

# HealthStart

## Service Offer to Schools in Redcar & Cleveland

Last updated 01/10/24

## Contents

Disease and Immunisations.....	3
Non-Communicable Disease .....	3
Allergies & Emergency Medication .....	3
Actions to contribute to the NHS Core20+5 Children and Young People.....	4
Communicable Disease .....	5
Preventing disease through immunisations .....	5
Infection Prevention Control.....	5
Real Time Reporting Mechanism.....	6
Age Restricted Products and Services .....	7
South Tees Stop Smoking Service.....	8
South Tees Sexual Health Services .....	9
Redcar & Cleveland Health Visitor and School Nursing Healthy Child Programme .....	10
With You .....	11
Family Hubs in Redcar & Cleveland .....	12
Physical Activity Support .....	13
HeadStart South Tees.....	14
Eat Well Schools Award.....	15
Enjoy Fruit and Vegetables Safely! .....	16
Holiday Activities and Food Programme .....	17
Pharmacy First .....	18

## Disease and Immunisations

Attending face-to-face education or childcare is hugely important for children and young people's health and their future. Preventing and managing communicable and non-communicable diseases in schools is essential to ensure pupils' health and safety, their wellbeing, and to reduce unnecessary periods of absence. There is a new e-learning module all school staff can complete: [LearningPool](#). Section 100 of the Children and Families Act 2014 places a duty on schools to make arrangements for supporting pupils at their school with medical conditions. Pupils at school with medical conditions should be properly supported so that they have full access to education including school trips and PE.

### Non-Communicable Disease

These are non-infectious diseases that can NOT be passed from one person to another but may lead to periods of absence.

#### Asthma

Accreditation scheme:

[Beat Asthma Friendly Schools](#)

Healthier Together Network:

[North East and North Cumbria Healthier Together](#)

#### Diabetes

Resources and free online training:

[Education professionals | JDRF](#)

Resources and free online training:

[Digibete](#)

#### Epilepsy

Resources and free online training:

[Epilepsy for teachers | Epilepsy Action](#)

#### Cancer

Guidance information:

[Supporting a pupil with cancer](#)

Teaching resource pack:

[Cancer and School Life](#)

Resources:

[Young Lives vs Cancer](#)

#### CVD

Free CPR online training for classroom:

[BHF](#)

### Allergies & Emergency Medication

Information and resources:

[Allergies at School](#)

Accreditation scheme:

[Beat Anaphylaxis \(pending\)](#)

Ordering Adrenaline Auto-Injectors:

[Supply, storage and care of AAls](#)

Resources and free online training:

[About Anaphylaxis in Schools | Spare Pens in Schools](#)

Automated External Defibrillators:

[Guidance for schools](#)

Naloxone Training:

Available from We Are With You (page 11)

## Actions to contribute to the NHS Core20+5 Children and Young People

Core20PLUS5 is a national NHS England approach to support the reduction of health inequalities at both a national and system level. The 'core20' focuses on the most deprived 20% of the population, the 'PLUS' focuses on health inclusion groups and the '5' key areas for children and young people are Asthma, Diabetes, Epilepsy, Oral Health, and Mental Health.

### Asthma

Sign up to beat asthma friendly schools and achieve accreditation.

The criteria are:

- ✓ BAFS Asthma Policy and Procedure in place
- ✓ Accredited asthma training for 85% school staff
- ✓ An Asthma Register
- ✓ Personalised Asthma Action Plan for each Child, including details of medication.
- ✓ Children to have immediate access to their own inhalers, stored appropriately.
- ✓ Purchase of an emergency inhaler and spacer and associated procedural guidelines.
- ✓ System for identifying children who are missing school because of their asthma or who are not participating in sports or other activities due to poor control.

### Diabetes

Still awaiting regional guidance, however similar to above possible actions could include:

- ✓ Diabetes Policy and Procedure in place
- ✓ Accredited diabetes training for 85% school staff
- ✓ A Diabetes Register
- ✓ Personalised Diabetes Action Plan for each Child, including details of medication.
- ✓ Children to have immediate access to their own medical resources.
- ✓ System for identifying children who are missing school because of their diabetes.

### Epilepsy

Still awaiting regional guidance, however similar to above possible actions could include:

- ✓ Epilepsy Policy and Procedure in place
- ✓ Accredited epilepsy training for 85% school staff
- ✓ An Epilepsy Register
- ✓ Personalised Epilepsy Action Plan for each Child, including details of medication.
- ✓ Children to have immediate access to their own medical resources.
- ✓ Purchase of an emergency EpiPen
- ✓ System for identifying children who are missing school because of their epilepsy.

## Communicable Disease

These are infectious diseases that CAN be passed from one person to another. A period of absence by the infected person will help to stop the disease spreading. The government provide up to date [health protection guidance](#) for staff in children and young people settings on managing a range of infections and minimising disruption.

Although not notifiable, people with D&V must stay away from school for **48 hours** to prevent spreading it to other staff and pupils.

Some of the common childhood infectious diseases that are notifiable:

- Invasive Group A Strep (iGAS)
- Measles
- Meningitis
- Mumps
- Rubella (German measles)
- Scarlet Fever
- Whooping cough

It is important to know when people should stay away from the setting and [when to contact your local UK Health Security Agency Health Protection Team](#). The North East HPT can be contacted on

**T: 0300 303 8596**

## Preventing disease through immunisations

Immunisations help prevent more than 20 life threatening diseases and are the most effective public health intervention after clean water.

Free immunisation awareness training:	<u><a href="#">Vaccinations (e-bug.eu)</a></u>
School Age Immunisation Service:	<u><a href="mailto:Immunisations.Middlesbrough@intrahealth.co.uk">Immunisations.Middlesbrough@intrahealth.co.uk</a></u>
Intrahealth (SAIS) Telephone:	03333 583 397 option 3

Human Papilloma Virus:	<u><a href="#">HPV vaccine - NHS</a></u>
Diphtheria, Tetanus and Polio:	<u><a href="#">3-in-1 teenage booster - NHS</a></u>
Meningitis types A C W and Y:	<u><a href="#">MenACWY vaccine - NHS</a></u>
Seasonal Flu:	<u><a href="#">Flu vaccine - NHS</a></u>
Measles, Mumps and Rubella catch up:	<u><a href="#">MMR vaccine - NHS</a></u>

## Infection Prevention Control

Practicing good hand hygiene and good respiratory and cough hygiene can help to prevent and control the spread of infections.

Teaching resources:	<u><a href="#">e-bug.eu - teachers</a></u>
Primary school handwashing resources:	<u><a href="http://kiddiwash.com/learning-resources">kiddiwash.com/learning-resources</a></u>
Absence / exclusion periods for schools:	<u><a href="#">Should I keep my child off school? Poster</a></u>



## Real Time Reporting Mechanism

The more information we have about issues that can cause harm to children and young people, the better our response can be. You can now report concerns around age restricted products and services or drugs and teenage pregnancy related issues using a simple form.

The vital intelligence you provide will help us build up a bigger picture about what is happening locally. The non pupil identifiable information will help shape our local response and services.

Please use the QR code below to familiarise yourself with the form and to report incidents as they occur.

Report public health incidents to help keep our children and young people safe.



Can't use the QR code? Then [click here](#)

For any queries contact [publichealthschools@middlesbrough.gov.uk](mailto:publichealthschools@middlesbrough.gov.uk)



## Age Restricted Products and Services

Product	Age	Offence to supply young person	Offence for young person to purchase	Proxy * Sale Offence	Legislation
Aerosol Paint	16	YES	NO	NO	Anti-social Behaviour Act 2003
Alcohol	18	YES	YES	YES	Licensing Act 2003
Botox	18	YES	NO	NO	Botulinum Toxin and Cosmetic Fillers (Children) Act 2021
Christmas Crackers	12	YES	NO	NO	The Pyrotechnic Articles (Safety) Regulations 2015
Cigarette Lighter Refills	18	YES	NO	NO	The Cigarette Lighter Refill (Safety) Regulations 1999
Cigarettes	18	YES	NO	YES	Children and Young Persons (Protection from Tobacco) Act 1991
Corrosive Substances	18	YES	YES (without lawful reason)	NO	Offensive Weapons Act 2019 (Commencement No. 2 and Saving Provision) Regulations 2022
Fireworks**	18	YES	YES	NO	The Fireworks Regulations 2004/ The Pyrotechnic Articles (Safety) Regulations 2015
Gambling	16/18	YES	NO	NO	Gambling Act 2005
Knives	18	YES	NO***	NO	Offensive Weapons Act 2019 (Commencement No. 2 and Saving Provision) Regulations 2022
National Lottery	16	YES	NO	NO	National Lottery Act 1993
Party Poppers	16	YES	NO	NO	The Pyrotechnic Articles (Safety) Regulations 2015
Petrol	16	YES	YES (to operate pump)	NO	The Petroleum (Consolidation) Regulations 2014
Solvents	18	YES	NO	YES	Psychoactive Substances Act 2016
Sunbeds	18	YES	NO	NO	Sunbeds (Regulations) Act 2010
Tattoos	18	YES	NO	NO	Tattooing Of Minors Act 1969
Vapes	18	YES	NO	YES	The Nicotine Inhaling Products (Age of Sale and Proxy Purchasing) Regulations 2015
Christmas Crackers	12	YES	NO	NO	The Pyrotechnic Articles (Safety) Regulations 2015
Cigarette Lighter Refills	18	YES	NO	NO	The Cigarette Lighter Refill (Safety) Regulations 1999

- \* A proxy sale occurs when a person over the age of restriction purchases a product, or arranges a service, for, or on behalf of, an underage person and then supplies said product or service to an underage person.
- \*\* Adult fireworks not to be sold to persons under 18. Party poppers, Christmas crackers not to be sold to persons under 16. It is an offence to possess specific categories of fireworks by under 18's in a public place.
- \*\*\* Not an offence to attempt to purchase by a person under 18. Not an offence to possess if the cutting edge of the blade is less than 7.62cm and non-locking.

## South Tees Stop Smoking Service

The **Stop Smoking Service** is Middlesbrough Council's and Redcar & Cleveland Council's dedicated support service for smoking and vaping cessation within Public Health South Tees. Recognising the vital role schools play in early intervention and prevention, we offer a comprehensive range of services tailored to the needs of each setting.

The purpose of our school offer is to ensure behavioural and NRT support is available and accessible for school children if they are ready and willing to accept help to quit.

### Our school offer:

- **Smoking Cessation:** the service offers a comprehensive range of free, friendly, and confidential support to help those who wish to quit smoking.
- **Nicotine Vaping Support:** The South Tees Specialist Stop Smoking Service offer seamless access to specialist support for students struggling with nicotine dependence (vaping), which includes nicotine replacement therapy. Staff can complete the new e-learning module [here](#).
- **Swap to Stop Scheme:** those 18 years + (staff members at school) can sign up to our swap to stop scheme and receive a free vape kit. There is no commitment to engage with the rest of the service, only a brief check in at week 4 to see if they are still using cigarettes or have swapped completely to vaping.
- **Very Brief Advice Training:** training is available online for staff members to learn how to approach the conversation regarding quitting smoking. [NCSCT e-learning](#)

Referral link to services: [Make a Referral](#)

### Contact Us:

T: 01642 727579

E: [stopsmoking@middlesbrough.gov.uk](mailto:stopsmoking@middlesbrough.gov.uk)

W: [Stop Smoking South Tees](#)





## South Tees Sexual Health Services

**Brook** is the only national charity to offer both clinical sexual health services, education & wellbeing services for young people. This puts us in a unique place to listen to what young people want to learn about. Our services are based on cutting edge research and our years of experience championing young people's sexual health. All young people have the right to high quality Relationships and Sex Education (RSE). Brook is here to help you prepare and deliver timely and evidence-based lessons.

### Our school offer:

- **School education sessions Year 9-13:** Assemblies or classroom sessions on RSE topics such as Healthy Relationships, Sexting, Online Safety, Pregnancy & Fertility, Consent, Sex & the Law.
- **Youth services drop in and education:** C-card sign ups and condom distribution, informal, activity-based sessions on a range of topics such as introduction to sexual health, staying safe online, pornography and youth produced sexual imagery, health relationship, fertility and pregnancy choices and sexual harassment.
- **C-card sign ups and condom distribution:** C-card sign ups and condoms distribution. Advice and guidance to schools on how they can promote condom distribution and advice on Fraser guidelines in respect of safeguarding and confidentiality for young people.
- **1-1 My Life Program:** a 1:1 education and listening service. Sessions can be tailored to cover a range of RSE and wellbeing topics to suit the needs of the individual. These sessions are person centred and goal oriented. Up to 6 x 1-hour sessions.
- **Training and support for professionals:** Staff training for sexual health signposting and support and C-card distribution.
- **Chlamydia Screening & Pregnancy Testing:** Brook offer free tests at one of Brook services, sexual health clinics or at some GPs. Find your nearest using our [find a service tool](#).
- **Personalised group or 1-1 support for young people with additional needs such as SEND/ESOL.**

### Contact us:

T: 0750 080 0830

E: [Joanne.henderson@brook.org.uk](mailto:Joanne.henderson@brook.org.uk)



## Redcar & Cleveland Health Visitor and School Nursing Healthy Child Programme

The Redcar & Cleveland **Health Visitor and School Nursing** team offer a Healthy Child Programme for schools. Health visitors and school nurses are specialist public health nurses with health visitors leading the 0 to 5 elements of the Healthy Child Programme and school nurses leading the 5 to 19 elements.

The Healthy Child Programme is universal in reach setting out an offer for every family of evidence-based programme of interventions, including screening tests, immunisations, developmental reviews, and information and guidance to support parenting and healthy choices. It also outlines all services that children and families need to receive if they are to achieve their optimum health and wellbeing.

### Our school offer:

- **Family Hub App:** [Family Hub App Store](#)
- **Family Hub Website:** [Family Hubs | Redcar and Cleveland](#)
- **0-5 years health visitor universal health interventions**
- **2-5 years health visitor targeted health interventions**
- **HENRY 5-12 years programme:** 1:1 &/or group sessions if identified need/parental interest within school
- **National Child Measurement Programme (NCMP):** Reception and Year 6
- **Year 5 or Year 6 Puberty sessions**
- **Year 6 Emotional awareness & resilience sessions**
- **Chat Health:** confidential texting service (5-11 years parents) (11-19 years young people) [ChatHealth](#)
- **Weekly Drop-in:** confidential school nurse/ young person drop-in for secondary schools (term time)
- **School entry screening:** vision & growth measurements

#### Contact Us:

T: 01642 444011

Mon- Thu  
8:30am- 4:00pm

Friday  
8:30am- 4:00pm



Health visiting:  
T: 0731 226 3201

School Nursing:  
T: 0732 126 3100

## With You

We Are With You are the lead providers in the Thrive partnership working alongside Harbour Domestic Abuse and Intuitive Thinking skills. Check the [website](#) for current service locations however, we often arrange to see young people at schools, colleges, in the community or in their homes. We support any young person under the age of 25 who is affected by substance misuse.

We support young people to use substances more safely however our main aim is for young people to reduce their substance use and become substance free. We use PSI interventions (harm minimisation, Motivational Interviewing, CBT, Solution focused, clinical interventions, reduction planning and relapse prevention). We work 9-5 however have flexible working hours to suit the needs of the people being supported.

### Our school offer:

- Deliver Substance Misuse awareness to students in assemblies.
- Deliver Substance Misuse awareness sessions to targeted groups / year groups.
- Offer awareness sessions to teachers, teaching assistants, and other professionals.
- Offer drop ins at Schools.
- Promotion Stalls at school events
- Offer one to one specialist support to young people.
- Naloxone / Nyxoid supply and training to both young people and professionals
- Naloxone training to families
- Blood borne virus testing.
- 1:1 psychosocial social intervention with young people
- Access to clinical interventions and prescribing for young people.
- Access to domestic abuse support via our partners – Harbour.
- Support and education offered to families.
- Signposting to other specialist agencies

### Contact Us:

T: 0300 303 3781

Facebook: [We Are With You - Young people Redcar & Cleveland Drug and Alcohol Service](#)

## Family Hubs in Redcar & Cleveland

The Family Hubs and wider network offer help and support to families with children aged 0-19 years (25 for young people with SEND), across Redcar and Cleveland. You can find out more about what's happening at your nearest Family Hub on the [Family Hubs Website](#).

Hub	Address	Telephone
Dormanstown Family Hub	Dormanstown Family Hub, South Avenue, Redcar, TS10 5LL	01642 492940
Grangetown Family Hub	Grangetown Family Hub, Grange Farm Road, Grangetown, TS6 7HP	01642 770810
Greengates Family Hub	Green Gates Family Hub, Keilder Close, Redcar, TS10 4HS	01642 759070
Guisborough Family Hub	Guisborough Family Hub, Park Lane, Guisborough, TS14 6LD	01642 495357
Loftus family Hub	Loftus Family Hub, Duncan Place, Loftus, TS13 4AD	01287 640523
Ormesby Family Hub	Greater Eston Family Hub, Daisy Lane, Ormesby, TS7 9LF	01642 513665
Redcar Coast Family Hub	Redcar Family Hub, Rainbow Lane, Redcar, TS10 1RR	01642 776030
Skelton Family Hub	Skelton Youth & Community Centre De Brus Site, Marske Lane Skelton, TS12 2HA	01287 612333
South Bank Family Hub	South Bank Family Hub, Poplar Grove, South Bank, TS6 6SY	01642 457291

You can find information about how to contact your local family hub at [find your local family hub](#). Individuals can register with Redcar & Cleveland Family Hubs by completing the [online form](#).

**Please note: If you are looking for childcare, private day nurseries or after school provision, please contact the FIS Families information service on 01642 444532.**

### Links:

[Saturday Dad's group 2024](#)

[Health Visiting and School Nursing Services](#)

[SEND support](#)

[South Tees Perinatal Support Service - Family Action](#)

[Domestic abuse support | Redcar and Cleveland](#)

[Speech and Language Support - South Tees Hospitals NHS Foundation Trust](#)

[Families Information Services | Redcar & Cleveland](#)

[Parenting Support | Redcar and Cleveland](#)

[Our early help services | Redcar and Cleveland](#)

[Home Learning | Redcar and Cleveland](#)

## Physical Activity Support

### Creating Active Schools

You've Got This support 'The Creating Active Schools (CAS) Framework' which has been developed by researchers and practitioners to sustainably embed physical activity throughout the school so that everyone understands its benefits and can easily implement it in their practice. The online system uniquely supports schools through the entire improvement process, from profiling to action planning and training. This work locally is supported and delivered by Redcar & Eston School Sport Partnership, Tees Valley Sport and Cleveland School Sport Partnership.

The CAS Framework supports schools to embed physical activity in policies, systems, behaviours and environments, so that it becomes everyone's responsibility, from pupils, to staff, parents and governors. Physical activity can add so much value to pupil's education. That's why the CAS framework was developed which puts an emphasis on the need to embed physical activity at the heart of a school, in its ethos, policies and values. This is a great way to ensure whole school behaviour change will happen.

This offer to schools is not universal and is a pilot piece of work. However, if you would like more information, please contact [james.hartley@youvegotthis.org.uk](mailto:james.hartley@youvegotthis.org.uk) in the first instance.

### Activities from other organisations:

**Active Travel:** [Middlesbrough Environment City - Bikeability](#) is 'cycling proficiency' for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads. A child will typically start Bikeability lessons once they have learnt to ride a bike, with 10-11 year olds progressing from Level 1 through to Level 2, and then Level 3 at secondary school (11-18 year olds). Certificates and shiny luminous badges for each level are awarded to children who successfully complete each course. For more information on Bikeability for schools, please contact Margaret Tonkin at [margaret.tonkin@menvcity.org.uk](mailto:margaret.tonkin@menvcity.org.uk) or call 01642 579820.

**School Games:** The School Games puts physical activity and school sport at the heart of schools. Providing young people with the opportunity to enjoy and learn through competition to achieve their personal best. The School Games will make a positive and meaningful difference to the lives of children and young people through sport and physical activity. Support around School Games is provided across South Tees to schools. This programme contributes to the delivery of the CMO daily active minutes for all young people, as a universal offer to maintain and grow school engagement. For more information and contacts, please click on [School Games - Tees Valley Sport](#)

# HeadStart South Tees



**HeadStart** supports young people aged 0-19 to have good emotional health and wellbeing by assisting young people to cope better in difficult circumstances and do well in school and in life. The HeadStart programme began in 2013 and helps build resilience in young people to prevent the onset of common mental health problems. The programme supports schools by sharing learning from different approaches and contributes to an evidence base for investment in prevention and early intervention. Additionally, the programme aims to develop an early intervention and prevention model to provide support in school, at home, in the community and virtually.

## Our school offer:

- **Training:** Delivered in partnership with Young Minds, the initial training lasts 2 days. Training on mental health in schools and the resilience approach can be delivered to governing bodies on request.
- **The School Resilience Tool:** The resilience tool acts as a mechanism to reflect upon and evidence the whole school approach to support emotional wellbeing. [Resilience Framework](#)
- **Transition Resources:** Materials for Year 6 and Year 7 pupils and teachers are available to improve resilience of pupils as they embark on a secondary education.
- **Mental Health Leads Network:** The green paper Transforming Children and Young People's Mental Health Provision requires all schools to appoint a senior lead for mental health. HeadStart have established a Mental Health Leads Network to maximise capacity and achieve longevity in the approach.
- **HeadStarter 'Feelgood' Festivals:** Town wide conferences are held to bring together schools across South Tees increasing confidence and self-esteem in participating pupils.
- **Group Interventions:** A variety of evidence-based group interventions can be provided to address a range of topics such as anxiety, low mood, friendships, anti-bullying and risk-taking behaviours.
- **Parents/ Family Support:** Support is available for targeted groups of parents to increase their knowledge about how to best support their children's emotional wellbeing.
- **Newsletter:** The HeadStart fortnightly newsletter shares relevant information, details of resources, training and examples of good practice.

### Contact Us:

T: 01642 728079

E: [Wendy\\_Kelly@middlesbrough.gov.uk](mailto:Wendy_Kelly@middlesbrough.gov.uk)

W: [headstartsouthtees.co.uk](http://headstartsouthtees.co.uk)

Twitter: @HeadStart\_ST

Instagram: @headstart\_southtees

Facebook: HeadStart South Tees

YouTube: @HeadStart South Tees

## Eat Well Schools Award

All children should have access to at least one nutritious meal a day. The Eat Well Schools Award takes a whole school approach to healthy eating in schools. This goes beyond the school meals that are served, to create a positive food culture that provides healthy school meals, great lunchtimes, and food education that supports children to form healthy habits.

A 'Whole School Approach' brings together pupils, parents, teaching and catering staff. Involving pupils in decisions around school food, encourages sustainable positive change in eating habits as well as encouraging confidence and leadership skills. With increasing levels of childhood obesity across South Tees in reception and year 6 (National Child Measurement Programme), the Eat Well Award supports to make healthier choices, by improving the nutritional content of the food and drink our children and young people consume.

### Our school offer:

When you sign up to the Eat Well Schools Award, you will have access to specialist public health nutrition advice, as well as a collection of resources to support you in implementing a whole school approach to nutrition and health. These include, but are not limited to:

- **Catering service audits** – we offer ongoing audits of school menus and catering service delivery to ensure compliance of seasonal menus with the government's mandatory standards for school food. Nationally and locally, catering services are not fully meeting these standards, so we can do the work for you to ensure your school is compliant.
- **Training for catering staff** – training is available to upskill catering staff on the school food standards, special dietary requirements, and allergens. Catering staff are provided with a menu assessment toolkit to support their understanding of school food standards. This ensures staff are upskilled to create nutritious menus, providing the school with the best possible service.
- **Training for school staff** – training is available online via our public health e-learning hub for school staff (including governors) to learn how to create a positive food culture by taking a whole school approach to eating healthy.
- **Curriculum resources** – teaching children and young people to cook, grow, and understand where their food is coming from, gives children and young people the skills and knowledge to make healthier choices. The Eat Well Award framework can enhance the curriculum and offer an innovative way to bring a wide range of subjects to life. There's no better way to interest children and young people in eating healthy foods, than getting them involved with growing food and visiting the places they come from.
- **School Policy audits** – we offer support with auditing existing school policies and developing policies on healthy eating and packed lunches to support with the whole school approach to healthy eating.

### Contact Us:

E: [Eatwell\\_award@middlesbrough.gov.uk](mailto:Eatwell_award@middlesbrough.gov.uk)





# **this is Redcar & Cleveland**

## **Enjoy Fruit and Vegetables Safely!**

Fruit and vegetables are great snacks to enjoy. However, these foods have been implicated in food poisoning outbreaks in the UK (including E. coli (STEC)) and can have serious health implications, especially for vulnerable groups including children. Therefore, it is essential that basic measures are followed to reduce the risk of food poisoning from these foods.

### **How do bacteria get onto fruit and vegetables?**

Bacteria can get onto fruit and vegetables in several ways. They can be present in water used for irrigation, organic fertilisers, droppings from birds and other animals and within soil.

### **How can the risks be reduced?**

There are simple measures that can be taken to reduce the risks of food poisoning from fruit and vegetables.

Wash all fruit and vegetables before consuming them.

Fully peel all soil-based vegetables (such as carrots) and discard the outer surfaces.

Check any labels on pre-packed fruit and vegetables for any instructions. Unless packaging around vegetables states "ready to eat", they must be washed and peeled before eating.

Clean and disinfect all surfaces that have been in contact with fruit and vegetables, including work surfaces and knives.

Ensure that anyone preparing fruit and vegetables thoroughly washes their hands with soap and hot running water before and after handling food.

Children must be encouraged to wash their hands after handling loose fruit and vegetables as part of food preparation, during craft activities or gardening.

### **Key points for handling and preparing fruit and vegetables**

Washing will help remove bacteria (including E.coli) from the surface of fruit and vegetables. Most of the bacteria will be in any soil attached to the produce, so washing to remove soil is particularly important.

- Wash fruit and vegetables under a running tap.
- For vegetables, rub them under water (such as a bowl of fresh water).
- For vegetables, start with the least soiled items first and give all vegetables a final rinse.
- Ensure all visible dirt/soil has been removed.
- Dry gently with paper towels.
- Loose produce tends to have more soil debris than pre-packed fruit and vegetables, so extra care is needed during washing.
- Peel then wash all soil-based vegetables especially before they are given to children.
- Store any soil-contaminated produce separately and away from any ready to eat food

**For further information or guidance on these issues, please contact The Environmental Health (Commercial) team on 01287 612421 or email:**

**[food\\_team@redcar\\_cleveland.gov.uk](mailto:food_team@redcar_cleveland.gov.uk)**



# Holiday Activities and Food Programme

Bring it On Boro and Redcar & Cleveland offers free, fun activities to children and young people aged 5-16 years during the Easter, Summer, and Christmas school holiday periods. The programme is delivered throughout South Tees and is available for all children and young people in receipt of benefit related free school meals and ensures those that attend participate in enriching activities, physical activity, and receive a school standards meal each day.

**BRING IT ON!**

**BORO REDCAR & CLEVELAND**

Free holiday activities for children and young people in Middlesbrough and Redcar & Cleveland.\*

**GET INVOLVED!**

**Sports, Fitness & Dance • Arts & Crafts**  
**Park Activities & Nature Trails • Cooking Skills**  
**Health & Wellbeing Activities & more!**

**BOOK NOW!**

**bringiton-book.com**

What are you waiting for?

\* for children and young people in receipt of benefit related free school meals. If your child is not in receipt of the above and would like a place please contact the number below.

**For more information call 01642 728888.**



The holiday activities and food programme (HAF)  
is funded by the Department for Education



# Pharmacy First

Schools may find it useful to share the below information with parents and carers. For seven common conditions your pharmacist can now provide some prescription medicine, if needed, without you needing to see a GP. Think pharmacy first.

Find out more at [nhs.uk/thinkpharmacyfirst](https://nhs.uk/thinkpharmacyfirst)

## Got an itch? Tummy trouble? Tickly cough?



### Head to your local pharmacy.

Did you know?  
Pharmacists across  
the North East and  
North Cumbria can  
offer advice and FREE  
treatment for a wide  
range of common  
conditions\* – just like  
having a prescription  
from your GP!

**Please ask your  
pharmacy team  
for more details  
and eligibility.**

**UTI's** non pregnant women 16–64 years

**Shingles** 18 years+

**Impetigo** 1 year+

**Sore throat** 5 years+

**Sinusitis** 12 years+

**Infected insect bites** 1 year+

**Earache** 1 to 17 years

Additional conditions can be treated, without the need to visit a GP.  
Ask a member of your pharmacy team about the minor ailments scheme.

### Step 1

**Go to your local community pharmacy (chemist)  
about your illness and they will offer advice.**

### Step 2

**If needed, you will be offered treatment and  
if you qualify, this will be given free of charge.**

### Step 3

**A suitable medicine may be offered to you.\***

\*You qualify for free treatment if you do not pay for your prescriptions.



**Find further information at:  
[www.thinkpharmacyfirst.health](https://www.thinkpharmacyfirst.health)**





[publichealthschools@middlesbrough.gov.uk](mailto:publichealthschools@middlesbrough.gov.uk)

