



**Oxford Health**  
NHS Foundation Trust



## Term 5: Secondary School Health Nursing Newsletter April 2025

Term 5: 22 April -23 May 2025

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*Welcome to our **School Health Nursing Newsletter** for parents/carers of children and young people in Oxfordshire.*

*As your school health nurses, we are here to support you and your family every step of the way.  
Stay tuned for more updates, tips, and resources in our upcoming newsletters.*

*Together, we can nurture a bright and healthy future for our children!*

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What's included in this newsletter?

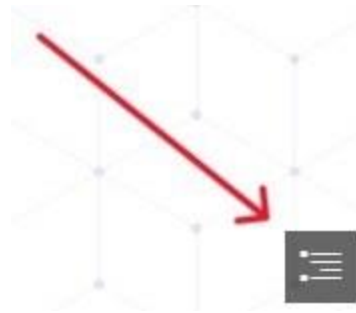


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*See what's included in this newsletter below.*

*If you wish to jump to a section which interests you, please click the **navigation icon** in the  
bottom right-hand corner of your screen.*

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- **How to contact the 0-19 Children and Young People Service:**
  - Single Point of Access (SPA)
  - ChatHealth.
- **Free Eye Tests**
- **Mental Health Awareness Week**
- **Living Streets**
- **Dying Matters**
- **CAMHS Neurodiversity**
- **Young Minds Smartphones**
- **Exams stress**
- **Pride Month**
- **Additional Services and Resources**
- **The School-aged Immunisation Service (SAIS)**
  - Integrated Children's Therapies
  - Mental Health Services
  - Young Minds
  - Family Lives
  - ERIC
  - OXME
- **Feedback**

## How to contact us



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*If you wish to contact a school health nurse regarding the health of your child or young person, please contact us using the details below, please include the full name, date of birth and school that your child is attending:*

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- **Single Point of Access (SPA): 01865903800**
  - **Email: [cyp0-19@oxfordhealth.nhs.uk](mailto:cyp0-19@oxfordhealth.nhs.uk)**
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## ChatHealth Text Messaging Service



1 - Credit: ChatHealth (2023) ChatHealth 11-19 years Poster, ChatHealth Teens A4 Poster. Edited by Oxford Health NHS Foundation Trust. Available at: <https://www.oxfordhealth.nhs.uk/wp-content/uploads/2022/03/CS53914-OHFT-ChatHealth-Teens-A4-poster-PRF1-lnc-EHE.pdf> (Accessed: 16 September 2023).

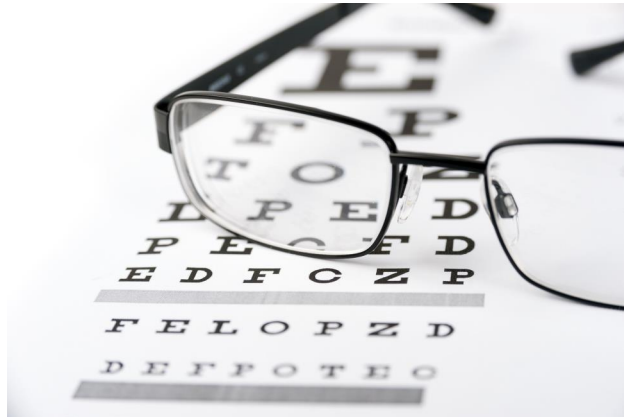
**ChatHealth 11-19 is a text service for young people aged 11-19 and their parents/carers living in Oxfordshire.**

Young people in this age group, and their parents/carers, can text Oxfordshire School Health Nurses for advice and support. This safe and secure text messaging service provides confidential help, advice, and signposting support between healthcare professionals and service users. Messages are usually answered within one working day Monday-Friday, excluding Bank holidays.

Text number: **07312263084**.

[Start a chat today.](#)

## Free eye tests



### The Importance of Regular Eye Tests for Your Child

As parents, we want to give our children every opportunity to thrive, and good vision plays a vital role in their learning and development. That's why regular eye tests are so important.

At school, we offer all children a vision screening in their Reception year, which helps identify any early concerns. However, a child's eyesight can change as they grow, so it's essential to have regular check-ups at the opticians. Optometrists do much more than just checking for glasses—they also assess overall eye health, looking for conditions that might not have obvious symptoms. Early detection can make a big difference in preventing long-term vision problems.

The good news is that sight tests are **free for all children under 16**, and if your child needs glasses, there is financial support available, meaning they could get them at no cost to you.

Booking an appointment with an optician is simple and could have a huge impact on your child's confidence, education, and well-being. Don't wait until they struggle—make regular eye tests a part of their healthcare routine.

*Priti Kashyap, Vision Screening Lead at Oxford Health in the 0-19 Children's and Young People's Public Health Service.*

## Mental Health Awareness Week: 12th-18th May, 2025



This year, Mental Health Awareness's theme of "Community" invites us to celebrate and acknowledge the importance of community. With the high cost of living affecting families across the UK, stress and burnout becoming widespread, and millions of young people seeking mental health support, the importance of connection has never been greater.

Some of the many benefits of community include:

**Social support:** Having someone to talk to during tough times.

**Purpose:** Finding something bigger than yourself that motivates you to start your day.

**Hope:** Being surrounded by people who believe in you and help you believe in yourself.

**Inspiration:** Witnessing people who resemble you achieve great things, reminding you that you can too.

**Cultural connection:** Feeling affirmed by being with people who share your diagnosis, race, orientation, language, socio-economic background, or all of the above.

**Resources:** Having community members step in to help when you're struggling.

What Activities will you do to increase connection to your community?

## May is Living Streets' National Walking Month!



Walking is a simple way to boost our health and stay engaged with our community, reducing feelings of loneliness and isolation.

The **#Try20 tips** ([Visit our #Try20 page and download a free challenge checklist!](#)) are designed to help you incorporate 20 minutes of walking into your daily routine and are available year-round. When you walk more, you're likely to feel healthier and happier as a result.

## Dying Matters



Death and dying is a sensitive topic that is often difficult to talk about. Yet is a universal experience.

The mission of *Dying Matters* is to break down this stigma and taboo of talking about death and dying.

Different cultures and religions have unique ways of dealing with death and mourning. However, the emotions tied to dying and grief are universal, shared by everyone regardless of their background. The loss of a loved one affects each person uniquely, but research indicates that the brain's response to grief does not vary by race, age, or religion. We all experience feelings of loss, helplessness, and sadness, though we express and cope with these emotions in diverse ways.

Resources can be found here: [Dying Matters Awareness Week Resources | Hospice UK](#)





Children and young people impacted by the loss of a family member can self-refer to *SeeSaw*.

*SeeSaw* provides assistance to families dealing with the terminal illness or death of a parent, carer, or sibling. They also extend their support to schools and professionals who work with children and young people in Oxfordshire.

[Seesaw website](#)

CAMHS: Neurodiversity Support and "Walking With You" Oxfordshire



**Neurodiversity Support:** We know that families waiting for assessment and diagnosis of Autism, ADHD and other neurodevelopmental conditions can feel at a loss for how to support their child who is often experiencing distressing behaviours.

It is important to understand that diagnosis does not offer a cure or immediately alter the experiences of the young person or their family.

Parenting a neurodiverse child/young person may require new parenting skills and strategies and these can be learnt now with the support of peer/parent/carer-led support groups such as: CAMHS Supportive Steps online coffee mornings and “Walk With You” forum as well as national organisations such as:

- The National Autistic Society – [www.autism.org.uk](http://www.autism.org.uk)
- ADHD Foundation – [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

**Oxfordshire Walking With You Forum** - *parent-led group for anyone caring for children and young people facing mental health challenges.*

See the **WWY Oxfordshire** webpage, [here](#).

**Weekly online coffee mornings** from Wednesday 30th April 11am – 12.30pm. They have 10 spaces available at each of the, please [click here](#) to book a date that works well for you.

Smartphones and Social Media - keeping our children safe.



## **YOUNGMINDS**

Smartphones and social media are integral to many young people's lives, offering opportunities for learning, connection, and entertainment.

However, it's crucial to ensure their use supports mental health and well-being. Regular, open conversations between parents and children about online activities can help navigate the digital world safely.

Leading by example, discussing both positive and negative online experiences, and setting realistic boundaries are effective strategies.

Understanding and discussing the apps and websites your child uses can also foster trust and awareness.

By maintaining open communication and mutual respect, families can promote a balanced and safe approach to smartphone and social media use. For more information and advice: [Social Media & Mental Health | Guide For Parents | YoungMinds](#)

## Exam stress



Please see the below advice from [Childline](#):

### **WORRYING ABOUT EXAMS**

Exam stress can affect anyone and can happen for lots of different reasons. You might be worried about doing enough revision, getting the grades you need or be feeling pressure from your school or family. It can seem like nobody else is feeling this way. But trying to deal with exam stress on your own can often make the stress worse. So it can really help to talk.

### **COPING WITH PRESSURE**

Exams can feel like a lot of pressure. You might need certain grades for a course or job. Or your parents, carers or teachers might be putting pressure on you. You might be putting lots of pressure on yourself as well. No matter where the pressure is coming from, there are ways to help you cope:

- *Think positively* - When we feel anxious, we can start thinking things like 'I can't do this' and 'I'm going to fail'. It can be difficult, but try to replace these with positive thoughts such as: 'this is just anxiety, it can't harm me' and, 'relax, concentrate - it's going to be okay'.
- *Be honest about how you feel* - Sometimes people can put pressure on you without even realising and sometimes it can help to talk about how it makes you feel. Talking about things can help you to think about other ways they can support you in the future. If you're worried about telling someone, you can always talk to us.
- *Don't compare yourself to your friends* - Competing with your friends can help to keep you motivated. But it can also make you feel like you're not good enough, especially on

social media. Try keeping a list of the revision you've done so you can see how much you're achieving.

- *Let your stress out* - Try using our Art box or the Mood Journal in your locker to describe how the pressure makes you feel. Or write a letter to someone you trust saying what's happening.

## Pride Month: 1st-30th June 2025

Pride Month is a colourful and inclusive time to celebrate the LGBTQ+ community, recognising their history, contributions, and continued fight for equality. It's a chance to reflect on the values of acceptance, diversity, and love, while promoting a more inclusive society. Communities, organisations, and individuals come together during this month to show support and raise awareness for LGBTQ+ rights.

Oxford Pride 2025 – **Saturday 7th June.**

This year marks the 22nd anniversary of Oxford Pride, and it's set to be the biggest celebration yet! On Saturday 7th June, South Park will host The Greatest Show – a lively, circus-themed event filled with entertainment, community spirit, and inclusivity for all.

For more information about Oxford Pride and events happening across Oxfordshire, please visit: [Oxford Pride UK](https://www.oxfordprideuk.com).



## Additional Services and Resources

### School Aged Immunisation Service (SAIS)

**Immunisations** are delivered by the [Oxfordshire School Aged Immunisation Service \(SAIS\)](https://www.oxfordhealth.nhs.uk/imms/about/schedule/) for **children aged 5-16** in schools and community venues in Oxfordshire.

**Students in years 8 & 9** are scheduled to receive their vaccinations this academic year, Human Papilloma Virus (HPV) for year 8 and Tetanus, diphtheria and inactivated Polio (Td/IP) for year 9. Year 11 students with outstanding vaccinations, will be invited to the HPV catch up session to provide an opportunity to complete their Immunisation schedule before their exams.

- **Immunisation schedule:** <https://www.oxfordhealth.nhs.uk/imms/about/schedule/>

**How to contact the *School-Aged Immunisation Service*:**

- **Telephone number:** 07920254400
- **Email address:** [immunisationteam@oxfordhealth.nhs.uk](mailto:immunisationteam@oxfordhealth.nhs.uk)
- **Website:** [www.oxfordhealth.nhs.uk/imms](https://www.oxfordhealth.nhs.uk/imms) or scan the QR Code.



### Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

2 - Credit: Oxford Health NHS Foundation Trust (2024) Children's Integrated Therapies – Oxfordshire. Available at: [https://www.oxfordhealth.nhs.uk/service\\_description/oxfordshire-childrens-therapy/](https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/) (Accessed: 29 May 2024).

Oxford Health's **Children's Integrated Therapies** include the services named below:

- [Occupational Therapy](#),

- [Physiotherapy](#)
- [Speech & Language Therapy.](#)

The service aims to support children and young people and their families by working with our partners in health, education, social care, the voluntary sector and also other independent agencies with the above needs.

For queries, please contact them using the details below:

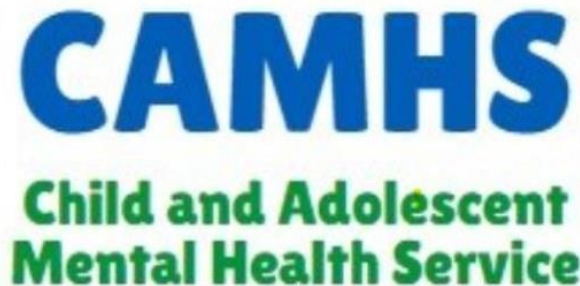
- **Single Point of Access (SPA) Telephone: 01865904435**
- **Visit their website - [Children's Integrated Therapy Services](#)**
- **Contact your GP.**

## Mental Health Services

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*Child and Adolescent Mental Health Services (CAMHS)*

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3 - Credit: [Oxfordshire / Oxford Health CAMHS](#)[Oxford Health CAMHS](#)

[Child and Adolescent Mental Health Service \(CAMHS\)](#) provides essential support for children and young people struggling with emotional, behavioural, or mental health issues. *CAMHS* offers a range of services and work closely with families to ensure that children receive the care they need, whether it's through therapy, counselling, or crisis intervention. Their goal is to help young people navigate their challenges and improve their overall well-being.

[Oxfordshire CAMHS](#) offers a single point of access for parents/carers, who have concerns around mental health:

**CAMHS Single Point of Access (SPA): 01865902515**



4 - Credit: [YoungMinds](#) | [Mental Health Charity For Children And Young People](#) | [YoungMinds](#)

**YoungMinds** in Oxfordshire are dedicated to supporting the mental health and well-being of children and young people. They offer a range of services, including online resources, a Parents' Helpline, and various support programs tailored to different age groups. Whether your child is struggling with anxiety, depression, or any other mental health issue, *YoungMinds* provides expert advice and practical support to help families navigate these challenges.

Visit: <https://youngminds.org.uk/>

Parents' HelpLine: 08088025544

Online Chat Service: [Chat to us Online](#) | [Mental Health Help for Your Child](#) | [YoungMinds](#)

### Family Lives - Support for Families

**Family Lives** is a UK charity dedicated to providing non-judgmental support and advice for families facing various challenges. Whether you're dealing with parenting issues, relationship difficulties, or mental health concerns, *Family Lives* offers a confidential helpline, live chat, and email support to guide you through tough times. They also provide resources on topics like bullying, special educational needs, and family dynamics, ensuring you have the tools and support needed to foster a healthy family environment. Please see their website, [here](#).

If you need support or advice:

- Call their helpline on **08088002222**,
- Email them at [askus@familylives.org.uk](mailto:askus@familylives.org.uk)
- Chat to them online via their [Live Chat service](#)
- Visit their [online forum community](#).





## ERIC - Bladder and Bowel support

[ERIC \(Education and Resources for Improving Childhood Continence\)](#): *ERIC* is a UK-based charity dedicated to supporting children with continence issues and their families. They provide a wealth of resources, including:

- [Information and Advice](#): Comprehensive guides on managing bedwetting, daytime wetting, and constipation.
- [Helpline](#): To speak to an advisor please call 08088010343. Open Monday - Thursday, 10am to 2pm and is free to call from landline and mobile numbers.
- [Workshops and Training](#): Educational workshops for parents and professionals.

For more information and support, visit the [ERIC website](#). Remember, you are not alone, and there are resources available to help you and your child navigate these challenges.

## OXME

The **OXME** service in Oxfordshire is a valuable resource for young people, offering a wide range of information and support. It covers essential topics such as health, learning, work experience, job opportunities, anti-bullying, and e-safety. The service aims to help young people navigate their educational and career paths while promoting their well-being and safety. Whether your child needs advice on their future plans or support with personal challenges, *OXME* is here to assist them every step of the way.

[Check out OXME here for information for young people](#)

We welcome your feedback!

## Newsletter

If you wish to feedback or comment on this newsletter, or suggest topics for future newsletters, please email

[CYP0-19@oxfordhealth.nhs.uk](mailto:CYP0-19@oxfordhealth.nhs.uk)