



# Family health & wellbeing!

July 2023 Update

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# Outdoor activities for Warwickshire

There are lots of lovely parks, woodlands and walks in Warwickshire that you can explore and play games along the way.

In partnership with Warwickshire Wildlife Trust, Connect for Health have created a pack full of ideas for games and activities families can do outside! We hope these ideas will help you explore your local green spaces with family and friends. The activities are easy to follow, fun and you can make up your own games.

Click [here](#) to download the booklet



## Don't forget the School Readiness Health Questionnaire

Starting school for the first time is a significant milestone for every child, and often a scary and exciting time for them and their parents/carers. We want to make sure all children and families have the support they need with their health, wellbeing and development to prepare for this. The questionnaire helps us identify when families may need support and advice in order to help children meet their full potential as they enter education.

The questionnaire should be completed online by all parents/carers with a child due to attend a Warwickshire school for the first time in September, even if your child is perfectly healthy.

The questionnaire is open for completion now until the end of August. Click on the link below to find out and complete the questionnaire.

[www.compass-uk.org/services/c4h/sr-hq/](http://www.compass-uk.org/services/c4h/sr-hq/)



## Walks in Warwickshire

Spending time outdoors can improve mood and reduce stress. Walking is an easy and accessible way to improve physical and mental health. Why not visit a green space in Warwickshire and enjoy the scenery.



[Nature Reserves](#)

[Country Parks](#)

[Woodlands](#)

[Community Parks](#)

# 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 child 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.



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