



School Nursing Weekly Newsletter: Covid19 edition

If you are a young person aged between 11 and 19 years old and you are worried about any aspect of your health or if you are feeling stressed and worried about anything then you can now anonymously contact the School Nurses, **ChatHealth** team in Hounslow.

To get support all you need to do is send a text to **07507 333 176** and a member of the NHS school nursing team will get back to you within 24 hours from 9am to 4.30pm from Monday to Friday.



This week's health message;

★ **Maintaining a Healthy Weight**



Anyone, regardless of age,
gender or weight, can be affected by eating problems.

An eating problem is any relationship with food that you find difficult. Food plays an important part in our lives and most of us will spend time thinking about what we eat. Sometimes we may try to eat more healthily, have cravings, eat more than usual or lose our appetite. Changing your eating habits every now and again is normal. But if food and eating feels like it's taking over your life then it may become a problem.

Young people are in a phase of rapid growth and development, so a healthy balanced diet is particularly important. Healthy, active young people can have large appetites. It's important to eat well-balanced meals, eating a healthy balanced diet that matches your energy needs.

This should be made up of the five main food groups of the Eatwell Guide:

- fruit and vegetables
- potatoes, bread, rice, pasta and other starchy carbohydrates
- beans, pulses, fish, eggs and other proteins
- dairy and alternatives
- oils and spreads





**London Borough
of Hounslow**



Find out more and visit;

- <https://www.mind.org.uk/>



**Hounslow and Richmond
Community Healthcare**



Try this at home;



Beat supports anyone affected by eating disorders or difficulties with food, weight and shape.

The Youthline helpline for anyone under 25 years, the Adult helpline for anyone over 18 years, parents, teachers or any concerned adults should call the adult helpline.

www.b-eat.co.uk



Mental Health Support for Young People

<https://youngminds.org.uk/>



Eat Well - Advice and tips on eating well during the COVID-19 crisis from nutritionists and dietitians.

<https://www.oneyouthounslow.org/eat-well/>

**sugar
swaps**



When cutting down on sugar, even just 1 or 2 everyday swaps can really make a difference to how much sugar you're eating.

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>



Remember: Maintaining a Healthy Weight!





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**Hounslow and Richmond
Community Healthcare**
NHS Trust

