Compass

Connect for Health
Your school nursing service

# Family health & wellbeing!

## April 2023 Update

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# Religious Celebrations of Gratitude

## A lot more in common than you might expect!

Though they are unique to their religions, Eid-Al-Fitr and Easter share a lot of similarities

This year, Ramadan begins on Wednesday 22nd March and ends Friday 21st April. Lent began on Wednesday 22nd February and will end on Thursday 6th April. These religious observances both conclude with celebrations of gratitude and thanks giving.

Take a look at some of the similarities in both of these religious celebrations:



### Eid-Al-Fitr

This year, Eid is celebrated on the evening of 21st April to the evening of 22nd April

Fasting during Ramadan is a reminder to be grateful for what you have and to share with those who may be less fortunate

During Eid, special events like fairs, markets, fireworks and special meals are organised to celebrate



### Easter

Easter falls on the first Sunday after the full moon. This year it will be celebrated on 9th April

Some traditional Christians will fast during Lent. Many choose to give up one "luxury" for the period, to replicate the 40 days that the Bible says Jesus Christ spent in the desert

Christian and non-religious people also celebrate with Easter Egg hunts, bunting and special meals

# Eid-Al-Fitr & Easter Activities

Preparing for these celebrations is a great way to get creative with crafts and baking. During the school holidays in April, have a go at some of these activities to prepare for Easter Sunday and Eid. Have a look at any free events throughout Warwickshire too!

**Ramadan colouring in**

**Ma-Amoul recipe**

**Make your own lanterns**



رَمَضان مُبارَك

**Ramadan Mubarak**

**Have a blessed Ramadan**

**Paint your own Easter Eggs**

**Marshmallow bunnies recipe**

**Hand print chick puppets**



**Happy Easter!**

# World Health Day

**The World Health Organisation has picked the theme of 'Health For All' as this year's World Health Day, on Friday 7th April.**

Celebrating 75 years of improving public health, one of the main aims of this year's World Health Day is:

**"Everyone should have the information and services they need to take care of their own health and the health of their families"**

Over 30% of people around the world are still unable to access essential healthcare services when they need it. Let's join together to celebrate the fantastic healthcare we receive in the U.K.
Take the time to thank your healthcare professionals, such as Doctors, Nurses, Health Support Workers and Carers.

Take a look at our **service explainer** to find out what health and wellbeing topics we can support with. View our **contact page** for how to get in touch with the school nursing team.

# Useful contacts

## Mental health & wellbeing

### CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

### Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

### Relate

Counselling service for young people.

### Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

## Family support

### Family Lives

Support for a wide range of topics relating to family life.

### Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

### Warwickshire Health Visiting

Support and advice for parents/carers with a childer under 5.

**Click here for useful apps and websites for young people.**

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.

C4H

Text ChatHealth (11-19 years): 07507 331 525
Text ParentLine: 07520 619 376
Call us: 03300 245 204
Email us: connectforhealth@compass-uk.org

🐦 @schoolhealthC4H    📷 @compassc4h    f @c4hwarwickshire

**www.compass-uk.org/services/c4h**

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