

Dear colleague,

School Nursing update for partner agencies

Accessibility

School Nursing teams continue to be accessible to children, young people and families throughout Cornwall. We are contacting schools to ensure they can access support and importantly ensure families are aware of how to access their School Nurse.

For a referral to the School Nurse please contact the Early Help Hub who will guide professionals and families through the referral process. Below is a list of contact details that may be useful for anyone needing further support.

Service update

School Nursing teams continue to work with Children, Young people and families on their caseloads and are contacting them virtually or via telephone. School Nursing teams remain part of the multi-agency team for safeguarding and continue to attend virtual child protection conferences to ensure the health needs of the child/ young person remains paramount.

School Nursing teams continue to offer appointments for:

- Continuation of virtual assessments and reviews of continence provision
- Emotional health and resilience building for children young people and families- often the School Nurse is the only professional involved with a family
- Signposting to support services and making referrals; young people Cornwall, food banks, CAMHS
- Advice on healthy lifestyles, including advice on physical activity and healthy eating plans

Signposting

School Nursing teams are reporting that they have seen an increase from parents around mental health issues, School Nursing are ensuring children and young people are referred and signposted in a timely manner to voluntary or statutory services during virtual/ telephone reviews. School Nursing teams are using WhatsApp to have face to face contacts with the young people who require additional support for emotional wellbeing.

Examples of practice from School Nursing teams

- Parent of challenging children with ADHD and ASD diagnoses finding stress effecting family relationships, encouraging parents to set up and display a

timetable for the day with clear activities including mealtimes and fun activities/exercise as well as facilitating school work that was within the capabilities of each child. Encouraging liaising with school for ideas on keeping the children occupied and considering children attending school if either parent is a key worker if this may prevent family break down

- Supporting carer of young person who has significant hoarding and difficulties in maintaining hygiene through assessment of need and risk, advice, sending resources and signposting
- Emotional health support for a young person who recently overdosed. Continue to review her safety plan and discuss self-harm distraction techniques. Liaised with CAMHS and offered continued telephone support which young person says is helping her. Also been supporting her Mum by providing her with evidence-based websites etc
- Emailing my young people with self-help booklets (mood juice self-help guides) and asking them to review. Then offering a telephone review the following week to discuss the work
- Doorstep visits to clients if we are worried about them
- Contacting via WhatsApp teenagers to speak to them and arranging video calls
- Telephoning parents to make sure they are fully supported, ensuring they have food etc and know who to contact if they need support with paying rent, etc
- Sending the information to parents/children regarding explaining why they are at home and explaining the virus (parents have been very grateful of that)

Key contacts- School aged children- 5-19 years

- Early help hub- 01872 322277 for new referrals or complete an on-line request form. earlyhelphub@cornwall.gov.uk
- Client advice line for those already working with School Nurses and health visitors 01872 322779 cpn-trchildrenscmc@nhs.net
- Out of hours GP services for information about any health concerns 111
- Dental services- Emergency number: 0333 405 0290 / 0300 311 2233
- Day and night time wetting advice and support -free help line – 0808 169 9949 www.eric.org.uk
- For any concerns about continence product delivery contact the CAL line or your School Nurse if you have those details

Karenza Stuart, Lisa Norwood and School Nursing Teams

Karenza.stuart@cornwall.gov.uk

Cornwall Council | Konsel Kernow

3rd Floor, West Wing, New County Hall, Truro, Cornwall TR1 3AY

E: Karenza.Stuart@cornwall.gov.uk | T: 0300 1234 101

www.cornwall.gov.uk/togetherforfamilies

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