



Cumbria County Council



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Public Health 5-19



Digital wellbeing



PH 5-19 pathways

Contact us & our offer

Parent Zone



www.cumbria.gov.uk/ph5to19

The team can offer FREE support, advice, staff training, and parent workshops on a range of topics to address health and wellbeing needs in your school, so visit our website to find out more.

The collage features several key resources:

- Public Health 5-19 Newsletter (Issue 1 November 2018):** A central document with a blue header and white background, containing text about the team's work and contact information.
- Body Image Factsheet:** A document with a red heart icon and the text "BODY IMAGE FACTSHEET".
- Digital Wellbeing Factsheet:** A document with a blue header and the text "DIGITAL WELLBEING".
- Mobile phone use for children and teenagers:** A document with a blue header and the text "Mobile phone use for children and teenagers".
- Digital 5 a Day:** A document with a green header and a circular diagram with five segments: "Be Mindful", "Connect", "Be Active", "Get Creative", and "Give to others".

Public Health 5-19 Team