



Milton Keynes
City Council

CYP Prevention and Wellbeing Alliance.

Monthly Update - June 2024 Edition

Public Health CYP and Families

CYP Prevention and Wellbeing Alliance

Welcome to the first edition of the CYP Prevention and Wellbeing Alliance (working title). This is the previously agreed merged Healthy Young People's Network (HYPN) and Youth Participation group.

We will be reviewing this throughout the year. There will be a revised steering group, this will be shaped in future meetings. The format will remain the same as HYPN with email information cascades, virtual and face to face sessions (these are already very similar to the Youth Participation groups) and webpages for further information and resources. We will continue to check in with you for your views throughout and we will do a full survey in May 2025 to review how this has worked and what learning we have for future plans.

Please get in touch between now and then with any other ideas and suggestions, as we always welcome your thoughts. The Webpages are currently HYPN but we will be changing the titles and including links to Youth participation over the next few months, please bear with us, while this is in development.

If you have some logo suggestions or other ideas and approaches for future communications, please also get in touch about this, many thanks and best wishes, Liz Wilson liz.wilson@milton-keynes.gov.uk

NHS Healthy Start



NHS Healthy Start

If you're working with pregnant women or caregivers with children under the age of four and are in receipt of benefits, they may be eligible for Healthy Start. The Healthy Start scheme provides monetary payments every four weeks to spend on: cow's milk, fresh, frozen or tinned fruit and vegetables, infant formula milk, fresh, dried, and tinned pulses. Healthy Start cardholders are also entitled to receive free Healthy Start vitamins from their local Children and Family Centre.

For more information and promotional resources please visit [Get help to buy food and milk \(Healthy Start\)](#).

[Frequently asked questions \(FAQs\) – Get help to buy food and milk \(Healthy Start\)](#)



Local Offer

Have you taken a look at the **SEND Directory** lately?
There are lots of links to a range of really useful support available!

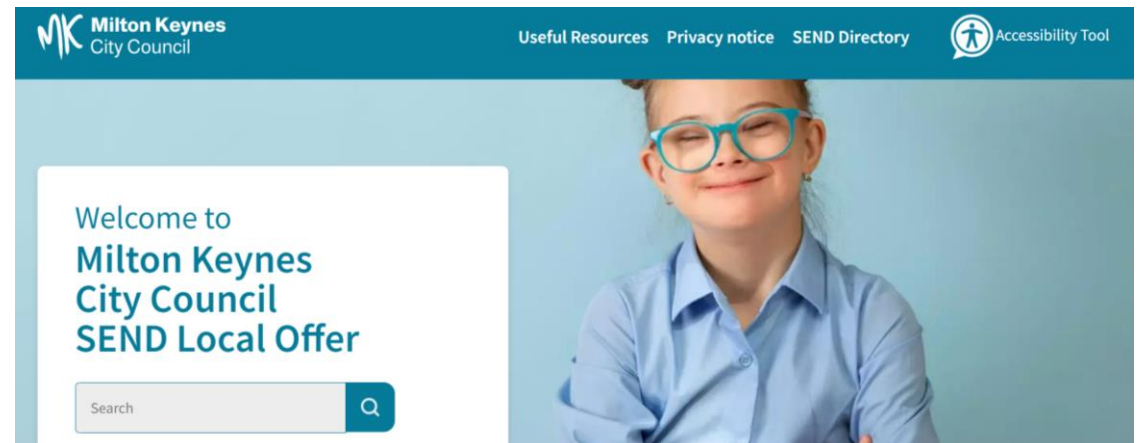
[SEND directory information | Milton Keynes City Council \(mksendlocaloffer.co.uk\)](https://mksendlocaloffer.co.uk)

The **Local Offer** also provides a range of useful resources which you may like to look through for reference when working with children, young people and their families

[Useful resources | Milton Keynes City Council \(mksendlocaloffer.co.uk\)](https://mksendlocaloffer.co.uk)

There is also a link to the **Early Help Directory** below which offers services that may be able to support a range of requirements

[Early Help A to Z Directory | Milton Keynes City Council \(milton-keynes.gov.uk\)](https://milton-keynes.gov.uk)

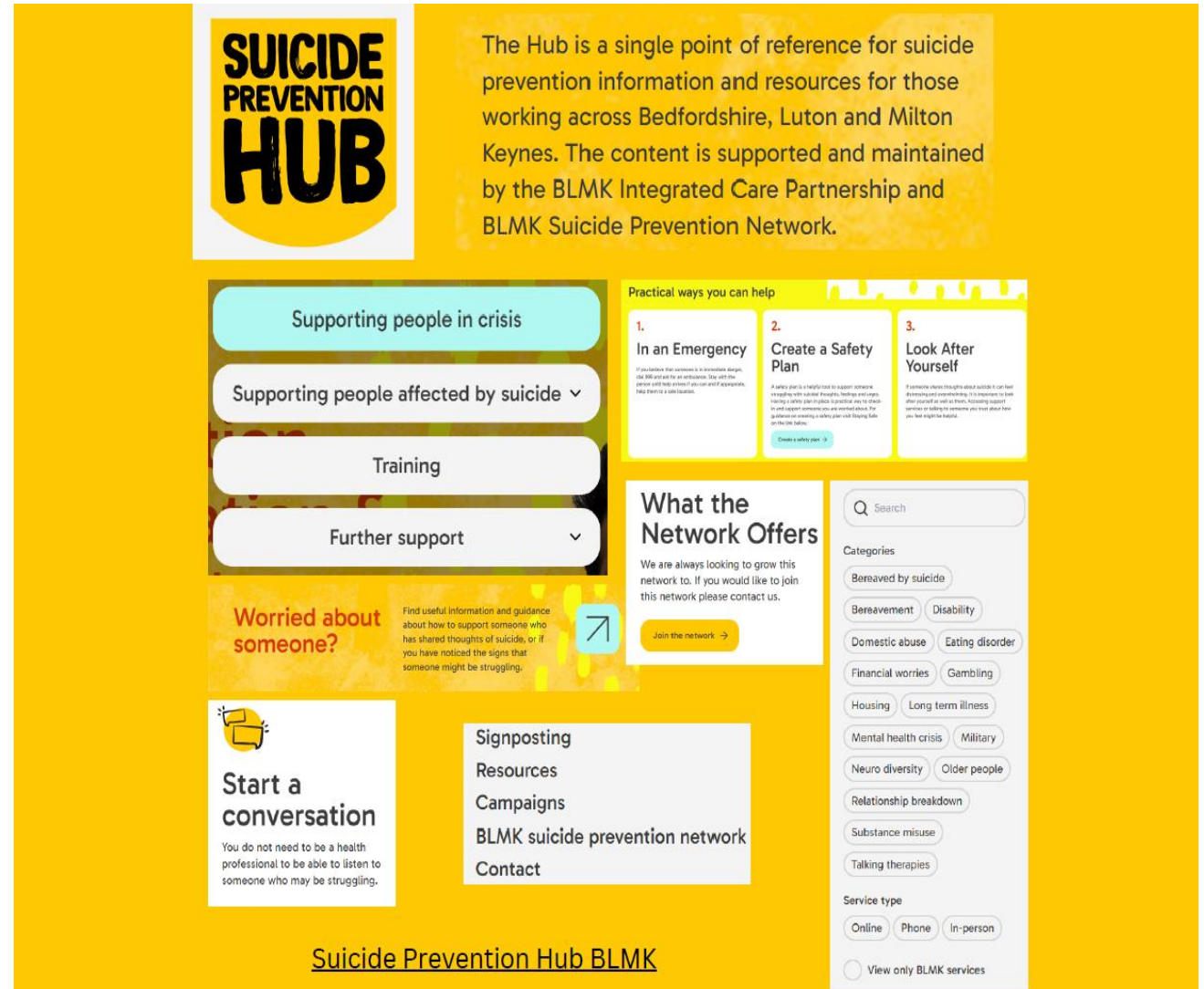


Suicide Prevention Hub

Here is the link to the Suicide Prevention Hub [Homepage - Suicide Prevention Hub \(suicidepreventionhubblmk.co.uk\)](https://suicidepreventionhubblmk.co.uk)

There is still some content to upload before the site is “officially” live and there are some links that need checking however, it can still be accessed and used.

The image with the yellow background was created to show aspects of the site.



Free BLMK Stay Alive Booklet

Grassroots Suicide Prevention have developed a free BMLK Stay Alive Booklet.

This is a hardcopy version of the award-winning Stay Alive app, tailored to support suicide prevention in the BLMK area. Find out more and order free Stay Alive booklets for your organisation [using this form](#). Please note, this is likely to be the last opportunity to order booklets directly, so make sure you place your orders as soon as possible.

What people are saying about the Stay Alive booklet in other areas

“The StayAlive booklet has quite literally been a lifesaving resource for clients in our service.” (St. Mungo’s).

“They help the students plan how to keep themselves safe... they give the students something tangible to take with them, that they can pick up and work through when needed.’ (East Sussex College). ‘The booklet has been a really useful tool for older generations that join us...’ (Men Walk Talk)

If you have any questions before ordering, please don’t hesitate to get in touch on alex@prevent-suicide.org.uk. Alex Harvey (he/him) Head of Partnerships & Innovation.

Stay True to you campaign



End of May was National Knife Crime Awareness Week and Thames Valley Violence Prevention Partnership launched Stay True to You – a new campaign to start better conversations and empower young people to be safer and make positive choices.

If you're a parent or carer, family member or work with young people, the website www.staytruetoyou.co.uk has some useful free training and resources.

website www.staytruetoyou.co.uk

Immunisations


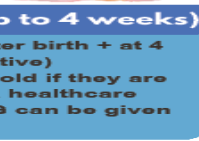

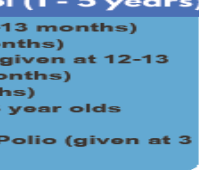

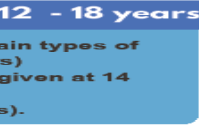

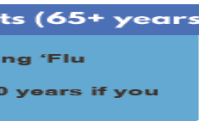
Protecting you and your family.

Please use this infographic and signpost to children, young people and families as needed

IMMUNISATIONS

protecting you
and your family

Are you and your family up to date with yours?

| | | | |
|-------------------|---|---|------------------|
| GP | <p>Pregnancy</p> <ul style="list-style-type: none"> • Pertussis ('Whooping Cough' - you can have this after 16 weeks pregnant) • Flu (at any stage of your pregnancy, throughout 'Flu season' which usually runs September - March). |  | Antenatal Clinic |
| Community clinic* | <p>Newborn (up to 4 weeks)</p> <ul style="list-style-type: none"> • Hepatitis B (given to baby shortly after birth + at 4 weeks old if you are Hepatitis B positive) • BCG (given to baby around 4 weeks old if they are at higher risk of Tuberculosis - ask a healthcare professional if you are not sure, BCG can be given up to 15 years). |  | Hospital |
| GP | <p>Infant (up to 12 months)</p> <ul style="list-style-type: none"> • Diphtheria / Tetanus / Pertussis / Polio / Hib / Hep B (given at 8, 12 & 16 weeks) • Meningitis B (given at 8 & 16 weeks) • Rotavirus (given at 8 & 12 weeks) • Pneumococcal (given at 12 weeks). |  | |
| GP | <p>Pre-school (1 - 5 years)</p> <ul style="list-style-type: none"> • Hib and Meningitis C (given at 12-13 months) • Pneumococcal (given at 12-13 months) • Measles / Mumps / Rubella (MMR given at 12-13 months and again at 3 years, 4 months) • Meningitis B (given at 12-13 months) • Flu (nasal spray - given to 2 and 3 year olds during 'Flu season') • Diphtheria / Tetanus / Pertussis / Polio (given at 3 years, 4 months). |  | |
| | <p>Primary-aged child (6 - 11 years)</p> <ul style="list-style-type: none"> • Flu (nasal spray - offered every year during 'Flu season'). |  | School* |
| | <p>Adolescent (12 - 18 years)</p> <ul style="list-style-type: none"> • HPV (protecting against certain types of cancers - given at 12-13 years) • Tetanus / Diphtheria / Polio (given at 14 years) • Men ACWY (given at 14 years). |  | School* |
| GP | <p>Adult (19 - 64 years)</p> <ul style="list-style-type: none"> • If you have certain medical conditions, you can have immunisations to better protect you, such as: Flu, COVID, Pneumococcal, Men B, Men ACWY, Hep A or Hep B immunisations. • Please speak with your GP to see what is available for you. |  | |
| GP | <p>Older adults (65+ years)</p> <ul style="list-style-type: none"> • Pneumococcal (given at 65 years) • Flu (given 65+ years each year during 'Flu season') • Shingles (given at 65 years, or at 50 years if you have certain medical conditions). |  | |

*Community School-aged Immunisation Service (CSAIS) provides community-clinic and school immunisations: 0300 790 0594 / epunft.blmimmunisation@nhs.net.

See the Signs and ZSA autism

To add in - coming from Sophie

 **Milton Keynes** City Council