Dear Parent, childhood illnesses are rising as restrictions ease and people mix more. For the majority of children these illnesses will not be serious and they will soon recover following rest and fluids. You can make sure you know how to care for your unwell child and when it's important to get help by visiting <a href="www.eastlondonhcp.nhs.uk/unwellchild">www.eastlondonhcp.nhs.uk/unwellchild</a>. Your NHS is here for you. Kingsmead Healthcare GPs.