



Solent  
NHS Trust

**Public Health Nursing**

**School Nursing**

**5-19**

**Family Wellbeing**

**Go To Guide**

**During Covid**



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The Public Health Nursing service in Southampton and the School Nursing Service in Portsmouth and Isle of Wight have been working exceptionally hard to continue to provide support for children and their families as part of the health child programme 5-19 agenda throughout the pandemic.

A Key part of the healthy child programme is to help support children and young people maintain good emotional and mental health that the 5-19 services provide by directly supporting the children and young people or by signposting and referring to other services that can best support. We provide advice and guidance to young people on a range of emotional health issues such as anxieties, exam, school and pandemic stress, anger, low mood and many other issues.

The country has entered into the third nationwide lockdown but the school nursing service is still here to help support you and your children.

You will find some helpful guides, resources and links to support services in this go to guide.

If you are looking for support for children under 5 years old the Health Visiting service are still able to support you as well, please see below for contact details.

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### Solent Pulse

Parent, carers, and young people to text in to get FREE confidential help and advice from a qualified nurse in Health Visiting or School Nursing.



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### School Nursing

Area	Duty Number	Solent Pulse (Text)
Southampton	0300 123 6661	07491 163 278
Portsmouth	0300 123 6629	07491 163 276
Isle of Wight	01983 821388	

### Health Visiting

Area	Duty Number	Solent Pulse (Text)
Southampton	0300 123 6661	07491 163 277
Portsmouth	0300 123 6629	07491 163 275
Isle of Wight	01983 821388	

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### Immunisations

The Immunisation in schools programme is still running to help protect the health of children and their families. The School leavers booster vaccination is being rolled out in schools and clinics, if you would like more information please call 0300 123 6661 or email [snhs.childreimmunisationteam@nhs.net](mailto:snhs.childreimmunisationteam@nhs.net)

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## Others who can help...

<p><b>Child &amp; Adolescent Mental Health (CAMHS)</b></p> <p>Southampton: 0300 123 6661            Portsmouth: 0300 123 6632            Isle of Wight: 01983 523602</p> <p><a href="https://www.solent.nhs.uk/our-services/services-listings/child-and-adolescent-mental-health-service-camhs-southampton/">https://www.solent.nhs.uk/our-services/services-listings/child-and-adolescent-mental-health-service-camhs-southampton/</a></p> <p><a href="https://www.iow.nhs.uk/our-services/mental-health-services/CAMHS/camhs.htm">https://www.iow.nhs.uk/our-services/mental-health-services/CAMHS/camhs.htm</a></p>	<p><b>Anxiety UK</b></p> <p>Advice and helpline: 03444 775774            Text support: 07537 416 905</p> <p><a href="http://www.anxietyuk.org.uk/coronanxiety-support-resources">www.anxietyuk.org.uk/coronanxiety-support-resources</a></p>
<p><b>Mind</b></p> <p>Coronavirus and your wellbeing</p> <p><a href="https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</a></p>	<p><b>Samaritans</b></p> <p>24 hrs a day on 116 123            email support on <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>            (response within 24 hrs)</p>
<p><b>Young Minds</b></p> <p>Support for children and young people including advice for carers.</p> <p><a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p>	<p><b>The Mix</b></p> <p>(U25 advice line)            Freephone 08088084994 (daily 13:00-23:00)</p> <p><a href="http://www.themix.org.uk">www.themix.org.uk</a></p>
<p><b>Shout Crisis Text Line</b></p> <p>Text SHOUT to 85258 to text with a trained crisis volunteer 24/7</p> <p><a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a></p>	<p><b>Place2Be</b></p> <p>Talking to children about coronavirus</p> <p><a href="http://www.place2be.org.uk/coronavirus">www.place2be.org.uk/coronavirus</a></p>
<p><b>Wessex Healthier Together</b></p> <p>Health information and advice</p> <p><a href="https://what0-18.nhs.uk/">https://what0-18.nhs.uk/</a></p>	<p><b>Mental Health Foundation</b></p> <p>Looking after your mental health during coronavirus outbreak</p> <p><a href="http://www.mentalhealth.org.uk/coronavirus">www.mentalhealth.org.uk/coronavirus</a></p>
<p><b>Every Mind Matters</b></p> <p>Looking after your Mental Health</p> <p><a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a></p>	<p><b>OCD</b></p> <p>Action - phone support – 0845 390 6232</p> <p><a href="https://ocdaction.org.uk/">https://ocdaction.org.uk/</a></p>
<p>These are some national support services, there may be more local support services available in your area, contact your school nursing team for more information.</p>	

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## Maintaining your CALM

**C** — Creativity (Engage your creative side such as drawing, writing, music or crafting)

**A** — Active (Move your body, go for a walk in nature, bike ride or dance!)

**L** — Lungs (Slow, deep breaths to help regulate your breathing and relax you)

**M** — Mindfulness (Be present in the moment to help calm racing thoughts, listening to music or nature sounds may help)

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## Guided muscle relaxation

Progressive Muscle Relaxation (Video) <https://youtu.be/aaTDNYjk-Gw>

Complete Muscle  
Relaxation Fun  
for Kids!  
(& adults too!)

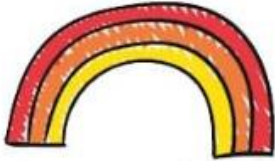
Illustrated by [angelasulove.com](http://angelasulove.com)

This script can be found on pp. 298-302 of *Play Therapy Techniques*, 2nd ed.  
by Charles Schaefer and Donna Cangelosi

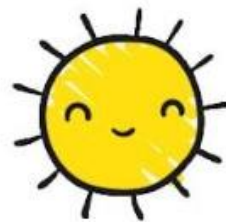
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# Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."  
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

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# Advice for Parents / Carers

<https://www.nhs.uk/oneyou/every-mind-matters/>

## Exercise

Every minute of exercise counts

Doing 10 minutes of brisk walking is a simple, achievable way to add more activity into your day.

Start small and build up from there – you might be surprised how much you can do!

Brisk walking is simply walking quicker than usual, at a pace that gets your heart pumping. It's a great way to get outside and improve your health.

The benefits of brisk walking

A daily brisk walk can:

- boost your energy
- clear your head and lift your mood
- improve your fitness and make it easier to do everyday activities, like food shopping or gardening
- lower your risk of serious conditions like heart disease, type 2 diabetes and some cancers, as well as depression and anxiety

Every minute of activity counts, but aiming for at least 10 minutes of brisk walking a day is the perfect place to start when working towards the [recommended physical activity guidelines](#).

<https://www.nhs.uk/oneyou/for-your-body/move-more/active-10/>

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## Stress

Top tips to deal with stress and burnout

Split up big tasks

If a task seems overwhelming and difficult to start, try breaking it down into easier chunks, and give yourself credit for completing them.

Allow yourself some positivity

Take time to think about the good things in your life. Each day, consider what went well and try to list 3 things you're thankful for.

Challenge unhelpful thoughts

The way we think affects the way we feel. Watch our video to learn how to challenge unhelpful thoughts.

Be more active

Being active can help you to burn off nervous energy. It will not make your stress disappear, but it can make it less intense.

### Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch our video for more ideas.

### Plan ahead

Planning out any upcoming stressful days or events – a to-do list, the journey you need to do, things you need to take – can really help.

<https://www.nhs.uk/oneyou/every-mind-matters/stress/>

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## Sleep

### Keep regular sleep hours

Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.

### Confront sleeplessness

If you are lying awake unable to sleep, do not force it. Get up and do something relaxing for a bit, and return to bed when you feel sleepier.

### Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep. Watch our video for tips on how to sleep better.

### Write down your worries

If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.

### Move more, sleep better

Being active can help you sleep better. These videos can get you going, but remember to avoid vigorous activity near bedtime if it affects your sleep.

### Put down the pick-me-ups

Caffeine and alcohol can stop you falling asleep and prevent deep sleep. Try to cut down on alcohol and avoid caffeine close to bedtime.

<https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

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## APPS

	<p><b>NHS App</b> Owned and run by the NHS, the NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet.</p>
	<p><b>NHS Go</b> The NHS Go app provides young people with confidential health advice and greater access to health information</p>
	<p><b>Pzizz</b> The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed</p>
	<p><b>Think Ninja</b> ThinkNinja is a mental health app designed for 10 to 18 year olds.</p>
	<p><b>Active 10</b> Add more regular bursts of brisk walking to your daily routine with activity tracking, encouragement and achievable milestones.</p>
	<p><b>Couch to 5K</b> Get off the couch and running 5K in just 9 weeks. Grab your trainers and follow the step-by-step audio instructions</p>
	<p><b>Calm</b> Calm is a leading app for meditation and sleep</p>
	<p><b>HeadSpace</b> Stress less. Sleep soundly. Get happy. Learn the life-changing skills of meditation and mindfulness in a few minutes a day with Headspace.</p>



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## Home Schooling Resources

### Primary School

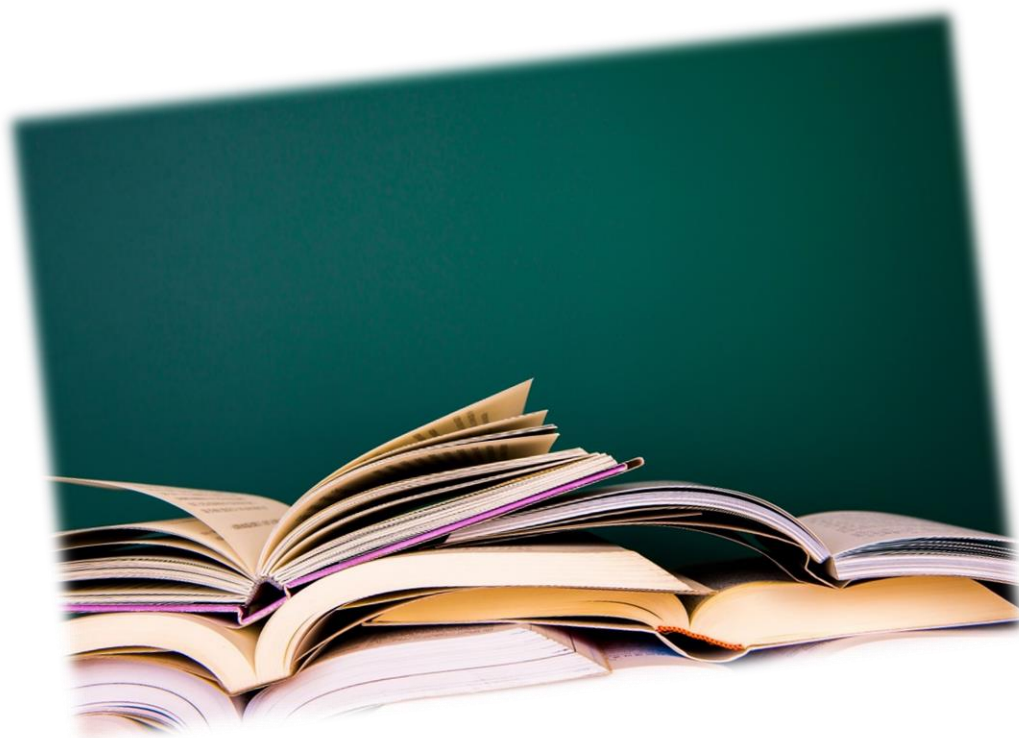
<b>General</b>	
Oxford Owl for Home <a href="https://www.oxfordowl.co.uk/for-home/">https://www.oxfordowl.co.uk/for-home/</a>	BBC Supermovers Interactive videos to support with KS1 and KS2 <a href="https://www.bbc.co.uk/teach/supermovers">https://www.bbc.co.uk/teach/supermovers</a>
Blue Peter Badges <a href="https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges">https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges</a>	National Geographic Kids <a href="https://www.natgeokids.com/uk/">https://www.natgeokids.com/uk/</a>
Twinkl <a href="https://www.twinkl.co.uk/">https://www.twinkl.co.uk/</a>	Top Marks <a href="https://www.topmarks.co.uk/">https://www.topmarks.co.uk/</a>
West Suffolk College <a href="https://www.wsc.ac.uk/parents/free-online-resources-home-schooling">https://www.wsc.ac.uk/parents/free-online-resources-home-schooling</a>	
<b>Maths</b>	
Times Tables Rockstars <a href="https://trockstars.com/">https://trockstars.com/</a>	Prodigy Fun Maths Learning <a href="https://www.prodigygame.com/main-en/">https://www.prodigygame.com/main-en/</a>
ICT Games <a href="http://www.ictgames.co.uk/">http://www.ictgames.co.uk/</a>	
<b>Geography</b>	
Geography Games <a href="https://www.wsc.ac.uk/parents/free-online-resources-home-schooling">https://www.wsc.ac.uk/parents/free-online-resources-home-schooling</a>	
<b>English / Literacy / Phonics</b>	
ICT Games <a href="http://www.ictgames.co.uk/">http://www.ictgames.co.uk/</a>	Scholastic <a href="https://resource-bank.scholastic.co.uk/home-learning">https://resource-bank.scholastic.co.uk/home-learning</a>
Fun Fonix <a href="https://www.funfonix.com/">https://www.funfonix.com/</a>	
<b>Science</b>	
Mystery Science <a href="https://mysteryscience.com/home">https://mysteryscience.com/home</a>	

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## Secondary School

General	
TED Educational Talks <a href="https://ed.ted.com/">https://ed.ted.com/</a>	BBC Bitesize <a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>
Twinkl <a href="https://www.twinkl.co.uk/">https://www.twinkl.co.uk/</a>	Top Marks <a href="https://www.topmarks.co.uk/">https://www.topmarks.co.uk/</a>
My Online Schooling <a href="https://myonlineschooling.co.uk/community/free-homeschooling-resources/secondary-homeschooling-resources-ks3-ks4/">https://myonlineschooling.co.uk/community/free-homeschooling-resources/secondary-homeschooling-resources-ks3-ks4/</a>	West Suffolk College <a href="https://www.wsc.ac.uk/parents/free-online-resources-home-schooling">https://www.wsc.ac.uk/parents/free-online-resources-home-schooling</a>
English	
British Council <a href="https://www.britishcouncil.org/school-resources">https://www.britishcouncil.org/school-resources</a>	
History	
Big History <a href="https://www.bighistoryproject.com/home">https://www.bighistoryproject.com/home</a>	



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**If you feel suicidal or feel like you will harm yourself or others, it is important to tell someone.**

**Help and support is available right now, if you need it and you are not alone.**

**Call 111 who can offer specialist support or the Samaritans on 116 123**

**Further information is available on <https://www.nhs.uk/conditions/suicide>**

**IF YOU OR SOMEONE ELSE HAS HARMED THEMSELVES OR FEEL YOU NEED MORE URGENT SUPPORT**  
**CALL 999**

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