Great Ormond Street Hospital for Children NHS Trust: Information for Families

Taking charge of your health: finding reliable information on the internet about health improvement

We all have a responsibility to take charge of our health, whether for our own benefit or for the good of our family. Understanding more about health is a good start, and there is a lot of information available on a multitude of topics.

It can be hard to know where to start, so this information sheet gives details of organisations you can contact or websites you can look at to find this information. Please note that inclusion in this list does not constitute an endorsement from Great Ormond Street Hospital for Children NHS Trust.

Remember if you do not have access to the internet, you can contact most of these organisations by telephone and ask them to send you the information. Alternatively, you could access the internet through your local public library or drop into the Pals Office at GOSH to ask them for a copy.

General information

- Over 400 information sheets about child health and disease at www.gosh.nhs.uk/gosh_families/ plus general information about health at www.gosh.nhs.uk/gosh_families/advice_and_support/health_promotion/
- Health and hospital information for children and young people from Children First for Health at www.childrenfirst.nhs.uk/
- Information on conditions, treatments and healthy living from NHS Choices at www.nhs.uk/

Specific topics

Healthy eating

- The Food @ GOSH group is working to improve food provision within the hospital and provides information sheets on how to eat more healthily.
- Food Standards Agency – Eat Well at www.eatwell.gov.uk/ contains a wealth of information on healthy eating, understanding food labels and safe storage of food.
- The BBC also contains lots of information on healthy eating and nutrition at www.bbc.co.uk/health/healthy_living/nutrition/

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Exercise and fitness

- NHS Choices has plenty of information about getting fit at www.nhs.uk/LiveWell/Fitness
- The BBC also has a good guide to getting started at www.bbc.co.uk/health/healthy_living/fitness/index.shtml

Hygiene and infection

- GOSH information sheet on *infection control and prevention* at www.gosh.nhs.uk/gosh_families/information_sheets/infection_control/infection_control_families.html
- GOSH video podcast on hand washing available at www.gosh.nhs.uk/gosh_families/information_sheets/video.html

Parenting and childcare

- The BBC has a set of parenting pages at www.bbc.co.uk/parenting/
- As well as information on mental health and well being, MIND produce information about parenting too. Please note that the PDF files cannot be printed but can only be read on screen.
  - *How to parent when you're in crisis* www.mind.org.uk/Information/Booklets/How+to/How+to+parent+when+youre+in+a+crisis.htm
  - *How to survive family life* www.mind.org.uk/Information/Booklets/How+to/How+to+survive+family+life.htm
  - *How to cope as a carer* www.mind.org.uk/Information/Booklets/How+to/How+to+cope+as+a+carer.htm

Understanding medicines

- GOSH produces a range of information sheets about medicines including:
  - *Understanding medicines* www.gosh.nhs.uk/gosh_families/information_sheets/medicines_understanding/medicines_understanding_families.html
  - *How safe is your medicine cabinet?* www.gosh.nhs.uk/gosh_families/information_sheets/medicines_cabinet/medicines_cabinet_families.html
  - *Giving your child medicines* www.gosh.nhs.uk/gosh_families/information_sheets/medicines_giving/medicines_giving_families.html

Smoking

- Detailed information on stopping smoking, including contact details for NHS Stop Smoking services, real life stories and quitting tools at gosmokefree.nhs.uk/
- The BBC has a variety of pages about smoking and how to quit at www.bbc.co.uk/health/womens_health/issues_smoking.shtml

Alcohol

- The latest Department of Health campaign is about understanding how many units of alcohol you consume each week. More information is available at units.nhs.uk/
- The BBC also advises about alcohol and safe levels of drinking at www.bbc.co.uk/health/healthy_living/nutrition/healthy_alcohol.shtml

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Drugs

- The FRANK campaign provides information and support for young people to ensure they understand the risks and dangers of drugs and their use and that they know where to go for help and advice. The FRANK website is at talktofrank.com/
- The BBC has pages about drug use and symptoms to spot at www.bbc.co.uk/health/conditions/mental_health/drugs_use.shtml

Mental health

- The BBC has pages about mental health issues at www.bbc.co.uk/health/mental/
- MIND provide many information sheets on all aspects of mental health. Please note that the PDF files cannot be printed but can only be read on screen. The following ones might be useful:
  - *MIND guide to managing stress* www.mind.org.uk/Information/Booklets/Mind+guide+to/Mind+guide+to+managing+stress.htm
  - *MIND guide to relaxation* www.mind.org.uk/Information/Booklets/Mind+guide+to/The+Mind+guide+to+relaxation.htm

Sexual health

- fpa (formerly the Family Planning Association) provide a wide range of leaflets, one copy of which can be ordered from the fpa helpline on 0845 310 1334. They also produce a booklet for parents about how to talk about sex called *Talking to your child about sex and relationships* and a *Parent's pack* containing examples of the above leaflets. Both of these are available from the fpa helpline. Some information is available from their website at www.fpa.org.uk/
- The BBC website also has information and advice about talking to your children about sex at www.bbc.co.uk/parenting and www.bbc.co.uk/barefacts

If you would like to suggest other useful resources, please call in at the Pals Office

Compiled by the Child and Family Information Group

Great Ormond Street Hospital for Children NHS Trust
Great Ormond Street
London WC1N 3JH

www.goshfamilies.nhs.uk www.childrenfirst.nhs.uk

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