



2019

NHS 70

2018

[April](#)[December](#)[February](#)[January](#)

**Handy app keeps you up-to-date with health advice for children**

NHS North Cumbria Clinical Commissioning Group has made big improvements

NHS North Cumbria Clinical Commissioning Group's next Governing Body Meeting to take place on Wednesday 7 February 2018

NHS organisations in Cumbria kick off 70th birthday celebrations

NHS workers in North Cumbria recognised for compassionate care

[July](#)[June](#)[March](#)[May](#)[November](#)[October](#)[September](#)

2017

News

Floods 2015

Social media

 Communications and  
 Engagement Team

Picture library

Video library

Useful links

Download as PDF

Print this page

## Handy app keeps you up-to-date with health advice for children

[Homepage](#) » [News](#) » Handy app keeps you up-to-date with health advice for children

### Handy app keeps you up-to-date with health advice for children

Posted on Friday 12th January 2018

Parents and carers can access up-to-date NHS advice at their fingertips to help look after their children's health with a free app.

The 'NHS child health' app is an important NHS app for parents and carers of children aged 0-5 years.

The free app:

- provides easy to understand guidance on childhood illnesses
- recognises when your child is unwell offering easy to understand guidance on childhood illnesses
- provides advice on when and where to seek further treatment.

The free app was specifically designed for parents and carers of children aged 0-5 years and is available for download on mobile phones through Google Play or Apple's App Store under the title of 'NHS child health'.

NHS North Cumbria Clinical Commissioning Group has been working with the community to share this information with networks of young parents and professionals who may find it helpful.

NHS North Cumbria Clinical Commissioning Group's Clinical Lead for Children Dr Amanda Boardman said:

"The app is a fantastic tool which provides easy to understand guidance on childhood illnesses. It helps you to recognise when your child is unwell offering handy advice and where to seek further treatment, including information pointing to the relevant local services.

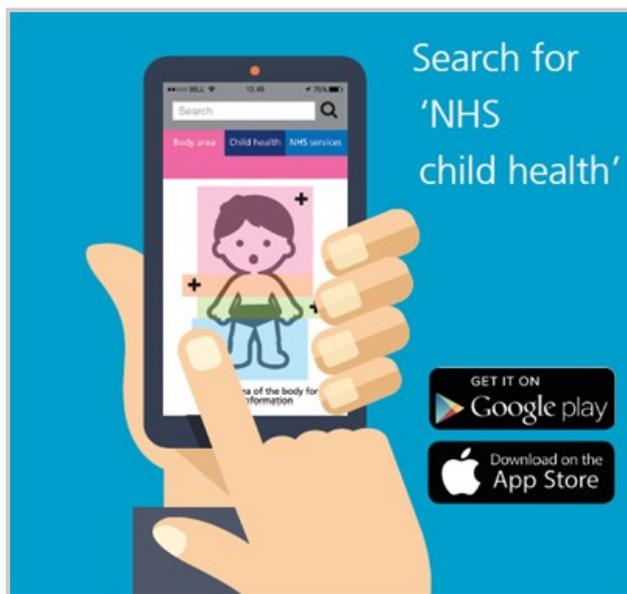
"It covers common childhood illnesses and injuries – this will be an essential app to have at your fingertips for immediate advice when you need it most.

"Feedback from our recent co-production meetings was very positive and the community representatives working with us are keen to promote the app far and wide through channels all across Cumbria."

It was developed by paediatric staff working across the North East and North Cumbria region, in response to research that parent groups lack confidence to recognise common childhood illness. The app was then developed with communities and target parent groups.

The app is also available as a 115-page booklet which is available at: [www.necsu.nhs.uk/wp-content/uploads/2016/09/NHS-LAYCH-ONLINE.compressed-1.pdf](http://www.necsu.nhs.uk/wp-content/uploads/2016/09/NHS-LAYCH-ONLINE.compressed-1.pdf) and it contains everything from oral health, upset tummies and diarrhoea to advice on bumps and bruises.

The app will be particularly useful at this time of year when children are at risk of winter illnesses, providing advice to help parents and carers choose the right service.



Parents and carers are also reminded that if children are showing symptoms of diarrhoea and vomiting there is no specific cure for stomach bugs (like norovirus) so should treat at home while the virus runs its course. It can spread quickly so please don't visit hospitals/surgeries unless you believe you or your child is seriously unwell.

For general information on staying well this winter visit: [www.northcumbriaccg.nhs.uk/winter](http://www.northcumbriaccg.nhs.uk/winter)

---

Posted on Friday 12th January 2018

---



## Latest news

- **Community Stroke Prevention event in Whitehaven on 14 June**  
Monday 10th June 2019
- **Next Governing Body Meeting to take place on Wednesday 5 June 2019**  
Wednesday 29th May 2019