

Headsmart

A national campaign that encourages all families to be brain tumour aware.

Please see the information below with links for ordering Headsmart cards or to visit the Headsmart website. Unfortunately this information was on Ecourier last week with broken links.

With the support of The Director of Public Health for Norfolk, Healthy Norfolk Schools is hoping that all schools in Norfolk will support the Headsmart Campaign by:

- ordering the pocket sized cards for their parents, carers and staff
- making parents aware of the campaign through school websites and in newsletters.

The symptom cards are similar to the little cards which alerted people to the symptoms of Meningitis a few years ago.

Brain tumours are rare – but they do happen – one quarter of all childhood cancers occur in the brain and they are the biggest cancer killer of children and young people. Ten children a week are diagnosed.

Brain tumours can be difficult to diagnose as the symptoms can mimic those of less serious illnesses but early diagnosis can improve the outcomes for those affected, saving lives and reducing long term disabilities.

Please order cards for all your families and distribute them. The Headsmart charity will happily send you cards and a campaign pack direct to your school. (The campaign pack contains a poster and a symptom card holder.)

To order free Headsmart Cards and or a campaign pack for your parents and carers contact info@headsmart.org.uk

You (and your parents/carers) can order a free mobile symptoms guide to your Smart Phone – simply text SMART to 81400. Texts are charged at your standard rate and will be included in your free text allowance if available.

For further enquiries about the campaign go to www.headsmart.org.uk or contact 01252 749995

Sarah Lindsell, chief executive of The Brain Tumour Charity, said: *“We are delighted that the HeadSmart message is reaching families and teachers in Norfolk. We know that bringing down the average diagnosis time for children with brain tumours will save lives. It will also reduce the long-term disabilities that affect many children who survive brain tumours, because early treatment is often less damaging to a growing brain.”*

Adele Godsmark

School Health Partnerships Adviser adele.godsmark@nhs.net 01603 221812