



## Spring Term January – April 2024

### Your School Nursing Service

School Nurses form part of the 0-19 service in Hillingdon. Health Visitors cover from 0-5 years and School Nurses cover from 5-years old until your 19<sup>th</sup> Birthday. The School Nursing Team works in partnership with children, young people and families as well as schools and the Local Authority to ensure that young people are supported within their school community to remain healthy and receive the right support where it is needed.

#### Health Questionnaires

- The questionnaire provides an opportunity to identify any new or on-going health needs you may have and require additional support with, and enable individual follow-up actions which may be required to support you in ensuring you remain as healthy as possible.
- You will be sent a questionnaire to complete either from your school or via text. The results are sent to the School Nursing Service, they are confidential and not shared with the school.
- Even if you have no concerns with your health, we still find it valuable for you or your parent to complete a Health Questionnaire!
- The Health Questionnaires are sent in **Year 7, Year 9 and Year 12**
- The Year 7 questionnaires are sent in September / October
- The Year 9 and Year 12 questionnaires will be sent in January / February

**Keep an eye out to make sure you do not miss out!**

#### Drop-ins

- School Nurses are available to drop-in and see you in school if you need any support.
- This is private and confidential.
- Concerns are only shared if there are concerns for your well-being and safety.

#### School Nurses can provide advice and support on:

- Healthy eating and exercise
- Stress, anxiety or bullying
- Drugs, alcohol and smoking
- Asthma support and education
- Sexual Health
- Or any other query you may have!

You can speak with your schools welfare if you want to see your school nurse, or you can contact us directly on the contact details provided!

#### CONTACT DETAILS:

TELEPHONE: 01895 891 302

EMAIL : [cnw-tr.hillingdonchildrencc@nhs.net](mailto:cnw-tr.hillingdonchildrencc@nhs.net)

WEBSITE : [www.hillingdoncyp.cnwl.nhs.uk/](http://www.hillingdoncyp.cnwl.nhs.uk/)

*School nurses are available Mon-Fri 9am-5pm, excluding bank holidays, so you can call or email with any queries and we can get back to you.*

*This is not an emergency service, if you need immediate support, please call 999.*

Please scan the QR code to access our website.



**KOOTH** – provides free online counselling for ages 11-25 years.

**Brook** – online sexual health and well-being support.

**Young Minds** – mental health charity to support you

Best for you – digital mental health support for young people

**NHS better health** – support around a healthy lifestyle and exercise

**Calm harm app** – help and support with self-harming behaviours

**Hillingdon Targeted Programmes** – variety of programmes from mentoring, counselling and alcohol education (online self-referral form).