

Hertfordshire School Nursing Service

The Healthy Child Programme



**Hertfordshire School Nursing Service
Promoting a healthy lifestyle for school children**

The School Nursing Service in Hertfordshire promotes a healthy lifestyle for school aged children between the ages of 5-19 following the healthy child programme.

The School Health Team can advise or signpost on a range of health issues that can affect a child or young person.

These may include:

- Initial advice and assessment for emotional and mental health issues to include basic strategies and interventions for the following:
 - Self esteem
 - Anxiety
 - Depression
 - Behaviour
 - Stress
 - Self harm
- Sexual Health
- Night time bedwetting (nocturnal enuresis)
- Healthy eating and weight management
- Soiling and constipation
- Tobacco, alcohol and substance misuse
- Immunisation
- Support for young carers
- Health conditions requiring medication in school

School nurses support families at times when extra help is needed, such as help with parenting, emotional difficulties and coping with long term health conditions.

Please contact your local school health department (details on reverse) should you wish to discuss any health concerns of your child or complete a referral form available on our website: www.hct.nhs.uk/our-services/school-nursing/

Hertfordshire Community NHS Trust is committed to protecting your privacy and will process the information you provide in a manner that is compliant with the data protection act. Health information about your child will only be shared with your consent.

Information will not be shared with any other outside agency unless it is necessary for the protection of a child or vulnerable adult.

Chat Health

School nurses in Hertfordshire offer an anonymous, confidential texting service for 11-19 year olds:

- Tel: 07480 635050
- They will answer any health related questions or concerns you might have within 24 hours, 9am to 5pm, Monday to Friday

There are many websites that can also offer you advice and support. Here are some useful ones:

- www.nhs.uk
- www.childline.org
- www.samaritans.org
- www.talktofrank.com
- www.ERIC.org
- www.change4life.com
- www.kooth.com
- www.channelmogo.org

For further information

Please visit our website for more information on the School Nursing Service

www.hct.nhs.uk/our-services/school-nursing

or visit

www.healthforteens.org



Comments or complaints

Hertfordshire Community NHS Trust offer high quality services and aim to be as helpful as possible. If however you are dissatisfied by our service then we would like to know so that we can make improvements.

Please contact:

Patient Advice and Liaison Service (PALS)

Tel: **0800 011 6113** Email:

pals.hchs@nhs.net

School Nurse contact details:

East and South: Ware, Hoddesdon, Bishops Stortford, Hertford, Royston and Waltham Cross.

Tel: **01920 443793**

Email: **HCNT.SHWBS@nhs.net**

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