





As you may have seen in the news recently, the number of measles cases is increasing across the country. Measles is a serious illness, with one in five children who get the disease having to be admitted to hospital for treatment, so if you or your child have not had your MMR jab, it is vital you come forward.

A new national NHS measles catch up campaign is being launched to contact all parents of children aged from six to 11 years contacted encouraging them to make an appointment with their child's GP practice for their missed MMR vaccine.

Having both measles, mumps and rubella (MMR) vaccinations is the best way of protecting your child, family and community from measles. MMR vaccination is given at one year of age, and at 3 years 4 months by your GP. If you are unsure if your child has had both vaccinations, please call your GP to confirm or to book an appointment. Older children and adults who have not had two doses of MMR can also ask their GP surgery for a vaccination appointment.

The initial symptoms of measles:

- Resemble a cold with runny nose, cough and a slight fever
- Eyes become red and sensitive to light

As the illness progresses, children may develop:

- A high fever
- A raised red rash that usually begins on the face and spreads downwards to the neck, trunk, arms, legs and feet
- Small white spots inside the cheeks and lips

For some people, measles can be very serious if it spreads to other parts of the body, such as the lungs and the brain. Problems can include pneumonia, meningitis and seizures (fits).

If you think your child may have measles:

#### Lancashire County Council

PO Box 100, County Hall, Preston, PR1 0LD

- Call your GP or NHS111 do not attend your GP practice or any other healthcare setting (e.g. A&E) unless told to do so as measles spreads very easily.
- Avoid close contact with babies, pregnant women and anyone with a weakened immune system. These people are at increased risk of severe disease from measles.
- Stay off nursery, school or college for at least 4 days from when the rash appears.

For more information about measles, please visit https://www.nhs.uk/conditions/measles/







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# What's on at Burnley

## **Campus Library**

Special Events						
27th	Saturday	11am	Author visit - come and hear Shabana Hussain read her story, Speak up Sami. Opportunity to buy a signed book. Drop in, free event.			

Weekly Activities							
Monday	3pm-5pm	Lego and STEM Club -under 12's, free, drop in.					
Monday	5pm-7pm	Study Zone - any age, free, drop in.					
Wednesday	10am-11am	Storytime, Rhymes and Activities - under 5's, free, drop in.					
Friday	10am-11am	Get Online - adult, free, drop in.					
Friday	2pm-4.30pm	Let's Play Board Games - any age, free, drop in.					
Saturday	10am-12pm	Lego, Board Games and STEM - any age, free, drop in.					

### Libraries don't just do books!

Come to the library for free Wi-Fi, access to computers, printing, scanning, study space, children's reading rewards, games, activities, help to get online and digital assistance. We are a Warm and Welcome space – free refreshments available.

Find us in the Burnley Campus building, Barden Lane, Burnley.

lancashire.gov.uk







## FREE FRAME FOOTBALL SESSIONS JANUARY 2024 AGES 5 - 15

Sir Tom Finney Preston Soccer Centre have partnered with CP Sport to deliver Frame Football Sessions starting in January 2024!!



http://faevents.t hefa.com/book? sessionid=348917 VENUE: UCLAN SPORTS ARENA TOM BENSON WAY PRESTON PR2 1SG

> COST: FREE

Scan QR code for more info

CONTACT: FOR MORE INFO CONTACT KATH MASON 07730 570688

# Phab clubs are a place where disabled and nondisabled people can come together to learn, thrive and belong, have fun and build lifelong friendships.

### We meet on: Saturdays: 9am - 12pm (ages 8-18) & Wednesdays & Fridays: 9am-12pm (Preschool)



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We meet at: The Vanguard Centre, 65 Bevington Close, Burnley, BB114SD.

Interested? Please contact Tom Harrison <u>harrison.thomas8@gmail.com</u> 01282 416194



ACTION FI	Happier January 202						
ACTION FOR HAPPINESS	28 Ask other people about things they've enjoyed recently	21 Try out something new to get out of your comfort zone	14 Eat healthy food which really nourishes you today	7 Learn something new and share it with others		SUNDAY	
Happier	29 Say hello to a neighbour and get to know them better	22 Plan something fun and invite others to join you	15 Get outside and notice five things that are beautiful	8 Say positive things to the people you meet today	1 Find three things to look forward to this year	MONDAY	
Happier · Kinder · Together	30 See how many people you can smile at today	23 Put away digital devices and focus on being in the moment	16 Contribute positively to your local community	9 Get moving. Do something active (ideally outdoors)	2 Make time today to do something kind for yourself	TUESDAY	
ogether	31 Write down your hopes or plans for the future	24 Take a small step towards an important goal	17 Be gentle with yourself when you make mistakes	10 Thank someone you're grateful to and tell them why	3 Do a kind act for someone else to help brighten their day	WEDNESDAY	
		25 Decide to lift people up rather than put them down	18 Get back in contact with an old friend	11 Switch off all your tech at least an hour before bedtime	Write a list of things you feel grateful for and why	THURSDAY	
42 Jan		26 Choose one of your strengths and find a way to use it today	19 Focus on what's good, even if today feels tough	12 Connect with someone near you - share a smile or chat	5 Look for the good in others and notice their strengths	FRIDAY	
A A A		27 Challenge your negative thoughts and look for the upside	20 Go to bed in good time and allow yourself to recharge	13 Take a different route today and see what you notice	6 Take five minutes to sit still and just breathe	SATURDAY	



### PUPIL HOLIDAY DATES - 2023 / 2024

### Autumn Term 2023

Re-open

5 days

Monday 23 October Friday 27 October (Inclusive)

Wednesday 6 September 2023

Re-open

Half Term

1.

Monday 30 October

Christmas - Closure after school on Friday 22 December 2023



Spring Term 2024

Re-open.

Half Term

5 days

Monday 12 February to Monday 19 February (Inclusive)

Monday 8 January 2024

Tuesday 20 February

Re-open

Easter - Closure after school on Thursday 28 March 2024

### Summer Term 2024

Re-open

May Day Half Term

1 day 5 days Monday 15 April 2024 Monday 6 May

Monday 27 May to Friday 31 May (inclusive)

Re-open Monday <u>Summer</u> – Closure after school on Friday 19 July 2024

Monday 2 June



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