risk toys to avoid on online marketplaces.

To help you spread the word to the families they have free resources to download and share; visual explainers help parents and carers spot the difference between safe and unsafe toys.



UKHSA update on scarlet fever and invasive group A strep

Latest data from the UK Health Security Agency (UKHSA) continues to show an out of season increase in scarlet fever and group A streptococcus infections...

Invasive group A streptococcus (iGAS) infections remain rare. So far this season, there have been 111 iGAS cases in children aged 1 to 4 compared to 194 cases in that age group across the whole year of the last comparably high season* in 2017 to 2018. There have been 74 cases in children aged 5 to 9 years compared to 117 across the whole year of the last comparably high season in 2017 to 2018. The majority of cases continue to be in those over 15 years.

Sadly, so far this season there have been 74 deaths across all age groups in England. This figure includes 16 children under 18 in England. In the 2017 to 2018 season, there were 355 deaths in total across the season, including 27 deaths in children under 18.

*We analyse scarlet fever seasons from week 37 to week 36 the following year. The majority of cases would typically be seen from the beginning of February to April.

[Latest government update @ 15/12/22 on signs to look for, treatments and prevention/hygiene advice to help stop spreading germs](#)



Damp or mould in houses you visit – support needed

Following Awaab Ishak's tragic death and the coroner's finding into the Rochdale Housing case around the impact of damp or mould in the home, the senior coroner in this case, Joanne Kearsley said: "The tragic death of Awaab will and should be a defining moment for the housing sector in terms of increasing knowledge, increasing awareness and a deepening of understanding surrounding the issue of damp and mould."

This extremely sad case emphasises the importance of council work with residents in ensuring homes are of a high quality and free from hazards such as damp and mould.

The council is in the process of updating their advice book on Damp and Mould for residents and they will be carrying a special feature on the topic in the next addition of Hull Housing News (delivered to all council tenants).

To ensure cases like this never occur in local homes the council is asking for help from any professional going into a resident's home by reporting any signs of damp, mould or condensation:

- If the property is owned and managed by HCC, raise through HIS-ContractSupportNorth@hullcc.gov.uk
- If the property is in the private rented sector, follow this up with colleagues in private housing housing.standards@hullcc.gov.uk

[Coroner's Regulation 28 Prevention of future death report for Awaab Ishak](#)

[The Secretary of State has written to council leaders and social housing providers calling for action on housing conditions.](#)

HOW TO REGISTER WITH A GP AND BOOK A VACCINE

IN 12 SIMPLE STEPS

HOW CAN YOU GET THE COVID-19 VACCINATION?



1. If you have an NHS number, and are registered with a GP, you can already book your vaccination date.
2. You don't remember your NHS number? It can be found on your prescriptions, on letters from the NHS, or in the NHS app.
3. You can also look it up by entering your name, date of birth and postcode on the NHS website.
<https://nhs.uk/the-services/online-services/find-nhs-number/>

HOW TO BOOK THE VACCINATION?



1. By visiting the NHS website, by calling the helpline on 119 or by contacting your GP practice.
<https://nhs.uk/conditions/coronavirus/covid-19/coronavirus-appointments/book-coronavirus-vaccination/>
2. Please remember that only after 2 doses of the vaccine you will get maximum protection, so book both appointments at the same time.
3. What happens if you have tested positive for COVID-19? In this case, please wait 4 weeks from the date you had the test before booking an appointment.



A guide to COVID-19 vaccination Information on pregnancy and breastfeeding

What you need to know when you are offered vaccination

Find out more at nhs.uk/covid/vaccine

The COVID-19 vaccines available in the UK have been shown to be effective and to have a good safety profile. These vaccines do not contain live coronavirus and cannot infect a pregnant woman or her unborn baby in the womb.

Is COVID-19 disease serious in pregnancy?

Although the overall risk from COVID-19 disease in pregnant women and their new babies is low, in later pregnancy some women may become seriously unwell and need hospital treatment. This is why it is important that pregnant women have their vaccination as soon as they are invited. Hospital admission and severe illness may be more common in pregnant women than in women of the same age who are not pregnant. Women with COVID-19 disease are more likely to have their babies early than women without COVID-19. Pregnant women with underlying clinical conditions are at higher risk of suffering serious complications from COVID-19.

COVID-19 vaccination in pregnancy

The Joint Committee on Vaccination and Immunisation (JCVI) has advised that pregnant women should be offered COVID-19 vaccines at the same time as people of the same age or risk group. In the USA, around 90,000 pregnant women have been vaccinated mainly with Pfizer and Moderna vaccines and no safety concerns have been identified.

Evidence on COVID-19 vaccines is being continuously reviewed by the World Health Organization and the regulatory bodies in the UK, USA, Canada and Europe. Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age who are coming for their first dose. Anyone who has already started vaccination and is offered a second dose whilst pregnant, should have a second dose with the same vaccine unless they had a serious side effect after the first dose.

Risk factors for pregnant women

If you have underlying medical conditions such as:

- immune problems
- diabetes
- high blood pressure
- heart disease
- asthma

Or if you are:

- overweight
- over the age 35
- in your third trimester of pregnancy (over 28 weeks)
- of black or Asian minority ethnic background

You are at more risk from COVID-19 than women of the same age who are not pregnant.

What does this mean for me?

Doctors of the Worlds information and leaflets in 24 languages

<https://www.doctorsoftheworld.org.uk/translated-health-information/>

Topics include:

- Childbearing/Pregnant
- COVID-19 vaccine information
- Coronavirus Infographics
- Coronavirus Information
- COVID 19 Vaccination
- COVID-19 Booster Vaccination
- COVID-19 Information for People without NHS Number
- Key COVID-19 Information for Migrants
- EU Citizens Healthcare Entitlement
- Flu Vaccination Winter 2021/22
- How to register with a GP and book a vaccine
- Infographics: Migrants' right to healthcare
- Keeping young people healthy
- Vaccine confidence toolkit
- Wellbeing guidance

Child Death Review process/procedure information for professionals

Child death notifications should be sent via eCDOP using this link – <https://www.ecdop.co.uk/HullER/Live/Public> (please save link to intranet sites, desktops, etc. for ease of reference)

If you were involved with the child and family, requests for agency Reporting Forms will be sent via eCDOP for completing online – (after registering as a user of eCDOP).

Contact for queries:
Cathy.eccersley@hullcc.gov.uk
Tel: (01482) 311085

NEW Learning Environment for CDOPs, and health and social care professionals working in Child Death Review from the National Child Mortality Database (NCMD).

- Recordings of all of the NCMD quality improvement webinars
- PDFs of the PowerPoint slides for each webinar
- Advice sheets for completing the NCMD analysis and reporting forms.

[NCMD webinars - UCLPartners](#)

The password to access the page is:
NCMD1Webinar*

NCMD website – 'One-stop shop' for professionals involved in any of the elements of the child death review process:

- Joint Agency Response (JAR)
- Multi-Agency Child Death Review Meeting (CDRM)
- Child Death Overview Panel (CDOP)
- Supporting bereaved families

<https://www.ncmd.info/guidance/>

Includes:

- **Detailed guidance on how best to complete a child death Notification Form**, to help gather information more quickly and review the death more comprehensively
- **CDRM guidance** on what to think about before, during and after the meeting as well as how to get the most out of the discussion
- **JAR guidance under COVID-19** - While the circumstances in which a JAR is required are unchanged, how they are enacted may need to change depending on circumstances.
- **A postcard for distribution to families who are bereaved**, that explains the NCMD database and the importance of their work. Printed copies will be sent to CDOPs to send to families.
- **Safety notices**-dangers and warnings identified for national learning from local reviews - for anyone interacting with families of young children (includes: **windows, baby sleeping bags, button batteries, super strong magnets, safer sleeping, sleeping position devices, baby equipment, nappy sacks and baby slings**)
- **National forms** - for notifying and reporting on deaths to help child death overview panels assess the causes of a child's death
- **'When a child dies' - A guide for parents, families, and carers to help understand and navigate the child death review process.** This document should be offered, in a printed format, to all bereaved families and/or carers.
- **NCMD Thematic Reports**

[Notification guidance](#)

[CDRM guidance](#)

[Updated JAR guidance](#)

[NCMD postcard](#)

[Safety notices/alerts](#)

[Child death review forms](#)

[NHS England leaflet](#)

[NCMD publications](#)

Published national learning and reviews

National Child Mortality Database (NCMD) thematic report *Sudden and Unexpected Deaths in Infancy and Childhood.*

[Sudden and Unexpected Deaths in Infancy and Childhood](#)

This report draws on data from the NCMD to investigate sudden, unexpected and unexplained deaths in both infants and children and young people, and to draw out learning and recommendations for service providers and policymakers.

Key findings in brief

Of all 6,503 infant and child deaths occurring between April 2019 and March 2021 in England, 30% (n=1,924) occurred suddenly and unexpectedly, and of these 64% (n=1,234) had no immediately apparent cause.

Infant deaths (under 1 year)

- **There was a link between unexplained deaths of infants and deprivation.** A significantly larger proportion of unexplained deaths were of infants living in the most deprived neighbourhoods (42%) than those in the least deprived neighbourhoods (8%).
- **There was a strong link between sudden, unexpected infant deaths and sleeping arrangements.** Where it was known, 98% (n=124/127) of unexplained deaths occurred when the infant was thought to be asleep, and of those, 52% (n=64/124) of deaths occurred while the sleeping surface was shared with an adult or older sibling. Of the 64 deaths where the sleeping surface was shared, for 60% this sharing was unplanned and at least 92% were in hazardous circumstances e.g., co-sleeping with an adult who had consumed alcohol or on a sofa. Of the 124 deaths that occurred during apparent sleep, at least 75% identified one or more of the following risk factors related to the sleeping arrangements: put down prone (face down) or side; hazardous co-sleeping; inappropriate sleeping surface when sleeping alone; inappropriate items in the bed.
- Unexplained deaths among infants were more common in males (64%) than females (36%), and were strongly associated with low birthweight, prematurity, multiple births, larger families, admission to a neonatal unit, maternal smoking during pregnancy, young maternal age, parental smoking and parental drug misuse.

Child deaths (1-17 years)

- **Both explained and unexplained deaths in this age group were associated with a history of convulsions.** Where data were available (n=30), there was a history of convulsions recorded in 27% of children whose deaths remained unexplained in this age group. This incidence was similar to children whose deaths went on to be explained.
- Sudden and unexpected child deaths in this age group were highest in the most deprived neighbourhoods.

- For sudden and unexpected deaths that occurred during 2020 and had been fully reviewed by a CDOP (n=204), 84% went on to be explained by other causes.
- There were at least 32 unexplained deaths in 2020 of children in this age group.

[Commentary Report](#)

[Reference Tables](#)

NCMD Child death review data release covers child deaths notified and reviewed between 2021 and 2022.

The National Child Mortality Database (NCMD) was notified of 3,470 child deaths in England between April 2021 and March 2022, 396 more than the previous year. In the same period, 2,724 child deaths – which might have occurred during the period or before – were reviewed in detail by child death overview panels.

The data was collected as part of the child death review process, which applies to all children under the age of 18 and is mandatory in England. Child death overview panels have a statutory obligation to collect information from every agency that has had contact with the child and to share this with the NCMD, with the ultimate goal of understanding why children die and making changes to improve and save lives in the future.

Child death overview panels notify the NCMD of each child death within 48 hours, and provide basic information about the child’s characteristics and suspected cause of death. As the death is reviewed, this basic information is developed into a comprehensive record of the circumstances of the child’s death with input from all professionals who had contact with the child.

The data gives broad insights into when and where these deaths occurred; the characteristics of the children who died, including sex and age group; and where modifiable factors were identified. It also sets these statistics against those seen in previous years. The data will be analysed in greater detail, and with more specific focus, in our series of thematic reports, which aim to pull out key findings and recommendations.

National Neonatal Audit Programme (NNAP) Annual Summary Report on 2021 Data - based on data relating to babies discharged from neonatal care between January and December 2021, the report assesses whether babies admitted to neonatal units receive consistent high-quality care in relation to the NNAP audit measures that are aligned to a set of professionally agreed guidelines and standards.

[Full NNAP report](#)

Molly Russell inquest - The inquest found that Molly “died from an act of self-harm while suffering from depression and the negative effects of online content”.

The NSPCC is calling on the government to strengthen the Online Safety Bill and hold tech companies to account to ensure that children are protected online. NSPCC Chief Executive Sir Peter Wanless discusses children’s safety online in the Guardian UK

News story: [Molly Russell inquest findings](#)

Read the Guardian article: [The Molly Russell inquest verdict damns Silicon Valley. There can be no more excuses](#)

[Inquest/Coroner’s Regulation 28 report to prevent future deaths and responses from government and social media organisations](#)

Safeguarding Practice Reviews published on the NSPCC repository in December:

- 5-year-old child murdered by his mother, mother's partner and stepchild of mother's partner
- Life-threatening injuries to a child after falling from a second-floor window
- Hospitalisation of a 2-year old child due to ingesting multiple drugs
- Death of an infant and serious injury to a 2-year-old. These were two separate cases that involved child neglect.
- Severe non-accidental injuries to a 3-month-old infant
-

Support Services / Wellbeing / Training

Safer sleep training

- Hull Safeguarding Children Partnership – aimed at practitioners who sleep other people's infants and references to the Early years statutory framework
- 0-19 services – aimed at professionals working with parents before and after the birth of their baby-see attached flyer for learning objectives



- NCMD Safer sleep webinar “Past, Present, ?Future” with Professor Peter Fleming – evidence behind the advice on safer sleep

How to book:

[Link to HCC training application for external staff](#)

HCC employees – please apply via OLM

Humber staff – please use ESR Self Service to book

External staff – Please email Humber Learning Centre directly on HNF-TR.Learningcentre@nhs.net with your name together with name of company and full postal address of your employee. They can be contacted on 01482 30190

[NCMD Webinar on safer sleep for infants by Professor Fleming](#)
(You may need password NCMD1Webinar)

Healthy Holidays Winter programme - free activities and food for children and young people - If you work with families, let them know they can now book a huge range of activities for children and young people across the city. Activities are taking place from Monday 19th December until Friday 30th December 2022.

There are more than 350 sessions over the holiday period including swimming, ice skating, holiday camps, boxing, arts, dance and music – all free of charge and each will include a food offer. Sessions run from Monday 19 December throughout the school holidays.

Visit www.healthyholidayshull.org to book



<p>Contacts and helplines for bereavement support for families and professionals</p>	<p>National and local bereavement contacts and helplines</p>
<p>Hull and East Yorkshire Mind are working alongside The Alcohol and Drug Service to offer up to 180 FREE places on a brand new and bespoke Substance Misuse and Suicide Prevention Training course.</p> <p>There is strong evidence that shows that substance misuse and poor mental health can lead to an increased risk of suicide.</p> <p>The FREE training session will help to upskill professionals to have the skills and knowledge to identify thoughts of suicide at the earliest opportunity, looking at how to have a conversation about it and how to support someone in distress. It will also support professionals to discuss drug and alcohol use amongst those who they support to ensure these risk factors are further supported.</p> <p>Bespoke training will also explore the relationship between substance misuse and suicide, raising awareness of both areas and creating a suicide safer community for all.</p> <p>Training will be delivered online via Teams for those working in (but not limited to) health screening teams, education, youth offending teams, youth workers, social care or those working with vulnerable adults where substance misuse and poor mental health may be present.</p> <p>Dates are available throughout 2022 and 2023, and places are first come first served.</p> <p>The partnership is funded by the Humber and North Yorkshire Health and Care Partnership Suicide Prevention Programme.</p>	<p>Substance Misuse and Suicide Prevention Training - Mind HEY - Hull & East Yorkshire Mind (hey mind.org.uk)</p>
<div data-bbox="132 1332 432 1619" data-label="Image"> </div> <p>Early Help have produced a recording of their Child and Family Poverty Webinar.</p> <p>With the current cost of living crisis it is vital that we're all aware of the support services available to help mitigate impact of poverty and cost of living.</p> <p>The session was delivered in collaboration with 'Hull's Financial Inclusion Network, with the aim of:</p> <ul style="list-style-type: none"> • Helping staff find out about what services are available working in the city to support families with cost of living and poverty and what they do. • Hearing direct from partners on how to access these services. • Understanding what further actions the city are taking place to tackle poverty. 	<p>Watch the Early Help Child and Family Poverty Webinar (September 2022)</p>

Hull City Council has set out a significant 'cost of living rescue package' of measures in response to the cost of living emergency.

The Council has launched a dedicated telephone hotline, online hub and email address to help local residents access the help they need. These will connect people with advice, information and support, including how to check they are claiming any benefits they are entitled to, food bank details, grants and more.

The council has also pledged to work with local businesses and local community and voluntary organisations to create 'warm spaces'. These are free to use places where people can stay warm, charge phones and have hot drinks.

A comprehensive package of measures will also be put forward to the council's cabinet which, subject to cabinet agreement and confirmation of additional government funding, will help residents.

The council is working with partners in the Hull Cost of Living Network, including Citizen's Advice Bureau (CAB) and voluntary sector support group Forum to agree the emergency support. Measures which could be given the go-ahead include:

Food

- £15 per week food vouchers during school holidays for people who usually receive free school meals (FSM)
- A £25,000 boost to local food banks, to help improve local food networks.

Health

- A £25,000 fund to help create warm spaces – local businesses will be able to apply for funds to create spaces

Fuel

- A boost to a funding pot for those on low incomes to access a new boiler or improved insulation
- Additional funding for the Warm Homes project

Money and Debt

- A one-off £100 payment to under-25s who are care leavers or receiving housing benefit or council tax support
- £100,000 in tenancy support for those living in private rented and council homes

Other measures around housing, finance, health, debt and fuel and energy are also under consideration.

A high-profile campaign, titled Hull Together, has been launched to ensure people understand how to ask for help and advice. Information including the advice hub email, phone number and web address, will be advertised on posters, leaflets, online, and in public spaces, including translations in languages commonly spoken locally.

THRIVE Hull Training offer is now live!

THRIVE Hull training offer is available to all those in Hull whom are working with children, young people and families. There are a broad range of quality training opportunities to equip you with the skills to support children and young people's emotional health and wellbeing.

#HullTogether

We'll support you with the **cost of living crisis**

Food
Fuel and Energy
Health
Money and Debt
Employment
Housing
And much more...

Visit: www.hull.gov.uk/costofliving
Email: costofliving@hullcc.gov.uk
Call: 01482 300 303

Hull City Council
working in partnership

Hull Daily MAIL
HullLive

[Council support for residents - Cost of Living](#)

[Warm Spaces in Hull - interactive map](#)

[Thrive Hull Framework — How Are You Feeling?](#)

[Training Programme Page — How Are You Feeling?](#)

Courses include: Youth Mental Health First Aid (2 day) / Make Every Contract Count (MECC) for Mental Health (1/2 day) / Self-Harm Awareness & Response (1/2 day).

<https://www.howareyoufeeling.org.uk/professional-resources>

[Directory of local support services](#)



A new video has been produced to show professionals the wide range of emotional wellbeing and mental health support available through the Thrive model to children and young people in Hull.

The Thrive Steering Group made the video and it was commissioned by colleagues from NHS Humber and North Yorkshire Integrated Care Board (ICB).

Watch the video (17 min watch) which features a range of professionals across Hull explaining how they fit into the Thrive model.

The video is intended to show how children and young people's emotional wellbeing and mental health is 'everyone's business' ...not just that of traditional mental health professionals and that we all have a role to play. The video also showcases a number of the services that are available in the city as part of the Hull Thrive approach to emotional wellbeing and mental health for our children and young people.



Fitmums & Friends have started a new programme, **Together in Grief – The Forest Project**, which will support children and young people in Hull who are experiencing bereavement.

Aims:

The programme aims to create a safe space in which participants can explore and express their grief, to contribute to improved mental and physical wellbeing in the process of managing grief, and to make connections between participants to provide support beyond the lifespan of the project.

Participants:

The programme is open to children and young people aged 10 to 17 years who are experiencing bereavement. Participants need to be registered with a Hull GP or have a Hull postcode (this is a requirement of the programme funding*).

Booking:




The programme is free. Places can be booked by [completing this form](#).


Further info:

More information about Together in Grief – The Forest Project is available on [website](#), [Facebook page](#) and [Twitter account](#). Please feel free to share the web page, Facebook posts and/or tweets on your own networks. A flyer will also be provided shortly.

*This project is funded by [The Ideas Fund](#), a grants programme run by the British Science Association and funded by Wellcome, which enables the UK public to develop and try out ideas that address problems related to mental wellbeing.

More detail about the programme is available on [Fitmums website](#)

<p>Location: Sessions will take place in a private woodland in Meaux, near Wawne (HU17 9SS), at the Humber Forest School. The setting will allow participants to experience the physical and mental health benefits of being outside in nature. We also hope that the forest setting and activities will suit children who may find a more traditional approach intimidating.</p> <p>Dates:</p> <ul style="list-style-type: none"> ➤ 14th Jan start date (21st Jan, 28th Jan, 4th Feb) ➤ 25th Feb start date (4th Mar, 11th Mar, 18th Mar) ➤ 29th April start date (6th May, 13th May, 20th May) <p>Also, NEW bereavement walking and yoga programmes for adults who are bereaved. Places can be booked using this link - complete this form.</p>	<p>If you have any queries about the programme or require any further information, please contact Vickie on admin@fitmums.org.uk or Sam at 07870 654586.</p> <p>Below is a link to a short feedback film from the Forest Project, which has been running for a year now. The project has been really successful and had a glowing report from all of the children attending. https://www.youtube.com/watch?v=JXm4_J0cISE</p>
<p>ANDYSMANCLUB, want to eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives. They aim to achieve this through weekly, free-to-attend peer-to-peer support groups for men aged over 18. Watch the video below to find out why.</p>	<p>Andy's Man Club</p>
<p>Men in Sheds Hull, The Pavilion, Oak Road Playing Fields, 786 Beverley Road, Hull HU6 7EY</p> <p>The Walking Talking group meet on Wednesdays at 1pm. A gentle stroll, some fresh air, exercise and meet some new people. Walk finishes at 2pm then back to the shed for a brew. Come rain or shine, the walk will be fine!! The group is open to all, including doggies. It's completely free.</p>	<p>www.meninshedshull.org/</p> <p>Link to video on Facebook about the walk</p> <p>Tel: 01482 803700 for more information.</p>
<p>'Together - Bereaved By Suicide Service' delivered by Hull and East Yorkshire Mind is a dedicated bereavement service to support local people who have been bereaved by suicide across Hull, East Riding of Yorkshire, North East Lincolnshire and North Lincolnshire. The service offers free emotional and practical support to individuals who have lost someone to suicide.</p> <p>They offer a range of support such as talking with an experienced bereavement worker, as well as support creating memory boxes, funeral planning, attending inquests as well as help with financial matters. The support will be tailored to meet the needs of each individual at this difficult time in their lives.</p> <p>The service, together for those bereaved by suicide – has been commissioned for use in Hull, East Yorkshire, North East Lincolnshire and North Lincolnshire by the Humber, Coast and Vale Health and Care Partnership.</p>	<p>Contact card and leaflet for sharing- see attached for printing</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  MIND Together service.pdf </div> <div style="text-align: center;">  Together welcome leaflet.pdf </div> </div> <div style="text-align: center; margin-top: 10px;">  </div> <p>For more information, or to take the training, please visit www.talksuicide.co.uk</p>

<p>The Partnership is made up of NHS organisations, local councils, health and care providers and voluntary and community organisations. You can also take free suicide prevention training as part of the Partnership's #TalkSuicide campaign. The campaign aims to reduce the stigma around talking about suicide by raising awareness in our communities and encouraging people to complete free training.</p>	
<p>Dawn Bereavement Support is part of the Hull University Teaching Hospitals NHS Trust and is a local group who support people whose loved ones have died in the Hull University Hospitals NHS Trust.</p> <p>The group meets the last Monday of the month (except bank holidays) at Castle Hill Hospital at 6pm – 8pm. Dawn is run by a voluntary team of very experienced bereavement facilitators who are warm and friendly people, all of whom work within the health service.</p> <p>All the members of this team have a special interest in bereavement through their own personal and professional experiences and are committed to, and passionate about helping support those who are grieving.</p>	<p>Contact us - Dawn Bereavement Support</p>
<p>HEY MIND - Work Well Project</p> <p>Hull and East Yorkshire Mind have launched a project to support individuals and employers in Hull. The Work Well service is here to help individuals to improve their mental health, raise aspirations, and achieve their personal goals. This includes helping young people aged 16-24 into to education, training or employment, helping people already in work to improve their mental health and retain their employment as well as engaging with local employers to help them to make mental health a priority in the workplace.</p>	<p>MIND's Work Well service</p>
<p>Youth Hub Hull</p>  <p>The Youth Hub Hull - a dedicated centre to support unemployed 16-29 years old.</p> <p>This project was brought forward in partnership with JCP Hull and Humber, Goodwin Development Trust, City Health Care Partnership (CHCP), Hull City Council and Humber Learning Consortium (HLC), in response to the impact of COVID-19 on Hull's young people.</p> <p>A team of specialist employment focussed work coaches, key workers and mental health therapists are currently offering virtual, telephone and face-to-face support at their easily accessible, dedicated HQ support centre on Anlaby Road in Hull.</p>	<p>To access the new Youth Hub Hull, young people are being encouraged to speak to their job centre work coach.</p> <p>They are now taking face-to-face referrals for anyone who has found themselves out of work and needing support to access employment.</p>

The Healthy Lifestyle Team would like to offer you a training opportunity called HENRY Raise Engage Refer.

The online training is 2 x 2 hour modules.

Raise engage refer training offers a chance to develop and practice **skills in raising sensitive lifestyle issues with parents, and build their confidence to do so.** Participants will develop their understanding of the local HENRY family support offer and how to connect families in to the service.

Aim of the training

- Identify families who would benefit from HENRY family support
- Develop the skills and confidence to raise weight and lifestyle issues with parents
- Learn more about HENRY programmes
- Build parental motivation to join a HENRY programme
- Increase practitioners confidence to discuss sensitive lifestyle issues

Top tips visit www.henry.org.uk



Watch the [animated explainer video](#) to find out more about the HENRY approach to enabling healthy, happy childhoods – and why it matters

If you have any families that would benefit by this free course, forward details to Audrey Campbell audrey.campbell@hullcc.gov.uk

For more information on paring courses visit www.hull.gov.uk/children-and-families/family-support/parenting-courses or contact your local Children's Centre or email healthylifestyleteam@hullcc.gov.uk

The Coroners Court Support Service for families and witnesses

The Coroners Court Support Service have teams of volunteers who meet and greet families and witnesses attending inquests in most coroners' courts in England and have been doing so since 2003.

When people arrive at an inquest, they have often have minimal contact with the coroner's office and know very little about the inquest process or what will happen on the day at court; volunteers provide an invaluable service by giving information regarding the role of the coroner and the inquest process, emotional and practical support and signposting to appropriate agencies for bereavement counselling and advice if required.

As well as being concerned about the coronial process many families and witnesses have been waiting for the inquest day for some months which heightens their anxiety and adds to their distress, so a **volunteer helpline is in place to support anyone due to attend prior to the day of inquest or answer questions about the coronial process** (recent or historic) and local court volunteers will speak to families and witnesses due to attend the court where they provide support.

Home-based volunteers provide a beneficial service to bereaved families and witnesses:

Weekdays - 9am to 7pm
Saturday - 10am to 2pm

If you know of anyone who would benefit from our service, require support at court or have a general enquiry about the inquest process please refer them to our team via telephone on 0300 111 2141 or email helpline@ccss.org.uk

Attached is a digital leaflet about the court support service, helpline and local telephone support service (TSS). Hard copies are also available from the above number.



CCSS Leaflet
2021.pdf

UK Trauma Council resources - Free, evidence-based resources to support schools, colleges and practitioners working with traumatically bereaved children and young people.

[UK Trauma Council](#)

Young Minds' Crisis Messenger provides free, 24/7 crisis support across the UK.

Young people in need of urgent support with their mental health can text YM to 85258

Children and young people’s mental health

BBC bitesize has published an article and short film outlining top tips to support young people aged 11 – 16 years who are dealing with boredom and low motivation. The article and film are based on evidence-based guidance from researchers and clinicians reported in a research briefing published by the Co-RAY project, part of the Emerging Minds Network.

Read the article: [Feeling bored, flat and unmotivated? Here are some things that can help](#)

Read the research briefing: [Evidence-informed recommendations for supporting young people with feelings of boredom, flattened emotion and low motivation \(PDF\)](#)

Read about the Co-RAY project: [Co-RAY project](#)

The Home Office has published a list of organisations offering specialist sources of support for victims of domestic abuse. The guidance includes getting help for children and young people and adolescent to parent violence.

[Domestic abuse: get help for specific needs or situations](#)

Smoking Cessation L1 Brief Intervention Training - NEW DATES January - March 2023

These are FREE and aimed at health and social care frontline and support staff who want to find out more about the health effects of smoking and quitting, smoking interventions and pathways for referrals to smoking cessation support services.

Format: Online using Microsoft Teams

Duration: 90 minutes

January 2023		
DATE	DAY	TIME
3rd	Tuesday	11.30am
4th	Wednesday	1.30pm
9th	Monday	3pm
10th	Tuesday	9.30am
17th	Tuesday	1.30pm
18th	Wednesday	9.30am
23rd	Monday	3pm
25th	Wednesday	9.30am
31st	Tuesday	2pm

To book: email SmokeFreeHullTraining@cgl.org.uk with your preferred date and time and you'll receive an invitation and further details

Additional Training and information

- Visit our website [training page](#) for details of all of our courses
- Our [Very Brief Advice Video](#) is a great resource for basic smoking and referral information that you can share with your contacts.

February 2023		
DATE	DAY	TIME
1st	Wednesday	9.30am
6th	Monday	10am
8th	Wednesday	2pm
14th	Tuesday	3pm
15th	Wednesday	9.30am
20th	Monday	3pm
21st	Tuesday	9.30am
28th	Tuesday	2pm

March 2023		
DATE	DAY	TIME
1st	Wednesday	9.30am
6th	Monday	3pm
7th	Tuesday	9.30am
14th	Tuesday	3pm
15th	Wednesday	9.30am
20th	Monday	10am
21st	Tuesday	2pm
28th	Tuesday	9.30am
29th	Wednesday	2.30pm

Stop smoking service - SmokeFree Hull offer free advice and behavioural support to help people stop smoking. The service helps adults and young people aged 12 and over living in Hull find their own way of stopping smoking. A 12-week programme, with an advisor to help and encourage as well as free products for nicotine cravings, like patches and gum.

[How SmokeFree Hull helps you](#)