

WINTER WELLNESS

This series of workshops aims to give you the tools to keep you and your family well this winter, Sign up today, to support your family's health.



Winter Illnesses and Prevention

Wednesday, 4 February 2026 at 12.45pm

- how to take a temperature and how to manage a fever
- taking a look at winter illnesses
- immunisations
- supporting an unwell child, with confidence



Getting Your Home Ready For Winter

Wednesday, 11 February 2026 at 12.45pm

- black mould and how to prevent this in your home
- how to help prevent accidents, injuries or harm in the home
- how to help a person, should they fall, trip or get injured
- what can cause risk, or be a threat, to a child at home



Empowering Dads and Male Carers

Wednesday, 25 February 2026 at 12.45pm

- join other male parents and carers to discuss techniques to deal with stress and anxiety
- get the tools you need to protect your own mental health and that of your children.

Camp Hill Children and Family Centre
Hollystitches Road
Nuneaton
CV10 9QA

Tel: 024 7634 4334

Email: nuneatoncfc@barnardos.org.uk

For other dates online

SIGN UP USING OUR QR CODE OR GO TO:

<http://www.barnardos.org.uk/virtual-family-space-coventry-warwickshire>

