



HEALTH INFORMATION WEEK - 2026

DAY1 : Children & Young People!



#HIW2026



Medical & Health Advice for Parents

- **NHS:** Information about common health problems including guidance about specific childhood conditions:
 - <https://www.nhs.uk/conditions/>
- **Patient:** Information on a wide range of topics relating to children's health:
 - <https://patient.info/childrens-health>
- **Great Ormond Street Hospital:** General health advice for children:
 - <https://www.gosh.nhs.uk/conditions-and-treatments/general-health-advice-children/>
- **NHS:** Easy ways to eat well and move more from NHS UK:
 - <https://www.nhs.uk/healthier-families/>



Organisations Supporting Children, Young People & Families

- **NSPCC:** Charity working to prevent abuse, help rebuild children's lives and support families. Information and advice on a range of topics:
 - <https://www.nspcc.org.uk/advice-for-families/>
- **Barnardo's:** Charity support and advice on a wide range of issues:
 - <https://www.barnardos.org.uk/get-support>
- **Mental Health Innovations:** Support and information for under 25s on any challenges they may be facing via The Mix:
 - <http://www.themix.org.uk>
- **Action for Children:** Charity protecting and supporting children and young people, providing practical and emotional care and support:
 - <https://www.actionforchildren.org.uk>

- **Save the Children:** Charity supporting children in poverty in the UK. Advice and information via their parental support hub:
 - <https://www.savethechildren.org.uk/what-we-do/parent-hub>
- **Macmillan:** Cancer charity, information on talking to children and teenagers:
 - <https://www.macmillan.org.uk/cancer-information-and-support/diagnosis/talking-about-cancer/talking-to-children-and-teenagers>
- **Child Accident Prevention Trust:** Charity working to reduce the number of children and young people killed, disabled or seriously injured in accidents:
 - <https://capt.org.uk>
- **Rainbow Trust:** Charity supporting families with a seriously ill child:
 - <https://www.rainbowtrust.org.uk>
- **GamCare:** Charity supporting young people to find information and support related to gambling, either for themselves or for someone they care about:
 - <https://www.gamcare.org.uk/get-support/children-and-young-people/>



Physical Resources

- **Reading Agency:** Reading Well booklists aimed at children aged 7-11 and 13-18, also including titles aimed at a wide range of reading levels to support less confident readers:
 - *Children 7-11:* <https://readingagency.org.uk/get-reading/our-programmes-and-campaigns/reading-well/reading-well-for-children/>
 - *Children 13-18:* <https://readingagency.org.uk/get-reading/our-programmes-and-campaigns/reading-well/reading-well-for-teens/>



Local Resources

- Local Library Service: Upcoming events at your local Library:
 - Halton: <https://library.haltonbc.info/whats-on/>
 - Knowsley: <https://yourlibrary.knowsley.gov.uk/events/>
 - Ormskirk: <https://www6.apps.lancashire.gov.uk/w/webpage/all-events?service=ALL&venues=Ormskirk+Library>
 - St Helens: <https://sthlibrarieswp.koha-ptfs.co.uk/whats-on/>
 - Southport: <https://www.sefton.gov.uk/childrens-services/schools-and-learning/libraries/events-and-activities/>

- **NHS:** Child and Young People's Mental Health Services – sometimes known as CAMHS – work with young people with emotional, behavioural or mental health difficulties, and their families.
 - Halton: <https://www.merseycare.nhs.uk/our-services/halton/child-and-adolescent-mental-health-service>
 - Knowsley: <https://www.merseycare.nhs.uk/our-services/knowsley/child-and-adolescent-mental-health-service-1>
 - Ormskirk: <https://www.lscft.nhs.uk/our-services/service-finder-z/children-and-young-peoples-psychological-services>
 - St Helens: <https://www.merseycare.nhs.uk/our-services/st-helens/child-and-young-peoples-mental-health-service>
 - Southport: <https://www.alderhey.nhs.uk/services/mental-health-hub/camhs-sefton/>



Facts & Figures

- **UK Government:** Official statistics on different aspects of children's health and welfare
 - <https://bit.ly/4pu2V36>
- **BBC** News focus on child health – includes international, national and local articles.
 - bbc.co.uk/news/topics/crr7mlg0v82t

For more information about Health Information Week, see the HIW website at: <https://healthinfoweek.wixsite.com/healthinfoweek>

For more information about your NHS Library service, see our website at: <https://library.merseywestlancs.nhs.uk>

NB: All links are correct at time of creating this resource list - 27 Nov 2025

