



Children's Nutrition NEWSLETTER

November 2023



Welcome to the **Children's Nutrition Team November Newsletter!** We hope you had a lovely half term holiday and are looking forward to the rest of this term!

In this month's newsletter we've put together some of our best tips for keeping healthy during the last weeks of Autumn and going into Winter, and as the nights draw in.

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

Vibrant carrots, sweet potatoes and deep red cabbage make bright side dishes



Pumpkins, butternut squash and other squash are not just for Halloween! You can make delicious soups and stews with them too.

Pomegranates add a pretty finishing touch to a wide variety of recipes.



Pack a punch with peppery turnip and horseradish, grated into crisp rostis or creamy sauces.

For something sweet, juicy satsumas and tangerines are perfect for healthy snacks.



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.

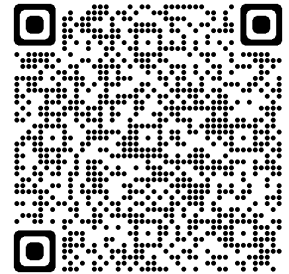




Children's Nutrition NEWSLETTER



During the darker 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, and when we have extra treats in the house during the run up to Halloween and then Christmas. Scan the QR code to have a read of our **Snacks, Hunger and Cravings** resource to understand more and ideas for healthy snacks



Vitamin D is an essential vitamin for health which our body needs to build strong teeth and bones, alongside Calcium. This is especially important for growing children and young people.

Our bodies can absorb vitamin D from the sun and also from our food. From October to March, we are not able to make enough Vitamin D from the sun's rays and so it's important to make sure we are getting it through our food.

Some of the best foods for vitamin D are: oily fish – such as salmon, sardines, herring and mackerel, red meat, liver, egg yolks, mushrooms (if left out in the sun for 20+mins before cooking), fortified foods – such as some breakfast cereals.

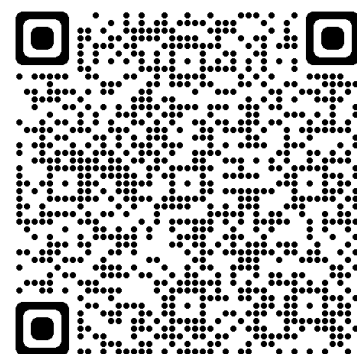
For adults and children over 4, the NHS recommend that you consider taking a daily supplement containing 10 micrograms of vitamin D during the autumn and winter. Speak to your GP for more information about supplements



Keeping active can be more difficult in the winter months when it's colder and darker out most of the time. Try to keep activity levels up by going for walks and enjoying the crunchy leaves on the ground, splashing in puddles and playing in the snow.

You can also keep active at home by following videos like the NHS Healthier Families 10 Minute Shake Up Games which you can find at: www.nhs.uk/healthier-families/activities/10-minute-shake-up/

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





Children's Nutrition NEWSLETTER



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: [Children's Nutrition and Dietetics Resource Library :: Tameside Children and Young People](#)



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.





Children's Nutrition NEWSLETTER



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

©2021 AmericanWell Corporation. All rights reserved. Amwell® and SilverCloud® are registered trademarks of American Well Corporation.

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>