

Support over the School

Support over the School Holidays

The Public Health Nursing Service will still be operating over the school holidays and are able to see children and young people as needed.

Community clinics have been set up at some of the Sure Start Family Hubs will still continue to run though out the summer school holidays. We can see children and young people at these clinics on an appointment only basis. We will offer an appointment if needed from a professional referral or self referral to our service.

Solent Pulse text message service is still available, please see below for the number.

How can you contact us?

E-mail: snhs.publichealthnursingsouthampton@nhs.net

Website: <https://www.what0-18.nhs.uk/solent>

<https://www.solent.nhs.uk/our-services/services-listings/public-health-nursing-5-19-years/>

Solent Pulse Text Messaging Service for Parents and Young People:

Text **07491163277** to text a duty School Nurse.

Messages will be responded to within one working day
(Mon-Fri 08:30-16:30)

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Special points of interest:

- PHN clinics have been set up and are running offering appointments
- There is a new secure email service available if you do not have access to NHS.net
- NCMP has been paused this year
- Immunisations are commencing in September.

Referrals into the PHN Service

In our last issue of the PHN news letter we shared out new referral form with you to make referrals into our service. Please can this new referral form be used, if you have any old versions of the referral form please do not use them.

This referral form is to be used for **any** part of our service, Nurse support or WAP support. When they are sent in, the referral is triaged in our locality meetings where it will be accepted and allocated to the most appropriate practitioner or rejected

and advice given on where best to seek support from.

You can send in referrals through the Anycomms system, the schools nhs.net account or the newly available secure Egress system. Please let us know if you do not have access to any of these. All referrals not sent through Anycomms should be sent to snhs.publichealthnursingsouthampton@nhs.net

Any referrals not sent in on the correct form or in the correct way will be rejected.

Immunisation Update

The School Aged Immunisations programme will hopefully be restarting after the school summer holidays, unless the current situation changes. The immunisations team may have been in contact with your school directly to book in dates to deliver some vaccinations.

The Flu immunisation programme is one of the busiest times due to the amount of children to be vaccinated in a short period of time. We appreciate the support received from schools during the delivery of this programme.

There are some catch up clinics for 2nd dose HPV vaccinations being held over the school holidays. Parents will be contacted if their child is eligible for these clinics and how they can book in.

If you have any questions for the immunisations team please contact them on 0300 123 6661 or email: snhs.childreimmunisationteam@nhs.net



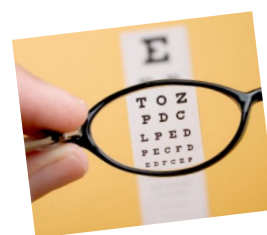
National Child Measurement Programme (NCMP)

After Government issued guidance the NCMP has been paused this year and will hopefully be restarted again in 2021.

Any children who were due to be seen this year for their NCMP height and weight check will not be seen.

For year R children if there are any concerns with vision and/or hearing we can still offer a check, so please refer them in to us using the referral form. Parents are able to self refer if they have concerns by contacting us directly.

If there are worries about a child's height and or weight we can still offer them support in line with our healthy weight pathway. Please refer them to us using the referral form. Parents too are also able to make a self referral to our service by contacting us directly.



Anxiety Information from CAMHS

Did you know?

We all have feelings and emotions, sometimes they can be very strong and overwhelm us!

As humans our brains are hotwired to experience anxiety !

In this way we can say that anxiety is normal in **ALL** of us - to help keep us safe

However, when anxiety becomes overwhelming and affects us physically and also our behaviour and thoughts

IT'S TIME TO ASK OURSELVES:

What is happening to my body?

Is there a change in my behaviour?

What am I thinking about too much?

ANXIETY

It is **NOT OK** to hurt other people, animals, property or yourself when you have strong feelings



You have choices !

Give yourself some time

We know what helps reduce Anxiety:

Be aware of your breathing, take deep breaths

Grounding Techniques:
Concentrate on
5 things that you can see
4 things that you can hear
3 things that you can feel
2 things that you can smell
1 thing that you can taste

Drink more water - avoid fizzy drinks and caffeine

Good sleep patterns

Healthy Eating

Avoid negative thoughts and self put downs

Keep active - take exercise or do something you like

Talk to friends and family - they will have experienced anxiety as well

When all the above doesn't seem to be reducing your anxiety, seek HELP from your school or GP Surgery

FOR PARENTS

A SPECIAL COVID MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111 or go the Accident and Emergency Department (A&E). During the current situation and while the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance:



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT WWW.NHS.UK

Designed by primary and secondary care clinicians from Barts Health & North-East London STP

YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

APPEARANCE

- ▶ Pale/mottled/ashen/blue colour
- ▶ Collapsed/unresponsive/loss of consciousness
- ▶ No obvious pulse or heartbeat
- ▶ Severe allergic reaction

BEHAVIOUR

- ▶ Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- ▶ Seizure/jerking movements/fit

BREATHING

- ▶ Sucking in and out between ribs
- ▶ Flaring nostrils
- ▶ Extremely fast breathing
- ▶ Noisy breathing

OTHER

- ▶ Bleeding from an injury, that doesn't stop after 10 minutes of pressure

YOU SHOULD GO TO A&E IF

APPEARANCE

- ▶ Dizziness/feeling faint
- ▶ Rash that does not fade when you press it

BEHAVIOUR

- ▶ Severe constant tummy pain

OTHER

- ▶ Burn
- ▶ Possible broken bone

OTHER

- ▶ Swallowed foreign objects (especially magnets/batteries)
- ▶ Temperature higher than 38°C in a baby younger than three months old
- ▶ Your child has special health care needs and you have a plan that tells you to go to A&E
- ▶ Feels abnormally cold to touch
- ▶ Expressing suicidal/significant selfharm thoughts

YOU SHOULD CALL YOUR GP IF

APPEARANCE

- ▶ Mild/mod allergic reaction (known or suspected)
- ▶ New rash that fades when you press on it

BEHAVIOUR

- ▶ Mild irritability/sleepier than normal
- ▶ Severe tummy pain that comes and goes
- ▶ Vomiting and diarrhoea
- ▶ Not passed urine for more than 12 hours

BREATHING

- ▶ Wheezing/fast breathing

OTHER

- ▶ Temperature >39°C (age 3-12 months)
- ▶ Temperature over 38°C for more than 7 days
- ▶ Accidental overdose of medication or other substances
- ▶ Ear pain for more than 2 days
- ▶ Emotional distress, that can't be reassured

YOU SHOULD CHECK WITH 111 OR YOUR COMMUNITY PHARMACIST IF

APPEARANCE

- ▶ Pink eyes/red eyes

BEHAVIOUR

- ▶ Ear pain for less than 2 days
- ▶ Mild tummy pain that comes and goes

BREATHING

- ▶ Cough
- ▶ Runny nose

OTHER

- ▶ Temperature over 38°C for less than 7 days