



Children's Nutrition NEWSLETTER

December 2023



Welcome to the **Children's Nutrition Team December Newsletter!**

In this month's newsletter we've put together some of our best tips for keeping healthy during this festive period.



We hope you enjoy the rest of this term and have a lovely Winter Holiday period!



Here are our top tips for some of the best **produce in season in December:**



Lots of root veg are in season including parsnips, potatoes, celeriac, beetroot, swede, winter squash and turnips. Try roasting a winter veg medley with a drizzle of oil and your favourite herbs for the perfect portion of starchy carbohydrates.

Brussels sprouts might have a bad reputation, but prepared correctly can be beautifully fresh and tasty.



When it's cold outside it's an ideal time for some hearty soups and stews. Try peppery parsnips or sweet winter squash for a lovely warming soup base.

For something sweet, juicy clementines, apples and pears; as well as seasonal favourite cranberries.



In the colder months **stews and soups** are easy and cheap meals to warm you up and keep you feeling fuller for longer. Scan the QR code on the next page to visit our website for some of our favourite recipes including slow cooker recipes like hardy winter stews.





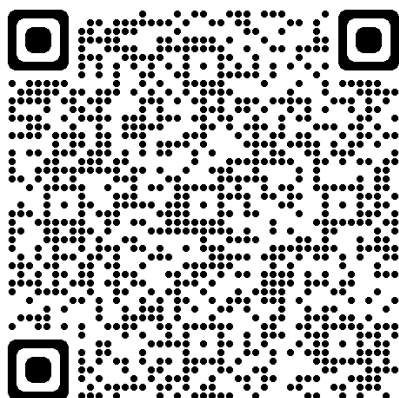
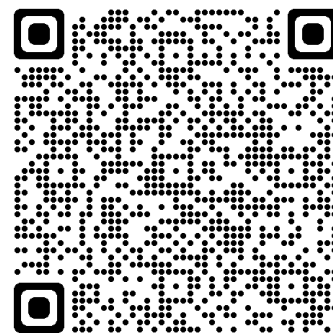
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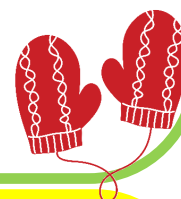


During the Winter months we spend a lot more time at home, making it all too easy to reach for extra snacks, especially when we are feeling stressed or bored. It's also more tempting when we have extra treats in the house during the run up to Christmas and New Years celebrations.

Scan the QR code to have a read of our **Snacks, Hunger and Cravings** resource to understand more and ideas for healthy snacks.



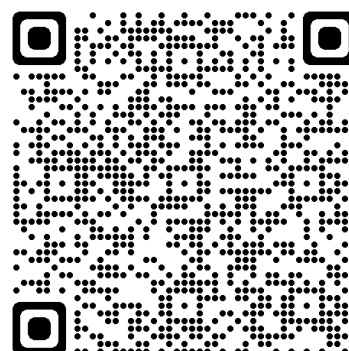
With all the seasonal treats and constant offers in the Supermarkets at this time of year, we thought it might be helpful to share our **Shopping Top Tips** to help you plan your shop, avoid unnecessary offers and stick to your budget. One of the most effective changes we can make during December is to keep treats to a few special days like Christmas Day itself. We often fall into the trap of buying things in every week during our weekly shop, telling ourselves they will be saved until the big day but they get dipped into almost immediately!



Merry Christmas



For more information, resources and recipes, visit our website by scanning the QR code below:



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Current services and offers from the Children's Nutrition Team



JUMPS 4 Life is a healthy lifestyle course for families with children aged 4-16 years who are above a healthy weight and meet one of the following criteria:

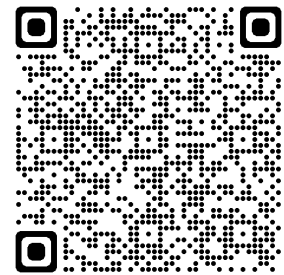
live in Tameside, have a Tameside GP, or attend a school in Tameside

The course runs over 10 weeks, with follow-up at 6 months and 1 year.

The first week is a face-to-face appointment to introduce the course and understand what you would like to change during the course.

We offer weeks 2-9 as a face to face group session including an activity lead by a Tameside Active coach; or as remote learning where you will receive an email with a recorded session about nutrition and a recorded activity session, which you are asked to watch as a family. You will also receive a phone call at an arranged time with the Nutrition Advisor to discuss how you are getting on with the changes you are making.

Parents and carers who are interested in the JUMPS 4 Life course, can complete a self-referral form on behalf of their child. Professionals can also refer using the Nutrition & Dietetics referral form, both of which can be found on our website by scanning the QR code.



We work closely with many of the schools in Tameside on the **Food 4 Life Award** which focusses on schools meeting the guidelines for healthy, balanced school dinners, as well as having excellent healthy eating practices in school overall.

If your child's school doesn't currently have a Food 4 Life award and would like to work towards one with our team, please do encourage your school to get in touch with us at childrensnutrition@tgh.nhs.uk

The Children's Nutrition Team also offer **training sessions** for any professionals who work with children and young people, centred around nutrition and healthy eating.

For more information about our upcoming training sessions please email us at childrensnutrition@tgh.nhs.uk



Various awards for childcare providers.





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Seasonal Activities



Keeping active can be more difficult in the winter months when its colder and darker out most of the time. But there are lots of activities we can do both at home and outdoors.



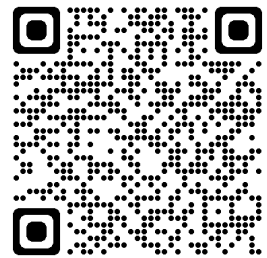
Try to **keep outdoor activity levels up** by going for walks and enjoying the crunchy leaves on the ground, splashing in puddles and playing in the snow. **Research shows that exposing your lungs to fresh air can help to relieve stress and anxiety.**

Christmas Lights are a lovely excuse to get out and about this December. Check out your local lights switch on and lantern parades in Hattersley on 1st Dec and Droylsden on 2nd Dec. Explore your local area for the best decorated homes, high streets and parks too!



Visit **The Vale in Mossley** for family friendly FREE craft workshops and Our Space garden sessions on Saturday mornings. For more information visit www.the-vale.co.uk

For more information about activities in your area visit the **InTameside website** by scanning the QR code





Physical activity for children and young people (5 – 18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

Aim for an
average of at least

60

minutes per day
across week

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**



SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

Get strong



INACTIVITY

Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week



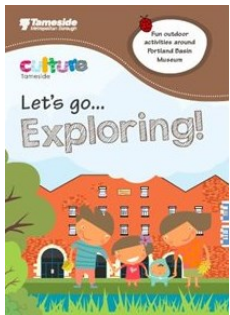
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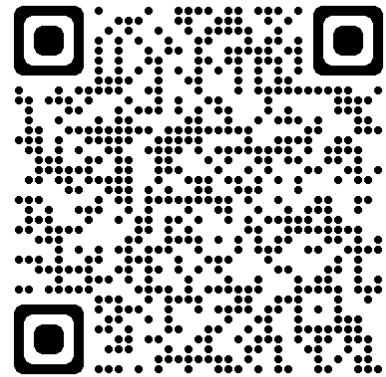
Physical Activity



When we are looking for more structured activities, it's important that we find and follow **appropriate exercise regimes** which account for individual needs, abilities and age. Here are some of our favourite reliable resources for **appropriate activities for children and young people**:



Tameside Council have put together some **family walking trail** resources for exploring local parks and woodland, whatever the weather! These include family friendly activities including outdoor games and things to spot around the local area. Scan the QR code for more information and to find a trail near you!



Your local **Active Tameside** centre run regular sessions for all ages and abilities. Visit the website for timetables and further information www.activetameside.com



Keep active at home by following these NHS Healthier Families **10 Minute Shake Up Games**. Get the kids moving with these fun games inspired by some of their favourite Disney characters. These boredom-busting activities will help them reach the 60 active minutes they need every day!



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Mental health and wellbeing

Growing up isn't always easy and everyone has problems from time to time.

It's good to talk...

Sometimes all you need is to share how you feel with someone you can trust. Is there anyone you can talk to about how you are feeling?

Maybe:

Your family members or friends.

People at school – teachers, school counsellors, friends?

People outside of school – sports coach, dance instructor, club leader, someone from within your faith community?

Self-help

There are also plenty of ways you can help yourself to feel better at home. Finding ways to relax and unwind such as listening to music, or writing down your thoughts and feelings.

SilverCloud[®] by Amwell[®]

Is your child or teenager struggling with worry or anxiety?



Digital mental health programmes can help to support.

The SilverCloud[®] by Amwell[®] parenting programmes are here to support parents and caregivers of anxious children and teens aged 12-18.

Evidence based and built on Cognitive Behavioural Therapy (CBT), psychoeducation and positive psychology, the programme will help you understand your child's anxiety and give you tools to support them to manage feelings of anxiety and worry.



Easy to use

Available online 24/7. Accessible on your phone, tablet or laptop wherever you need.



Proven to work

Evidence based that have already helped over 1 million people to think and feel better.



Right for you and your child or teen

Private, judgement-free and tailored to your needs.

Ask your healthcare specialist or find out more here:



amwell

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Kooth is a free, safe and anonymous online platform providing digital mental health and wellbeing advice, support, and guidance to all young people aged 10-18 (up to 19th birthday).



Through the website young people can access live 1-2-1 chat sessions and 24hr messaging with qualified practitioners, access moderated peer-to-peer discussions, and receive self-help with mini-activities, goal setting, and a personal journal.

Children and young people can self-refer, with no thresholds to access the service, and no waiting lists.

Join at <https://www.kooth.com>