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:

|  |  |  |  |
| --- | --- | --- | --- |
| **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
 |