

Local Authority Information

Save the date – Tics and Tourette’s online training.

I am reaching out to you today, to inform you about a bespoke Tics and Tourette’s online training session for parents and carers in Halton and Warrington, that will be delivered by Tourette’s Action.

The Tourette’s Webinar will take place on:

Thursday 13th March from 7.30pm – 9.00pm via Microsoft Teams (link to be shared when booking a place)

The session is for parents and carers whose children are in the process of seeking a Tourette’s diagnosis and for those who have received a diagnosis (pre and post diagnosis)

The content of the webinar will include:

- What are tics and when do they start
- What can they look like and what are the different tic disorders
- What are cooccurring conditions
- How to prepare for a medical appointment
- What can be done to support at school and at home
- What makes tics worse / better
- Explanation on educating the child’s circle
- Where to go for help – you are NOT alone
- Overview of therapies / treatment options available
- What the future holds – it’s not all doom and gloom
- Personal experience from a person with TS and a mum of a child with TS
- Q&A session

We value your input and participation, and are committed to helping families to gain a deeper understanding of Tourette's, to enable you to support your child's ongoing needs.

If you would like to join this fantastic webinar, please 'save the date' in your diaries, and share this email with anyone you know who may be interested.

The details of how to book a place on the webinar will be shared with you shortly – **As soon as HSPCF have this information we will share it with you**

Integrated Care Board (ICB – Health) news – See attached Co-production Charter.



At Healthwatch Halton, we shape our work priorities based on public feedback we get about health and care services throughout the year, along with other local and national information we gather.

We'd now like your thoughts on where we should focus our work in the coming year. We'd appreciate it if you could spare five minutes to take part in a short survey.

The survey will run until Monday 3rd March.

[Click here to take part in the survey](#)

Healthy Start



If you are pregnant or have children under 4, you could get help to buy healthy food and milk



Apply online at www.healthystart.nhs.uk



Get help to buy food and milk with the NHS Healthy Start Scheme

Apply online at www.healthystart.nhs.uk

What is Healthy Start?

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

[How to apply – Get help to buy food and milk \(Healthy Start\)](#)