

Devon Public Health Nursing Service (School Nursing)

In Secondary Schools

Dear Young Person/Parent/Carer

We would like to take the opportunity to update you about the School Nursing service and how we might be able to support you and your family at this time.

The School Nurse (SN) team works within schools and the wider community to:

- Provide health advice to help young people make the best of their education
- Provide advice and support to parent/carers and schools
- Support young people to look after their own health
- Direct young people and families to the right services.
- Identify health needs and trends at a community level to inform current and future services and allocation of resources.

This is provided via:

- Referral service so parents, carers, young people and professionals can request support from the School Nurse service
- Confidential one to one appointments for young people. This may be face to face, via video conference using Microsoft teams or via phone.
- Phone advice and support (PHN hub contact details below)
- Confidential texting service for young people (advice and support from Devon School Nurses via ChatHealth)



You can talk to us about any health concerns but the things that young people often want to talk to us about include:

- Healthy lifestyle choices including healthy eating and physical activity
- Worries about physical or mental health
- Management of a health condition
- Stress at school or at home
- Relationships and sexual health
- Friendships and bullying
- Sleep
- Body shape or size
- Body changes and puberty
- Stop smoking support
- Drugs and alcohol
- Bladder and bowel issues
- Keeping safe

At the current time this may also include worries associated with Coronavirus and the impact this has had (or could have) on you and your family, or concerns about returning to school.

Young people are always encouraged to talk to their parents. Confidentiality and information sharing are discussed and where there is a concern that they or someone else may be suffering, or is at risk of significant harm, information is shared following safeguarding procedures.

In some venues, and where appropriate to age and needs of the young person, we can also provide condoms (C-card registration), chlamydia screening, and pregnancy testing.

YOUR SCHOOL NURSE TEAM can be contacted at:

Exeter and Crediton area	rde-tr.exeterphnhub@nhs.net	T: 0333 234 1902
South and West Devon (Teignbridge, South Hams and Tavistock area)	rde-tr.southernphnhub@nhs.net	T: 0333 234 1901
North Devon, Torridge and Okehampton area	rde-tr.northernphnhub@nhs.net	T: 0333 234 1904
East Devon, Tiverton and Cullompton area	rde-tr.easternphnhub@nhs.net	T: 0333 234 1903

<https://www.devon.gov.uk/educationandfamilies/health/public-health-nursing-useful-links>

Other useful websites for young people include: <https://riseabove.org.uk/>; <https://youngminds.org.uk/>; <https://www.kooth.com/>; and <https://www.childline.org.uk/get-support/contacting-childline/>