

Useful Websites

www.eric.org.uk

www.asthma.org.uk

www.gosh.nhs.uk

www.anaphylaxis.org.uk

www.nhs.uk/change4life

www.epilepsy.org.uk

www.diabetes.org.uk

www.patient.co.uk

www.nhs.uk

www.barnardos.org.uk

www.kidsmart.org.uk

www.kidscape.org.uk

www.youngcarers.net

www.childline.org.uk

www.daycaretrust.org.uk/nafis

'No Worries' Teenage Health Service:
<http://nscp-communityhealth.co.uk/list-of-services/teenage-health-service.aspx>

Contact Your School Nurse:

Information about local health services

If you want to make a comment about this service or need some advice or information about any other local NHS service, please contact:

The NHS North Somerset Patients Advice & Liaison Service (**PALS**)
Castlewood, Tickenham Road
Clevedon, BS21 6FW
Freephone: 0800 389 5260
Email: nscp.pals@nsomersetcp-cic.nhs.uk

The quality of our service provision is monitored by the **Care Quality Commission** (CQC). Please visit www.cqc.org.uk for further information.

The **Dignity in Care Campaign** aims to put dignity at the heart of care services in North Somerset. Please visit www.northsomerset.nhs.uk/dignity for further information.

If you are concerned that your child is unwell, please phone:
NHS Direct on 0845 4647.

If you are concerned that a child is being harmed or is at risk of abuse or neglect, please phone:
Social Care on 01275 888266.



NHS

North Somerset
Community Partnership
"Your Local Health Service"



School Health Nursing Service

For Secondary School Pupils

The School Health Nursing Service forms part of your school health team.

We are an experienced professional and qualified team who are here to help you.

The school nurse will usually see you in your school or other health setting.

School Nurses have four main roles:

1. To work in partnership with, young people families and professionals to identify and protect young people suffering or at risk of suffering and harm.

2. To give confidential advice and care to children and parents or carers.

3. Support parents and young people to look after their physical and emotional health and wellbeing.

4. To make sure young people with health issues receive the right NHS care.

Services and Support

The services and support school nurses offer include:

- Routine HPV immunisations for Year 8 girls to protect against cervical cancer.
- Demonstrations and displays on support to stop smoking, alcohol and drugs.
- 'No Worries' teenage health drop in clinics for confidential advice.
- Small groups or class sessions about health issues including sexual health.
- Help with developing health care plans for pupils with complex needs.
- Confidential appointments.
- Support for education staff when a pupil has a health condition.

How we can help

The kind of things that you can come to see us about:

- Relationships and sexual health.
- Stress at home or at school including bullying.
- Body shape or size.
- Help to stop smoking.
- Worries about other members of your family.
- Healthy living.
- Body changes and puberty.
- Information about other services.

