

## Happy Easter!



Please note inclusion of the services and sessions in this bulletin as not an endorsement or recommendation.

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## Head lice –checking and treating



Head lice are little insects that look like dark specks in the hair. Although they aren't a health threat, they're a nuisance and they can make your head very itchy. Watch this video (link below) and read about how to check for and treat head lice in your child.

<http://www.nhs.uk/video/Pages/how-do-i-check-for-headlice-and-treat-headlice.aspx>



Emotional Wellbeing Service



## Emotional Wellbeing Service – East Riding. NHS Talking Therapies

This Assessment and Brokerage Service is the gateway to a number of providers who offer free NHS services for adults aged 16 or over who would like help with depression, anxiety or stress.

It provides access to evidence based therapies recommended by the National Institute for Clinical Excellence for the following conditions as part of a stepped care delivery model

(offering the most beneficial least intrusive treatment first):

Generalised Anxiety Disorder

Depression

Social Phobia

Specific Phobias

Panic Disorder

Obsessive Compulsive Disorder (OCD)

Post-Traumatic Stress Disorder (PTSD)

Health Anxiety

Once you have submitted the referral form and questionnaires please allow two working days for the information to be processed.

### **What happens next?**

If Emotional Wellbeing Service – East Riding think they may be able to help you, they will ring you to offer you an assessment appointment with a member of their team – this assessment may be completed over the telephone or they may ask you to attend a face to face assessment at one of their local venues.

One of the following outcomes will occur:

1. You may be discharged as unsuitable for this service and information about possible services you may find useful may be provided (and we will inform your GP if consent has been given).
2. You may be referred for further assessment with Humber services due to complexity of need
3. If suitable for treatment, options will be discussed (where possible) and you will be given a choice of providers who can offer the identified treatment

Please note: Some providers offer web based treatments only whereas others offer telephone or face to face treatments and this will be discussed at your assessment.

For more information - [www.humberews.co.uk](http://www.humberews.co.uk)

Once you have chosen we will transfer your care to the relevant service who will contact you to arrange your first treatment session.

## The Changing Places Campaign



# Changing Places

Changing Places, changing lives

**Changing Places** is a campaign on behalf of people who cannot use standard accessible toilets. This includes people with profound learning disabilities, their carer's, as well as other disabled people. They need Changing Places toilets with space and the right equipment- including a height adjustable changing bench and a hoist.

People with profound and multiple learning disabilities, as well people with other physical disabilities such as spinal injuries, muscular dystrophy and multiple sclerosis often need extra equipment and space to allow them to use the toilets safely and comfortably. These needs are met by Changing Places toilets.

Driffield Children's Centre has registered with Changing Places. We can offer a facility that caters for all ages, is a spacious, ground floor room with extra equipment that includes a shower, peninsular toilet, changing bench, hoist and emergency alarm.

If you are out and about in the local community and need to use our facility, please feel free to call in. For further information please call us on 01377 240782.

For details of other Changing Places, please see link below

<http://changingplaces.uktoiletmap.org/>

## Smoke Free Homes

Did you know the East Riding Stop Smoking Service offers free support and Nicotine Replacement Therapy to those seeking to quit?



### KEEP YOUR HOME SMOKE FREE

When you smoke a cigarette indoors, you expose yourself and everyone around you to secondhand smoke, thirdhand smoke and an increased risk of fire.

healthtrainers  WE CAN HELP YOU QUIT

Call us TODAY on freephone  
**0800 9177752**  
Email us HNF-TR.healthtrainers@nhs.net

Text QUIT to 60163



**SMOKEFREE**

[www.readytostop.co.uk](http://www.readytostop.co.uk)



Being exposed to second hand smoke has a number of bad effects on children's health:

- It's the cause of over 300,000 visits to the doctor every year with nearly 10,000 being admitted to hospital
- It accounts for 40 cot deaths in the UK every year
- Children and infants are more vulnerable to tobacco smoke as they have smaller airways, breathe faster and their immune systems are still developing
- A child is more likely to contract meningitis or 'glue ear' and twice as likely to have asthma symptoms all year round
- It's linked to a bigger risk of coughing, wheezing and croup
- Children are more likely to start smoking themselves when they get older
- Smokers are more likely to have a fire in their home

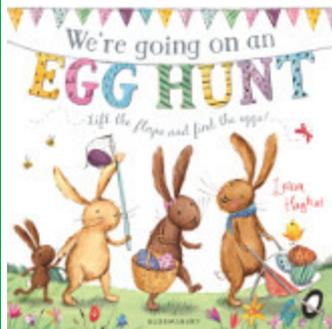
For further information check out [www.east-riding-healthtrainers.co.uk](http://www.east-riding-healthtrainers.co.uk)

Or

Call on free phone 0800 917752



**Spring reading books...**these new spring titles offers something for children of all ages to enjoy. Encourage your child to read over the holidays - you could even buy them a book instead of another Easter egg!



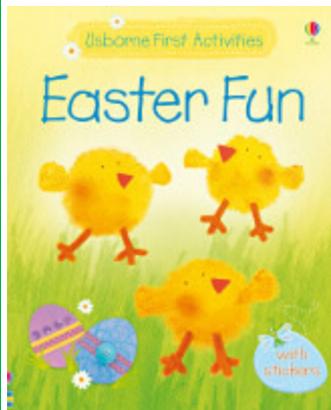
**We're Going on an Egg Hunt** By Laura Hughes

Join the Easter Bunnies as they set off on an exciting lift-the-flap Easter egg hunt. There are 10 eggs to find and count, but watch out for the obstacles along the way – lambs, chicks, bees, ducks and even a wolfish surprise. Based on the traditional *We're Going on a Lion Hunt* rhyme, the delightful illustrations will make this a hit with all fans of search-and-find and lift-the-flap books.



**Dear Bunny** By Katie Cotton, Illustrated by Blanca Gomez.

A little girl writes to her bunny, telling him all the things she likes when they're together, from how he blows on her porridge to cool it down to playing in the park and holding hands at the zoo. Wherever they go they see wonderful creatures, colours and surprises, but the little girl realises that the thing she loves most is her bunny! With a simple message about learning to be grateful for the things we have, this is a perfect Easter bedtime story.



**Easter Fun** By Fiona Watt, illustrated by Katie Lovell.

A delightful activity book specially designed for sharing with young children. Little ones can enjoy making printed chicks, Easter egg tags and finger-printed tree blossoms, and there are stickers to decorate the projects. As well as being fun, the activities will help children to develop their hand control, co-ordination and concentration.