

## **Update Newsletter**

### **Delivery of School Nursing Services during the Covid-19 Situation**

This is a challenging time for all and we wanted to let you know that

although the Southampton Public Health Nursing service is operating slightly differently we are still here to support schools and families

during this time. This newsletter highlights some changes including how to refer to the service and shares some of the resources

recommended from Solent NHS and other sources that may be useful within school and for parents.



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## **How can you contact us?**

E-mail: [snhs.publichealthnursingsouthampton@nhs.net](mailto:snhs.publichealthnursingsouthampton@nhs.net)

Website: <https://www.what0-18.nhs.uk/solent>

<https://www.solent.nhs.uk/our-services/services-listings/public-health-nursing-5-19-years/>

**Solent Pulse** Text Messaging Service for Parents and Young People:

Text **07491163277** to text a duty School Nurse.

Messages will be responded to within one working day (Mon-Fri 08:30-16:30)

#### **Special points of interest:**

- The Emotional Health and Well-being workers are now employed by Solent NHS Trust and are called Well-being Associate Practitioners (WAP's)
- Some referrals to the PHN service have been placed on hold but please contact us if there are worries about them.

## New Referral Form

### New Referral Form

We have a new referral form which we would like to share with you (attached) please use this for any referrals into the service going forward. You can also refer a child to our new Wellbeing Associate Practitioners (WAPS) which offer support on a range of emotional wellbeing topics such as anxiety, stress and bullying to children from year 6 and above using the same referral form.

The WAP service has replaced the previous Emotional Health & Wellbeing Worker (EHWB) service offered to schools in conjunction with No Limits due to the end of a contract. You will still see lots of familiar faces as these staff have transferred directly over from No Limits and are very much looking forward to continuing to support young people within Southampton.



PHN Referral Form



PHN Referral Guidance

## Developing new ways of working

We are developing new ways of working in response to the changing situation but are still able to offer face to face appointments with appropriate personal protective equipment (PPE), telephone appointments or video appointments as required.

The most up to information about Covid-19 from the NHS is available <https://www.nhs.uk/conditions/coronavirus-covid-19/>

**Stay Alert, Control the Virus, Save Lives**

Following social distancing guidelines and hand washing more regularly for 20 seconds remains the best way to prevent the spread of the virus.

Advice on hand washing can be found at:

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>



## How can I find trusted support for children's emotional wellbeing at this time online?

There are many useful online resources being used, particularly at the moment. Here are some that we would recommend:

- ◇ Anxiety UK (Support for Children and Adults) <http://www.anxietyuk.org.uk/coronanxiety-support-resources/>
- ◇ Every Mind Matters (Mental health & Wellbeing support) <https://www.nhs.uk/oneyou/every-mind-matters/>
- ◇ Samaritans 24 hours a day: Call FREE ANY TIME on 116123 or 0330 0945717 (local call charges apply).
- ◇ Young Minds (Mental health and Wellbeing support specifically for children) <https://youngminds.org.uk/>

### Useful Wellbeing Apps to help children cope with the current situation

- ◇ Calm
- ◇ Head Space
- ◇ Worry Tree

### Trusted Health Advice

- ◇ Health for Kids [www.healthforkids.co.uk/](http://www.healthforkids.co.uk/)
- ◇ Health for Teens <https://www.healthforteens.co.uk/>
- ◇ Wessex Healthier Together (Health & Wellbeing Advice) <https://what-18.nhs.uk/>

Please contact the Public Health Nursing Team if you have any queries with regards to the information above or if you wish to discuss any specific support that your school or pupils need. We understand that some pupils will be returning to school in June and the DfE has issued specific guidance around this. If we need to see a child in school we will contact schools directly to arrange this.

Another newsletter from the Public Health Nursing team will be issued on the 1<sup>st</sup> July to inform you of any further changes and updates including details of the Public Health Nurses for your specific school for September 2020 and the plans for immunisation delivery.

## CAMHS Update

Southampton Child and Adolescent Mental Health Service (CAMHS)

<https://www.solent.nhs.uk/our-services/services-listings/child-and-adolescent-mental-health-service-camhs-southampton/>

More information can be found about the CAMHS referral criteria at

<https://www.solent.nhs.uk/media/2159/camhs-west-referral-criteria-feb-2020.pdf>

Referral forms can be requested by contacting the team on 023 8103 0061 (CAMHS Direct Line) or 0300 123 6661 and asking for the CAMHS West team. Alternatively email the team at [SNHS.CAMHSWestNewReferrals@nhs.net](mailto:SNHS.CAMHSWestNewReferrals@nhs.net) Parents and young people are able to self-refer to the service.



Coping After  
Covid



**Solent PULSE**

If you are **11-19 years old**  
(year 7 and above) Text your school nurse on

**07491 163278**

Text us for confidential advice and support on:

**healthy eating self-harm drugs**  
**bullying alcohol mental health**  
**contraception smoking sex**  
or anything else that worries you.

Please note that text messages will be charged at the local network rate. They are anonymous unless you give staff your details. The qualified nurse will not pass on anything you say to anyone else - except in extreme circumstances such as if the health and safety of you or someone else is at risk, if we did tell someone, we would let you know first. For our safety and yours, we hold all information for at least six months.