The East Sussex School Health Service is a team of public health practitioners, led by school nurses who work with children, young people aged between four and 19 and their families.  We provide support and advice for a variety of physical, sexual and emotional health and wellbeing issues, and will refer to specialised services when needed. For full details about the service we offer please visit our website: [www.kentcht.nhs.uk/service/school-health/school-health-service-east-sussex/](http://www.kentcht.nhs.uk/service/school-health/school-health-service-east-sussex/)

**How do you use the service?**

* Contact the School Health One Point on **0300 123 4062**, available Monday to Friday from 8:30am to 5pm.
* Make a referral online at [www.kentcht.nhs.uk/forms/school-health-service-east-sussex-referral-form/](http://www.kentcht.nhs.uk/forms/school-health-service-east-sussex-referral-form/)
* Text your school nurse on **07507 332473.** This service is available for young people aged between 11 and 19 and parents and/or carers, Monday to Friday, 8:30am to 5pm.

**What we can offer:**

* virtual support and phone advice
* brief interventions and packages of care, including:

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| **Intervention** | **Who** | **Duration** | **Package of care (POC), including a number of brief interventions such as:** |
| Goals | * Secondary and Further Education * Young people aged 11 to 19 | Brief intervention or up to six sessions as a package of care | **Sessions include:**   * sleep * diet * exercise * bladder and bowels * hygiene/self-care * smoking/substance misuse/alcohol use * puberty, sex and relationships * C cards * tier one emotional health – low mood, anxiety, managing emotions and transition. |
| Bowel and bladder | Primary school children aged four to 11 | Brief intervention or up to six sessions as a package of care | **Sessions include:**   * night time wetting * day time wetting * toileting * constipation. |
| Healthy lifestyles | Primary school children aged four to 11 | Brief intervention or up to six sessions as a package of care | **Sessions include:**   * self-care/hygiene * puberty and growing up * healthy eating + physical activity * sleep hygiene * screen time/gadget use. |
| Emotional health and well-being | Primary school children aged four to 11 |  | **Sessions include:**   * worries * feelings * friendships * coping mechanisms * self-care * self-esteem/confidence |
| Sleep | Primary school children aged four to 11 | Brief intervention or up to six sessions as a package of care | **Sleep advice session/POC for parents/children including:**   * sleep concerns |
| Ready Steady Go: For overweight children | Primary school children aged four to 11 | Group session for parents and children.  Eight sessions over eight weeks | **Sessions/POC include:**   * healthy eating + cookery * sleep hygiene * screen time/gadget use + physical activity |