



Healthier Together

<https://what0-18.nhs.uk>

HEALTHCARE PROFESSIONALS UPDATE OCTOBER 2022



Respiratory infections are already on the rise in children, meaning we're all in for a busy autumn/winter. We have been lucky that NHS doctor and TV personality, Dr Ranj Singh, has produced a range of informative videos for parents on common childhood illnesses, including fever, shortness of breath/wheeze and bronchiolitis. These videos have also been produced in a number of different languages. Links to these videos and our information pages for parents can be accessed [here](#).

We have spent the summer improving the accessibility of our parent facing pages by:



- Installing the ReciteMe application, to help those who don't speak or read English as their first language
- Converting many of the red/amber/green tables into image based easy read format
- With the rising cost of living impacting families, make sure that you signpost parents to locally available support using our [local services map](#)
- We have also been working with our voluntary sector colleagues to deliver [minor illness workshops](#) for the most vulnerable families



The Healthier Together urgent care app is being rolled out at pace across Hampshire/IoW. 2 out of 3 app self-triages result in a 'green' self-care disposition; parents have found this hugely reassuring, and in turn this has resulted in reduced consultations to primary care and ED. Maternity content is being added in November and midwives will be encouraging all pregnant women to download the app - please get parents to [download it](#) when you next see them



Rates of mental health and emotional wellbeing issues in children and young people have increased hugely during the pandemic. In partnership with mental health professionals, we have developed a wide range of [resources](#) for parents and carers, including information on autism and ADHD. We have also developed resources for [teachers](#) to use as part of PSHE education.



Our team are constantly updating the Healthier Together content. To keep up to date with what's happening and what's new click [here](#).

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