



Welcome to secondary school!

Hello



We understand that starting secondary school is a huge change and we want to let you know that your Children's Public Health 0-19 Nursing Service is here to support you.

We can offer support and advice about a range of issues affecting health including sexual health, physical and emotional health, relationships, healthy eating, drugs and alcohol, plus lots more.

Our service works confidentially and this will always be explained to you.

This is what you can expect from us:

✓ School-based drop in clinics for 11-19 year olds

We offer every young person access to a weekly confidential drop-in service in your school provided by a nurse.

Check your school website or planner for when we are in school or ask your Tutor.

✓ Health Promotion support for 11-19 year olds

We produce termly newsletters with the latest health information which is sent to you from your school email.

We can also offer support to young people with additional health needs.

✓ Health resource for Year 11 students

We provide 'How to survive becoming an adult! Tips to staying healthy and well and where to go for help' to all Year 11s before they finish the summer term and this is sent to their school email.

✓ Our TextHealth Messaging Service

Is a new way for young people to get advice and support about health related issues.

Young people aged 11-19 years old can send a text to or start a direct web chat with us.

Monday to Friday, 8:30am to 5pm (excluding Bank Holidays). See page 2.

We are here for you if you need us!

I am worried about my health, can I talk to a Public Health Nurse?

I'm here to help. Whatever is worrying you, let's talk it through.

The service can help with all kinds of things like:

- Emotional health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking
- And more

Send a text to:

07480 635024

 **OR START A TEXT CHAT HERE**

It's time to say
shoo to the flu!

SAIS *School Aged Immunisation Service* 



The flu virus spreads easily and can make us really poorly. The best way to protect ourselves and the people around us is to receive the flu vaccine.

This year all children from Reception – Year 6 in Primary Schools and Year 7 – Year 11 in Secondary Schools will be offered the flu vaccine spray at school.

Each child needs to have a completed online form  [here](#)

For further details see our website service  [here](#)



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