



Hertfordshire
Family Centre
Service

NHS
Hertfordshire Community
NHS Trust

School Nursing

Summer Term
2023

Public Health Nursing 5-19 Team Newsletter

Ways to contact us:

0300 123 7572

(Mon-Fri 9am-5pm)

www.hct.nhs.uk/our-services/school-nursing

Free workshops available for parents and young people to attend, regarding emotional health, returning to school and more:
<http://ow.ly/U01750KHYQk>

HEALTH FOR TEENS

www.healthforteens.co.uk

A great website, with information and advice for young people aged 11-19.

Keeping safe in the community

Your child may be exposed to lots of different influences outside of home; their peers, friends, online activities and also in the community.

In most cases, these influences are positive and bring them opportunities to socialise, learn and thrive. However, in some situations, some young people may become involved in activities in their community that put them at risk of danger.

Try and create a safe space for your child to talk to you about their experiences and how they feel. Conversations with your child can help to tip the balance towards your child being safer.

Please see link below for further information:

<http://ow.ly/nF2O50NWtTX>



Let's get cerebral!



The Sandbox is a new service within Hertfordshire. The service supports children and young people in with their mental health and wellbeing.

This free NHS funded service launched on 1 April 2023 and offers a website with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers, and other professionals.

The Sandbox provides access to internet enabled Cognitive Behavioural Therapy (iCBT) or one to one support from professional therapists by text, phone online chat or video call, based on a triage of the person's needs.

Therapy sessions: 7am-10pm
Mondays-Fridays and 10am-10pm
Saturdays and Sundays

Live Chat: 10am-8pm Mondays-Fridays

Signing up is easy and doesn't require a referral from a professional.

Scan the QR code to visit The Sandbox website:



www.sandbox.mindler.co.uk

You can follow and share The Sandbox social media posts on Instagram at: [@sandbox_kai](https://www.instagram.com/sandbox_kai)

Chat Health

Chat Health is a text messaging service for young people aged 11-19 years that runs between 9am-5pm, Monday to Friday and gives the opportunity to contact a School Nurse for support and advice.

Young people can ask for help and advice on a range of issues such as:

- Weight and exercise
- Healthy eating
- Stress and anxiety
- Relationships and sexual health

If a young person contacts Chat Health after 5pm or on weekends and bank holidays, they will receive a bounce back message explaining where they can access support.



07480 635050

Did you know?

School Nursing is also on Instagram, Facebook and Twitter!

We post up to date information, support and advice for young people and parents.

Follow us!



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



Hertfordshire
**Family Centre
Service**



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#>

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team for 11-19 year olds. Text in any health and wellbeing concerns



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am – 5pm Monday to Friday
(excluding bank holidays)