



HHEYS

Halton Healthy Early Years Status

Sophie Talbot





HHEYS Award

Halton Healthy Early Years Status is based on a whole setting approach to social, physical and emotional health and wellbeing. HHEYS provides a foundation for your setting to systematically develop and improve health outcomes, and embed them in the culture of your setting.

HHEYS is **FREE** for Halton settings.

- Access to free training and support for your setting
- No portfolio required
- Renew annually
- Complete sign up in one convenient meeting at your setting

<https://www3.halton.gov.uk/Pages/health/hit/start/HHEYS.aspx>

5 Ways to Wellbeing/ MHARS

The 5 ways to wellbeing is a further award settings can access to evidence the work they are doing to improve wellbeing. Its focus is on 5 key areas that build healthy coping strategies for wellbeing.



5 Ways to Wellbeing Halton

MHARS – Mental Health and Resilience for Settings is adapted from a schools programme and is a working document that settings can use to track/evidence work they are doing and goals they set for themselves.

HHEYS Training Offer

Early Years Fit4Life			
Healthy Eating	Screen Time/Active Play	Sleep	Oral Health
Infant Feeding			
Breast and Bottle Feeding		Introducing Solid Foods	
Mental Health and Staff Wellbeing			
Basic Mental Health Awareness for Early Years Settings	Staff Wellbeing Workshop	Stress Awareness*	Suicide Awareness*
Menu Planning : 121 support			
Other Training From The Health Improvement Team			
MECC		RSPH	

Free bereavement support training for organisations and businesses in Halton

Are you in a public service or customer facing role?
Do you meet people who are bereaved as part of your work?
Do you sometimes feel that you don't know what to say?

Child Bereavement UK is offering free online or in person training to organisations and businesses in Halton to help you feel more confident talking to people who are grieving, and give you tools to signpost bereaved customers and clients to appropriate local support.

The training will include:

- Understanding grief
- What might help someone who is bereaved
- How to signpost a bereaved person to support
- Looking after your own wellbeing

This training will last approximately 1.5 hours and can be tailored to suit the needs of your organisation.

To book or if you have any questions, contact:
northsupport@childbereavementuk.org
01928 577 164

CBUK

Call directly to book a session at your setting for all staff or I have booked a date settings can access.

15th November 2023 at 7-8.30pm Ashley House (Widnes)

Oral Health



We are keen to hear from as many settings as possible

We have had responses from 14 settings so far

Closing date is 1st November 2023

<https://online1.snapsurveys.com/HBCoralhealth>

Cost Of Living Support

Community Shop- Priory House, Northway, Palacefields, Runcorn WA7 2FS * For those on certain benefits

Community Supermarkets

- **Queens Pantry**- Queens Avenue, Ditton, Widnes WA8 8GR
- **The Route Café**- Grenfell House, 116 Widnes Rd, Widnes WA8 6AX
- **Four Estates- Palacefields**- Palacefields Community Centre, WA7 2UA
- **Four Estates- Halton Brook**- The Hillcrest Centre, Leaside, Halton Brook, Runcorn WA7 2DY
- **Halton Royal British Legion**- British Legion, Castle Road Runcorn, Cheshire, WA7 2BE

<https://www3.halton.gov.uk/Pages/health/costofliving.aspx>



Christmas Cards That Care



Boxes will be placed in community locations in November for your children to add their cards to share within Halton.

You can get a certificate of thanks for taking part and this is a great example of both GIVE and CONNECT - 5 ways to wellbeing!

If you cannot get to one of the box locations please get in touch with ss211@halton.gov.uk as we may be able to arrange collection.

Halton Health Improvement Team

0300 029 0029

HIT@halton.gov.uk