**HEYL Resources**

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| **Theme** | **Resource** | **Type** | **Link** |
| **Healthy Eating, breastfeeding and starting solid food** | Change4Life | Link to website | <https://www.nhs.uk/change4life> |
| Start 4 Life (Breastfeeding, weaning, baby) | Link to website | <https://www.nhs.uk/start4life> |
| Healthy Start (Families on certain benefits can get free milk, fruit and vegetables with Healthy Start vouchers. Check if you qualify.) | Link to website | <https://www.healthystart.nhs.uk/> |
| NHS BMI checker for children | Link to website | <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/> |
| **Physical Activity, development and sedentary behaviour** | Physical activity guidelines for children (under 5 years) Includes 2 x downloadable fact sheets  | Link to website | <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/> |
| OT activities/strategies | Link to website | <https://kr.afcinfo.org.uk/pages/local-offer/information-and-advice/health-services/health-services-kingston/community-paediatric-occupational-therapy/occupational-strategies-and-advice> |
| **Infection, control and immunisation** | Resources for schools |  | <https://www.gov.uk/government/publications/immunisations-resources-for-schools> |
| Pre-school vaccinations: guide to vaccinations from 2 to 5 years |  | <https://www.gov.uk/government/publications/pre-school-vaccinations-a-guide-to-vaccinations-from-2-to-5-years> |
| Immunisations: babies up to 13 months of age |  | <https://www.gov.uk/government/publications/a-guide-to-immunisations-for-babies-up-to-13-months-of-age> |
| **Parent and staff health concerns** | **Alcohol and Drugs** | Link to website RBK Link to website RUT | <https://www.kingston.gov.uk/info/200305/alcohol_and_substance_misuse><https://www.richmond.gov.uk/services/wellbeing_and_lifestyle/drug_and_alcohol_support> |
| **Improve your mental wellbeing** | Link to website RBK  | <https://www.kingston.gov.uk/info/200310/mental_health> |
| Emotional Wellbeing and Mental Health Training | Link to website RUT | <https://www.richmond.gov.uk/emotional_wellbeing_mental_health_programme> |
| Mental health services |  | <http://www.richmondccg.nhs.uk/your-health/mental-health-services> |
| RUT Wellbeing Services  |  | <https://www.richmondwellbeingservice.nhs.uk/useful-resources/> |
| **Supporting children with chronic health conditions, SEN and disabilities** |  Chat & Play | Weblink and PDF to download | <https://kr.afcinfo.org.uk/pages/local-offer/information-and-advice/early-years-0-5/chat-and-play-sessions-discuss-your-concerns-with-local-experts> |
| Local Offer Website | Link to website |  <https://kr.afcinfo.org.uk/local_offer> |
|  Health Services  | Link to website |  <https://kr.afcinfo.org.uk/pages/local-offer/information-and-advice/health-services> |
|  Local charities  | Link to website |  <https://kr.afcinfo.org.uk/local_offer/organisations?search_organisation%5Bterm%5D=charities> |
|  Parenting courses  | Link to website |  <https://kr.afcinfo.org.uk/pages/local-offer/information-and-advice/parenting-courses> |
|  Contacting key teams  | Link to website |  <https://kr.afcinfo.org.uk/pages/local-offer/information-and-advice/how-to-contact-key-teams> |
|  Local and national information  | Link to website |  <https://kr.afcinfo.org.uk/local_offer/organisations> |
|  Support Services  | Link to website |  <https://kr.afcinfo.org.uk/local_offer/organisations?&search_organisation%5Bcategory_ids%5D%5B%5D=3644> |
|  Events  | Link to website | <https://kr.afcinfo.org.uk/events> |
| **Children’s Centres**  | Contact details for Kingston Children’s Centres Contact details for Richmond Children’s Centres Details  | Email addressEmail address Link to website | Brenda.wood@achievingforchildren.org.ukJill.frederick@achievingforchildren.org.uk <https://kr.afcinfo.org.uk/community_information> |
| **Oral Health** | A3 Poster\_Be Sugar Smart\_Switch sugar drinks for milk | PDF to download | <https://drive.google.com/drive/folders/1wDi8uxdO3_9MdM5s86HnAkmuMcH5ybUW> |
| 3 top tips for teethFor providers - Delivering better oral health: an evidence-based toolkit for prevention |  | <https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention> |
| **Social and emotional wellbeing** | Welcare * Connecting families
* Parents’ place
 | Support group in Kingston: link to website | <https://welcarekingston.org.uk/> |
| **Sustainability** |  |  |  |
| **Accident prevention, injuries and first aid**  | Choking hazard information Child Accident Prevention Trust  | Link to website | <https://www.rospa.com/rospaweb/docs/advice-services/home-safety/choking-hazards.pdf><https://www.capt.org.uk/> |
| **Speech, language and communication** | The Communication Trust  | Link to website | <http://www.thecommunicationtrust.org.uk/> |
|  Makaton  | Link to website | <https://www.makaton.org/> |
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|  Singing Hands | Link to website |  <https://singinghands.co.uk/> |
|  Action Attainment  | Link to website |  <http://www.action-attainment.com/> |
|  Kingston SaLT  | Link to website |  <https://kr.afcinfo.org.uk/pages/local-offer/information-and-advice/health/the-integrated-service-for-children-with-disabilities/clinical-services-provided-by-the-integrated-service-for-children-with-disabilities-kingston/speech-and-language-therapy-kingston> |
| Richmond SaLT | Link to website |  <https://www.hrch.nhs.uk/our-services/services-directory/services-in-richmond/slt-children-richmond/> |
|  | Link to website |  |
|  | Link to website |  |
| Check HEYL website for more resources:<https://www.london.gov.uk/what-we-do/health/healthy-early-years-london/healthy-early-years-london-resources#acc-i-54458> |