



Shropshire Health and Wellbeing e-Newsletter

Welcome to this October 2018 Shropshire Health & Wellbeing e-Newsletter. This e-Newsletter is for everyone interested in health and wellbeing in the county.

To contact us, please email: shropshiretogether@shropshire.gov.uk

Follow us on Twitter [@ShropTogether](https://twitter.com/ShropTogether)



Health teams in Shropshire are reminding pregnant women across the county to protect their health this winter by having their free flu vaccine.

All pregnant women are recommended to receive the flu vaccine which can be given at any stage of pregnancy. Immunisation is safe for both mother and baby, and can also protect your baby for the first few months after birth.

Pregnancy naturally weakens the body's immune system and as a result flu can cause serious complications for you and your baby. Vaccination against flu reduces these risks. Serious complications of flu include pneumonia, septic shock (a severe and life-threatening infection of the whole body), meningitis and encephalitis (inflammation of the brain).

You can get vaccinated at any point during your pregnancy, however fit and healthy you might feel. Flu vaccination in pregnancy also means that flu antibodies are transferred through the placenta to the baby. This gives the baby some protection against flu for the first few months of life.

Aside from having your flu vaccine, the best way to prevent the spread of flu is to practice good hand hygiene. Catch coughs and sneezes in a tissue, throw the tissue away and wash your hands. If you think you have flu, stay home and rest until you feel better. Call NHS 111 if you have an underlying health condition or feel really unwell.

For more information about the flu vaccination visit www.nhs.uk/flu vaccine.

Sleepover



If your child is invited to a sleepover you will want them to be safe - both in general and in the event of a fire. So before you agree here are some things that might help.

Check that your child:

- Is normally woken by and recognises the sound of a smoke alarm

If they don't, or they have a hearing impairment or other disability, tell the sleepover parents so that someone must wake them and/or help them in an emergency

- Knows what to do if they hear a smoke alarm go off
- Knows not to hide from fire
- Knows how to raise the alarm
- Is happy to ask about the escape plan of the place they are going to



- Will tell you if they don't feel safe

If you are in any doubt:

- Reverse the sleepover and invite the friend to your home instead

And remember to:

- Go through your fire plan with any guests you have staying

Check that:

- There will be a responsible adult present at all times in the property.
- There is a working smoke alarm.



Some of these questions may be uncomfortable to ask but why not look at it this way; you wouldn't dream of travelling in a car without seatbelts - they are lifesavers if there is an accident.

Working smoke alarms and escape plans are like seatbelts for sleepovers - you hope never to need them - but they must be there just in case...

For more information check out www.shropshirefire.gov.uk



For further information please call
Tel: 01743 260200



Driveway Safety Campaign

Not all car accidents involving children occur on the road. RoSPA research shows that at least 39 children have been killed on, or near, the driveways of their home since 2001. Twenty eight of these accidents have occurred since 2008.

Tragically, in most of these cases, an adult member of the child's family, a neighbour or a visitor to the house was driving the vehicle

[Please click here for further information](#)



Shropshire, Telford and Wrekin Maternity Voices Partnership is a team of women, midwives, doctors, health visitors and commissioners working together to review and contribute to the development of local maternity care

Come along to our 'Whose Shoes' engagement events..... to help shape the Shropshire, Telford and Wrekin Maternity Voices Partnership.

Details of the events are:-

- 23rd November 2018 10 – 1 at Civic Centre, High Street, Whitchurch SY13 1AX
- 26th November 2018 10 – 1 Mayfair Community Centre, Easthope Rd, Church Stretton, SY6 6BL
- 12th December 2018 10 – 1 at The Park Lane Centre, Park Lane, Woodside, Telford, TF7 5QZ



To register a place at one of these events please contact helen.white12@nhs.net or louise.macleod5@nhs.net – Children are also welcome to attend

To find further details on what you can get involved in search for our Facebook page:



Maternity Voices Shropshire Telford and Wrekin or



follow our twitter page @MVP_Shrop_TW

Contact us via: maternity.voices@nhs.net,

Louise Macleod - Maternity Voices Development Co-ordinator

Updates from our Partners



Working together to improve health and wellbeing in Shropshire



www.shropshiretogether.org.uk
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Volunteer

To find out about the volunteering activities which have been going on across Shropshire's Great Outdoors take a look at the webpage <http://www.shropshiresgreatoutdoors.co.uk/volunteering-outdoors/>

If you are interested in volunteering or to find out more about our volunteering opportunities please visit our [webpage](#), call on 01743 255957 or [email](#).

The Shrewsbury and Telford Hospital NHS Trust For all the latest news from The Shrewsbury & Telford Hospitals [click here](#).



Help us find out more about Volunteering and Social Action in Shropshire! It's more important than ever that we collect local information about VCSE organisations and those who support volunteers.



For the latest news from Healthwatch Shropshire, click [here](#)



Do you have a question for the Health and Wellbeing Board?

If you have any questions for the Health and Wellbeing Board, you can contact Healthwatch Shropshire. Just click [here](#) to contact them or Telephone: 01743 237 884 Email: enquiries@healthwatchshropshire.co.uk or write to Freepost HEALTHWATCH SHROPSHIRE

Got some news to share?

If you have a topic or article that you would like to feature in this newsletter, please contact us by email: shropshiretogether@shropshire.gov.uk or telephone: **01743 253998**



Health and Wellbeing Board - Next Meeting:

The next public Health and Wellbeing Board meeting will be held on the 17th January, 2019 starting at 09.30am at Shirehall in Shrewsbury.

The agenda and relevant papers will become available on the Health and Wellbeing webpage prior to the meeting. Please click [here](#) to access previous meeting agendas