

Health Promotion Service

Children and Young People

April 2018 - March 2020



Why is this important?

Evidence suggests childhood experiences have a significant influence on our health as adults, no matter what kind of life we lead in later years. Investing in the health and wellbeing of children and young people supports them towards positive adulthood and lifelong health.

What have we achieved?

Max in the Middle

Exploring health and wellbeing themes including food, physical activity mental and emotional health using dance, drama and play to engage primary school children in learning.



The Natural Health Award

Promoting the health benefits of getting outside into nature at an early age, and the importance of physical activity in leading healthier and happier lives.



children, parents and carers have participated in the award

Building Resilience

Encouraging broader awareness and understanding of adverse childhood experiences to mitigate the negative impact on longer term health and behaviour through the screening of **Resilience: The biology of stress and the science of hope.**



Mental Health and Wellbeing

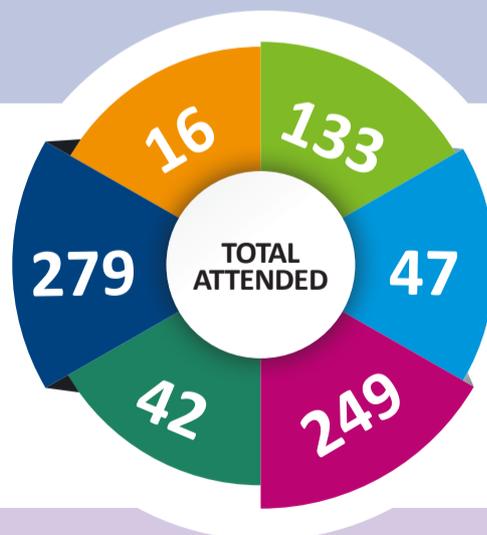
Developing the workforce to deliver mental health and wellbeing support to children, young people and families through Self Harm Awareness, Mental Wellbeing Toolkit Training and Dinnae Stress.

OVER 150 hours of training has been delivered to



Workforce development:

- Dinnae Stress
- Mental Health Toolkit
- Feel, Think, Do



- Sexual Health
- LGBTI+ Awareness
- Self Harm Awareness

What's next?

Relationships Sexual Health and Parenthood (RSHP)

Providing a range of awareness and training for school to support the implementation of the new national resource for RSHP (3-18 years).

Mental Health and Wellbeing

Continuing to develop, support and implement training to address mental health, wellbeing and resilience for the workforce supporting children, young people and families.

The Natural Health Award

The resource has been delivered in the nursery setting and this will be further developed in the coming year. The content is being adapted for use with other groups including older people, those with dementia and vulnerable young people.