

Mental Health Awareness Week 9th - 15th May 2022

For Mental Health Awareness Week, the Halton Health Improvement Team is offering **FREE online Mental Health Awareness sessions**.

The sessions will be delivered via Zoom on:

- Wednesday 4th May 1pm - 4pm
- Wednesday 4th May 6pm - 9pm
- Tuesday 10th May 6pm - 9pm
- Thursday 12th May 9:30am - 12:30pm

For further details and to book onto a session please email

nyki.benson@halton.gov.uk

Bereavement Awareness Support for Parents and Carers

Understanding how to support children and young people while also looking after yourself is vital. Families supported by Child Bereavement UK tell us that it is helpful when they better understand how children and young people grieve and what helps them in their grief.

In this 1-hour session you will learn more about the grieving process and get helpful suggestions for you and your family.

Sessions take place on the last Monday of every month, between 5.30-6.30pm.

Book your place on [Eventbrite](#).

Parent/Carer Bitesize Workshops (via Microsoft Teams)

New dates are now available for our popular Bitesize workshops for 2022.

Sessions are free, delivered online, and last up to 1 hour. Sessions available include:

Sleep & Screens	Fussy Eating	Mental Health & Emotional Wellbeing
Thurs 28 April 6.00pm	Mon 25 April 1.00pm	
Fri 20 May 1.00pm	Weds 25 May 10.00am	Mon 9 May 6.00pm
Thurs 23 June 10.00am	Tues 28 June 6.00pm	Tues 14 June 1.00pm
Weds 13 July 6.00pm	Thurs 14 July 1.00pm	Thurs 7 July 10.00am

To book a place email HIT@halton.gov.uk

For more information visit our website:

<https://www4.halton.gov.uk/Pages/health/hit/start/fit4lifeparents.aspx>



The NHS Healthy Start scheme can help you give your children a great start in life with help towards the cost of healthy foods and milk



To find out if you're eligible, visit:
www.healthystart.nhs.uk

Fit 4 Life now online!

Would you like your family to eat better, sleep better and be more active? Our free Fresh Start app will help you to set good habits and routines, manage snacking and sugars, increase activity levels, sleep better, manage screen time. Plus there are lots of top tips and recipe ideas.

For more information, [click to visit our web page](#). Then download the app via the Google Play store or Apple App Store, or scan the QR code and enter invite ID **F4L-SN**.

