



School Nursing Service Update_Summer and Autumn term 2018

Find us online at: www.devon.integratedchildrensservices.co.uk/public-health-nursing/

For anyone who hasn't received this newsletter before, we work in partnership with schools to:

- Support the schools in the development of health policies that impact on all children and young people.
- Identify and support children and young people with medical conditions, to ensure they access the whole curriculum and are not disadvantaged.
- Plan for support at transitions as required which includes transitions in and out of the school within the school year
- Provide appointment clinics for young people in arrangement with secondary schools
- Provide targeted hearing screens where a concern has been identified and consent gained for screening.
- Provide support, and advice in relation toileting issues, healthy lifestyles, sleep routines and mental health and wellbeing.

Centralised contact points for PHN Services (PHN hubs)

All calls, referrals and correspondence will be directed to the hubs where business supports are co-located with duty clinicians – Health Visiting & School Nursing.

Northern Hub: 0333 234 1904 Taw View, Civic Centre, North Walk, Barnstaple EX31 1EE

Southern Hub: 0333 234 1901 Lescaze Offices, Shinnars Bridge, Dartington, TQ9 6JE

Exeter Hub: 0333 234 1902 Franklyn House, Franklyn Drive, Exeter, EX2 9HS

Eastern Hub: 0333 2341903 Jerrard Wing, Honiton Hospital, Marl pits Lane, Honiton, EX14 2DD

SINGLE POINT OF ACCESS (SPA) ACCESS TO SPECIALIST SERVICES IN DEVON

www.integratedchildrensservices.co.uk

Tel: **0330 024 5321**

Email: vcl.devonspa@nhs.net

This includes services such as: CAMHS, Autistic Spectrum Assessment, Speech and language therapy, Occupational Therapy, physiotherapy, Learning disability Nursing and psychology, Community Children's Nursing, Palliative care, Rehabilitation Officers for Visually Impaired Children, and the Children with Disability Social Work Team.

You can self refer and information to support this is available online or by speaking to one of the team.

Is your child up to date with their vaccinations or due vaccination this year?

Primary vaccinations: Did your child miss out on any of their primary vaccinations?

It's not too late to get the 1st or 2nd dose of MMR.

There are other vaccinations which can also be caught up if they were missed. Please contact the Practice Nurse at your GP surgery.

School aged immunisations (provided in schools or community clinics):

Age 12-13 (Year 8) 1st dose HPV (Girls only)

Age 13-14 (Year 9) 2nd dose HPV (Girls only)

Age 13-14 (Year 9) Tetanus, Diptheria, Polio, Meningitis ACWY

Age 14-15 (Year 10) Tetanus, Diptheria, Polio, Meningitis ACWY (anyone who didn't have this last year)

If your child has missed these vaccinations, or is due to receive any of these and not in school, please contact the immunisations team on **0333 321 9884**.

From September 2018 we will be offering the annual flu vaccinations in school to those children who are eligible.

Changes to EpiPen Administration

There have been changes to administration guidance. It is now recommended that:

- You hold it in place for 3 seconds (not 10 seconds)
- Massage of site after administration is not required

New pens will have updated instructions on label but existing epipens only need to be replaced if they have passed their expiry date or have been used. You can use the updated 3 second administration even if the existing label says 10 seconds.

More information can be found by watching <https://vimeo.com/247451292> or at

<https://www.anaphylaxis.org.uk/>

From 1 October 2017 the Human Medicines (Amendment) Regulations 2017 allows all schools to buy adrenaline auto-injector (AAI) devices without a prescription, for emergency use in children who are at risk of anaphylaxis but their own device is not available or not working (e.g. because it is broken, or out-of-date).

This can only be used on pupils known to be at risk of anaphylaxis, for whom both medical authorisation and written parental consent for use of the spare AAI has been provided. Please check and amend your child's health care plan to reflect your wishes if the school have this option available.

Please remember it is usually recommended that your child has a check-up at the opticians every 1-2 years and every 6 months at the dentist.

If you do not have an NHS dentist and are having problems finding one then please contact 0333 006 3300.

If your child is asthmatic they should also have an annual review with the Practice Nurse at your GP surgery.

SUPPORT FOR PARENTS (THE SOLIHULL APPROACH)

The Solihull Approach has used the fascinating research on baby and children's brain development to provide easy to read guidance on how to respond to your baby or child's behaviour and emotional needs. The developing brain in a child or baby needs many positive emotional and physical learning opportunities to grow and multiply nerve connections. Parents, grandparents and family have amazing opportunities through talking and playing to help grow their child's brain connections and promote healthy emotional development.

During the teenage years, there is another stage of rapid brain growth and reorganising which can cause some of the behaviours seen in adolescents – finding decision making difficult, chaotic lifestyle and poor organisation skills.

Children and teenagers need parents or carers around them to give them a secure environment and boundaries around behaviour. The Solihull guidance helps parents and carers to do this and to understand why their child may be displaying some behaviours. This will help them to develop good relationships and help their child learn how to manage their emotions.

On the website there are free downloadable leaflets looking at the importance of play and the different emotional and physical milestones for children and young people. There are also some brilliant free leaflets with information about teenagers and risk taking plus something for your young person to read too! <https://inourplace.co.uk/downloads/>

If you would like to improve your parenting skills, but are unable to attend a course, you might find it useful to complete the online Solihull Approach course:

https://inourplace.co.uk/?redirect_to=https://inourplace.co.uk:443/learn/

There are eleven modules to choose from and each take around 20 minutes to complete.

The modules include communication, responding to anger, different styles of parenting and the importance of sleep.

The course covers an age range from birth to 18 years old and is packed full of ideas and support.

The course helps in understanding your child, their development and how you can support through different stages in their lives.

There is a free space for a private and secure digital memory box to store your memories.

We hope you enjoy exploring the Solihull Approach site and look forward to receiving your feedback.

DO YOU KNOW ABOUT EARLY HELP IN DEVON?

What is Early Help?

Early Help is the term used to describe the support given to children and families who have additional needs that cannot be met by the services that are already available to everyone (universal services) i.e. education, health.

You might need support from Early Help if:

- You are struggling with parenting or your child's behaviour
- There are arguments or violence in your family
- You are experiencing an abusive relationship
- Somebody in your family is abusing substances i.e. drugs, alcohol
- You or someone in your family are making unhealthy choices

A number of different people and organisations may be involved to offer you support in a range of areas and for different family members. Early Help is the way that EVERYONE works together to offer you and your family the right support when you need it most. The aim of Early Help is to support you and your family to manage dilemmas, resolve problems and prevent further problems in the future.

You can find out more about Early Help and how to access it by talking to someone you are already in contact with or receiving services from. Alternatively you can find out more information online at:

<http://www.devonsafeguardingchildren.org/workers-volunteers/early-help/>

You can also visit Pinpoint www.pinpointdevon.org.uk which provides information on different services and support groups.

The DISCplus information service provides information and advice to all families with a child or children with additional needs. The service is also available to any professional working with families or directly with children.

They can help you get information about:

1. Contact details for specialist support services
2. Local support groups
3. Charities and trusts which you may apply to for funding
4. Accessible holiday services
5. Suppliers of specialist equipment, sensory toys and clothing

Please contact either: Kristine Taylor t: 01803 763505 e: kristine.taylor@virginicare.co.uk or Amanda Smithson t: 01271 384074 e: amanda.smithson@virginicare.co.uk or via Facebook link - [virg.in/DISCplus](https://www.facebook.com/virgin.in/DISCplus)

However, if you have serious concerns about the safety or welfare of a child or young person you can call 0345 155 1071 or email mashsecure@devon.gcsx.gov.uk. Out of hours please call 0845 6000 388. If it is an emergency dial 999

NEWS SERVICE LAUNCHED IN DEVON –

CHAT HEALTH



You can now contact us for information and advice via text on the above number.

Please note if you are contacting about an appointment please call us via PHN hub or contact number on the appointment letter.

Have you visited the **Youth Mental Health** page on NHS Choices? There's lots of helpful information and links to services.



An information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

<https://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

Rise above (<https://riseabove.org.uk/topic/my-mind/>) and Young Minds (<https://youngminds.org.uk/>) are also worth a look.

Don't forget you can also access support and information locally via:

<http://eh4mh.co.uk/children/kooth/>

<https://kooth.com/>

<http://devon.integratedchildrensservices.co.uk/camhs/>

Don't forget your **'10 a day'** choices towards balancing our mental health: Talk about your feelings; Do something you enjoy and are good at; Keep yourself hydrated; Eat well; Keep active in mind and body; Take a break; Stay connected to those you care about; Ask for help; Be proud of your very being; and Actively care for others.

SCHOOL NURSE TEAM:

Should you have any questions or concerns regarding your child's health and how they can be supported in school please contact a School Nurse 0333 234 1904.

We run appointment clinics regularly in:

Bideford Medical Centre Torrington Children's Centre Hatherleigh Community Centre

Holsworthy Skills Centre Okehampton Hospital Sticklepath Children's Centre

Your local School Nurses for Torridge are: Linda Buckland, Lucy Skinner, Steve Boddey, Vicky Teague

Staff Nurses: Lizzy Mugleston, Meloney Gravett.

Community Health Worker: Anna Cornish