



Health & Wellbeing information for Parents & Families

Support and Guidance for parents and carers to keep their children safer online

They provide clear, practical advice for parents and carers on how to talk about online safety, guide their child through their online experiences and supportive actions they can take.

Split into primary and secondary age groups, each help sheet includes:

- Key advice on supporting their child to be safer online, tailored to age
- Links to CEOP Education resources parents and carers can use with their children
- Suggestions for starting conversations about being safer online
- Further tips, support and guidance

[Help sheet for parents and carers of primary-aged children.](#)

[Help sheet for parents and carers of secondary-aged children.](#)

Cervical Cancer awareness

Cervical Cancer Prevention Week from 19-26 January and January is also a chance to talk about cervical cancer screening in general.

Do you know the importance of attending cervical screening - also known as the smear test. Cervical screening is not a test for cancer; it's a test to help prevent cancer. It checks a sample of cells from your cervix for high-risk types of human papillomavirus (HPV).

Cervical screening is for women and people with a cervix aged 25 to 64 in England. The invite comes by post, text or the NHS app.

Visit [Why cervical screening is done - NHS](#) to find out more information.

For Families: Anxiety & self-care

Free 45-minute webinar where they will hear from one of our community engagement team, alongside a clinician from Kooth, who will share expert tips on:

- how to spot the signs of anxiety
- how to offer support if their child is struggling
- how Kooth can help.

[Book 26th Jan](#)

[Book 28th Jan](#)

January
2026

Oral Health

Around 1 in 4 autistic children have tooth decay by 5 years old. This can be painful and stressful, looking after their teeth helps prevent toothache and lowers the chance of needing treatment or going to hospital.

ToothPaste have developed a website with families, for families that offers tips and advice on brushing teeth, visiting the dentist as well as healthy eating and drinking for families of autistic children.

Head to the [Toothpaste](#) site to access downloadable resources.

Support to Stop Smoking

Join Marie, Brian, Vicky and Wayne, by starting your journey to becoming smoke-free today!

At Be Well, we understand that everyone's journey to quitting smoking is different. It could be your first attempt... or your seventh. Either way, with the right support you're four times more likely to succeed.

Whatever your story, you don't have to go it alone. Our FREE Be Well Stop Smoking Service can help build a personalised plan that works for you.

We've already helped more than a thousand residents since 2024... so why not give it a try for yourself? [Stop smoking | Health & Wellbeing Support | Be Well](#)