



Wiltshire School Nursing Service

The Wiltshire School Nursing Service is a team of professionals holding a range of skills and qualifications to provide confidential advice, care and treatment to children and young people within schools and other community settings. For any queries about what happens to your child's information please visit

www.virginicare.co.uk/legal-information/privacy-policy/

Your School has a named Specialist School Nurse, School Staff Nurse and School Health Support Worker.

The School Nursing Service provides a Duty School Nurse line, where professionals, parents or carers or young people can contact a member of the team between 09.00 and 17.00 Monday—Friday throughout the year by calling our Single Point of Access on

0300 247 0090

We can offer support, advice or signposting to other sources of information/support regarding your child's health on specific topics including:

- Healthy weight and healthy eating
- Bladder and Bowel
- Sleep problems
- Hearing and vision screening (in reception year)
- Advice on managing and signposting for a range of health conditions where other health professionals are not involved
- Emotional health including low mood, panic, stress, worry, early signs of anxiety, anger difficulties, feeling overwhelmed, building resilience (where specialist services are not involved)
- Key stage of life transition, i.e. moving on to secondary school or adult services.

There is a self-referral form on our website where you can contact us for telephone or other advice. Alternatively contact us on the SPA telephone number above to speak to our duty school nurse: www.wiltshirechildrensservices.co.uk/

We also work with your child's school to support them in becoming a 'healthy school' working on a variety of health promotion topics as identified between the school health service and the individual school.

Useful Websites/resources

Healthy living

<https://www.nhs.uk/change4life>

Change4life is an NHS site with lots of information about healthy living for all the family, with free fun resources which can be downloaded and used with you children to help them understand healthy choices.

[Healthy Me : Wiltshire Healthy Schools](#)

Healthy Me is a free fun 10-week healthy lifestyle programme for children aged 7-11 and their families, who may be less active than recommended and above their healthy weight range.

Bladder and Bowel

[Bedwetting in children - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Advice for parents/carers who have concerns around their child bedwetting

[Bladder Resources For Children - Bladder & Bowel UK \(bbuk.org.uk\)](http://bbuk.org.uk)

Information and advice for all adults, children and young people with bladder and bowel issues and for their families and carers, as well as the professionals who support them.

[Guides to children's bowel and bladder problems | ERIC](#)

ERIC, The Children's Bowel & Bladder Charity has been dedicated for over 30 years to improving the lives of all children and teenagers in the UK facing continence challenges. They offer lots of advice and resources for parents

Sleep

[Healthy sleep tips for children - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Healthy Sleep tips for children – Sleep and Tiredness.

Emotional Health and Wellbeing

www.onyourmind.org.uk/

Advice and Support for your child's emotional wellbeing

www.childline.org.uk/info-advice/your-feelings/feelings-emotions/

Advice and Support for managing different feelings and emotions

www.youngminds.org.uk

Tools for young people to look after their mental health and advice for parents/carers to be the best support they can be to the young people in their lives.

www.getselfhelp.co.uk

A website full of self-help resources

<https://www.annafreud.org/on-my-mind/resources/>

Advice and guidance for parents and carers to help them support a child of young person experiencing poor mental health and wellbeing

<https://charliewaller.org/media/l3jifcq4/wellbeing-action-plan-08-2020.pdf>

Wellbeing Action Plan

[Child and Adolescent Mental Health Service Look after yourself | Child and Adolescent](#)

Self-help resources for children and Adolescents to support their emotional wellbeing

[Child and Adolescent Mental Health Service Parents and carers | Child and Adolescent Mental Health Service \(oxfordhealth.nhs.uk\)](#)

Self-help resources for parents and carers to support their child's mental health and emotional wellbeing