

Please reply to: Dudu Sher-Arami

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Date: 28<sup>th</sup> January 2025

Dear Parent/Carer

**Enfield Council has launched two public health websites for kids and teens in Enfield.**

Children, young people and families in Enfield can now access two new dedicated websites which will provide health messages and advice through interactive tools and creative marketing materials. The Health for Kids and Health for Teens websites cover age-appropriate subjects that promote health and wellbeing, with the aim of educating and supporting the development of children at every stage of growing up.

Enfield Council have worked in partnership with Leicestershire Partnership NHS Trust to ensure that all children, young people and families in Enfield can easily access trusted information about their health.

**Health for Kids – Primary School Age Children**


Health for Kids ([www.healthforkids.co.uk/enfield](http://www.healthforkids.co.uk/enfield)) is aimed at primary school children, aged four to 11 years old and their grown-ups. It contains four exciting worlds of fun and games to help kids learn about their health. For grown-ups, it covers important features of a child's health and development, including healthy minds, healthy bodies, health issues and where to get professional help and support.

**Health for Teens – Secondary School Age Children**

Health for Teens ([www.healthforteens.co.uk/enfield](http://www.healthforteens.co.uk/enfield)) is aimed at 11 to 19-year-olds. It features bite-sized information on a comprehensive range of physical and emotional health topics for teenagers, including healthy eating, body image, managing stress, advice on relationships, puberty, sexuality and much more.

**Tony Theodoulou**  
**Executive Director People**  
Enfield Council  
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Enfield EN1 3XY

[www.enfield.gov.uk](http://www.enfield.gov.uk)

 If you need this document in another language or format contact the service using the details above.

Please do encourage your child to explore the website that is suitable for their age group to help them improve their health knowledge.

Yours faithfully

A handwritten signature in blue ink that reads "Dudu Sher-Arami". The signature is written in a cursive style with a large initial 'D'.

**Dudu Sher-Arami**  
**Director of Public Health**  
**Enfield Council**