

## An important message for Families in Essex

**Subject: Healthy Relationships and Kindness**  
**Date: November 2020**  
**Issue: No. 19**

The Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical and emotional health, social, and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing education, advice and information to other organisations that can improve health and wellbeing for all. Our campaigns can be interactive with real-life practical learning examples, including web links to resources, which can be used in the classroom or at home.

November is a busy month for campaigns, but all ECFWS have chosen to highlight this month bring some really important themes to the surface:

13<sup>th</sup> November – World Kindness Day

16<sup>th</sup> – 20<sup>th</sup> November – Anti-Bullying week

25<sup>th</sup> November – White Ribbon Day (prevention of violence against women)

The common theme across these campaigns highlight the importance of safe and healthy relationships (at any level) and the significance of being kind.

## Family Wellbeing

With World Kindness Day this month, research has shown that acts of kindness have the power to make the world a much happier place. The Mental Health Foundation have created a 'Random Acts of Kindness Challenge', which encourages everyone to undertake an act of kindness once a day for a week and to see if this has an impact on how you feel. All the information you need to set up your own challenge, including ideas on where to start can be found [here](#). Why don't you have a go as a family?

Another way to explore kindness is through stories. [The Book Trust](#) has a page dedicated to books that promote Kindness, compassion and empathy for children of all ages and abilities.

For families with children who are of school age, you might find that your child's school are running events and activities linked to Anti-Bullying Week. The Anti-Bullying Alliance has lots of [resources for parents](#) that includes:

- What to do if you are worried your child is being bullied
- What to do if your child has been accused of bullying
- Cyberbullying
- An interactive restorative thinking and positive relationships information tool

[White Ribbon Day](#) 2020 aims to find new ways to say 'no' to violence against women, despite the restrictions imposed by COVID-19. Of course, abuse isn't exclusively affecting women. If you are experiencing abuse there are many people who can support you and your family, including your local Healthy Family Team. These can be contacted on:

Mid Essex Tel: 0300 247 0014

North Essex Tel: 0300 247 0015

South Essex Tel: 0300 247 0013

West Essex Tel: 0300 247 0122

## Family Wellbeing

Other sources of help include:

- 1) [COMPASS](#)
- 2) [SETDAB](#)
- 3) [The National Centre for Domestic Violence](#)

**Remember: If you or your child are frightened or at risk of imminent harm call 999, the police will help you.**

To find out more information about us and the wide range of services we offer, please visit [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to [Essex.Communications@virginicare.co.uk](mailto:Essex.Communications@virginicare.co.uk)

