



Term 3: Secondary School Health Nursing Newsletter January 2026

Term 3: 5th January - 13th February 2026

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

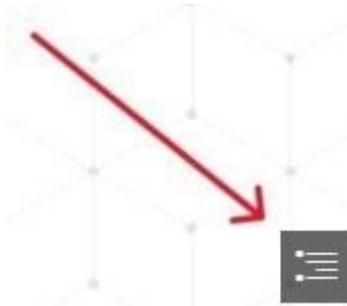
As your school health nurses, we are here to support you and your family every step of the way. Stay tuned for more updates, tips, and resources in our upcoming newsletters.

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

<https://www.oxfordhealth.nhs.uk/cyp-0-19/>



See what's included in this newsletter, and to jump to a section which interests you, please click the navigation icon in the bottom right-hand corner of your screen.



How To Contact Us



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:

- **Single Point of Access (SPA): 01865903800**
- **Email: cyp0-19@oxfordhealth.nhs.uk**

ChatHealth Text Messaging Service

ChatHealth 11-19 years

New School Health Nursing messaging service for young people aged between 11-19 years attending state schools in Oxfordshire

Text 07312 263084 to message a school health nurse



The image shows a smartphone displaying the ChatHealth app interface. The screen lists various topics for which users can text: relationships, contraception, mental health and wellbeing, self-harm, smoking, diet & exercise, drugs & alcohol, sleep, healthy lifestyles, and anxiety and emotional health. Below the list is a QR code with the text 'Or scan QR code here to start a chat'. At the bottom of the phone screen, there is a small note about data protection and message delivery.

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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. All messages are responded to within one working day, excluding bank holidays and weekends. ChatHealth is available throughout the school holidays.

Text number: **07312263084**.

[**Start a chat today.**](#)

Online Safety Tips for Families



The internet is a great place to learn, play, and connect — but it's important to help children and young people stay safe online.

Top tips:

- Talk regularly with your child about what they do online and who they talk to
- Set boundaries and agree rules about screen time, websites, apps, and social media
- Use parental controls on devices and broadband to block inappropriate content
- Teach children to keep personal information private and to be cautious about what they share
- Encourage them to speak up if anything online makes them feel uncomfortable
- Be aware of online risks like cyberbullying, inappropriate content, scams, and online grooming

Where to get help and advice in the UK:

- [UK Safer Internet Centre](https://www.saferinternet.org.uk/guide-and-resource/parents-and-carers) – Guidance on online safety, parental controls, and reporting harmful content. www.saferinternet.org.uk/guide-and-resource/parents-and-carers
- NSPCC Online Safety – Practical tips to keep children safe on social media, games, and messaging apps. [Keeping children safe online | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/)
- Childline – Free, confidential support for children and young people. Call 0800 1111 or visit [Childline | Free counselling service for kids and young people | Childline](https://www.childline.org.uk/)

Children's Mental Health Week & Time to Talk Day 2026



[Children's Mental Health Week](#) takes place from 9–15 February 2026, with the theme “This is My Place”, which aims to support the groups and systems surrounding our children to help them feel like they belong.

Time to Talk Day (5 February) is the UK's biggest mental health conversation. Whether it's texting a mate or opening up to someone you trust, talking really can make things better.

Ways to Get Involved:

- Start small – even saying “I've had a tough day” can help
- Check in with friends – a quick message or chat shows you care
- Take time for yourself – music, journaling, or a walk can help
- Ask for help if you need it – you're not alone

Need Support?

- Childline – free, confidential support: [Childline | Free counselling service for kids and young people | Childline](#) or **0800 1111**
- YoungMinds – info, advice, and text support: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- Time to Talk Day: [Time To Talk Day - Time To Talk Day](#)
- Speak to your school nurse or GP if you're struggling.

CAMHS: Supportive Steps for families currently waiting



Parents and carers of children waiting for mental health support in Oxfordshire can now access **Supportive Steps**, a new service from CAMHS.

Supportive Steps offers short-term online workshops with practical advice on topics like anxiety, low mood, and early depression. Sessions are held at lunchtime or evenings and give families tools to help while waiting for assessment or treatment.

Feedback from parents has been very positive, with many saying the workshops are reassuring and informative.

Supportive Steps is available to parents of young people referred to Oxfordshire CAMHS, Getting Help or Getting More Help services.

For details and booking, visit the Supportive Steps webpage or call 01865 902 515.

[Website: New Support for Parents Waiting for CAMHS Care](#)

We are with you - mental health support from CAMHS for everyone

We are With You – A Supportive Space for Parents and Carers

We are With You is a welcoming and inclusive offer for parents and carers of children and young people (up to age 25) who are experiencing emotional or mental health difficulties. It brings together peer support and professional guidance in one space, designed to help you feel informed, connected, and supported. This offer includes:

- Parent-led support groups, where you can meet others with shared experiences, ask questions, and talk openly in a safe and understanding environment.
- Professionally led webinars, offering practical advice and information on commonly seen emotional and mental health concerns.

All sessions are facilitated by Parent Peer Support Workers and/or mental health professionals. You're welcome to join or leave at any time, and there's no pressure to

speak—just come as you are. For online sessions, cameras and microphones are kept on to help create a warm, community feel. Some sessions also run in person at various locations across Oxford, offering opportunities to connect face-to-face.

Why “We are With You”?

Because we are. Whether you’re seeking connection, guidance, or simply a space to listen and learn, **We are With You** is here to walk alongside you.

This is a safe space for parents and carers to meet, ask questions and share experiences if comfortable to do so, and learn from discussions on topics you would like to hear about.

[WWY Oxfordshire | Oxford Health CAMHS](#)

Get Active with YouMove - Free and Low Cost Activities for Families



YouMove is a fantastic programme across Oxfordshire offering free and low-cost activities for families with children aged 0–17. If your family is eligible—such as receiving Free School Meals, Universal Credit, or Early Help support—you can enjoy fun activities like swimming, football, soft play, and more. It's a great way to stay active and have fun together! [YouMove Families - what's on locally | Active Oxfordshire](#)

Signing up is easy:

1. Fill out a short form online.
2. Receive a welcome letter and membership cards.
3. Connect with your local YouMove Activator for support and advice.
4. Start enjoying activities in your community!

To learn more and check if you're eligible, visit: [Welcome to YouMove | Active Oxfordshire](#)

Quick and Reliable NHS Advice About Your Child's Health



It can be difficult to know when your child needs to see a doctor and when it's safe to care for them at home. The [Healthier Together website](#) and app have been developed by local NHS healthcare professionals to help parents and carers make confident decisions about their child's health.

Using an easy-to-follow **traffic light system**, Healthier Together provides clear advice on what to look out for, when and where to seek help, and how to care for your child's symptoms at home. The guidance can help you decide whether to visit your GP, seek advice from your local pharmacy, or manage your child's illness safely yourself.

You'll also find:

- Advice on **school attendance** for common illnesses and infections
- A **directory of local health and wellbeing services** for families
- **Translation tools** to view information in different languages

The **Healthier Together app**, available on the [Apple App Store](#) and [Google Play Store](#), includes a simple **symptom checker** that can direct you to the right NHS service and help you contact them.

Save the site or [download the app](#) today so you have trusted NHS advice at your fingertips whenever your child is unwell.

Visit: www.healthiertogether.nhs.uk

Additional Services and Resources

School Aged Immunisation Service (SAIS)



Happy New Year from the Oxfordshire School Aged Immunisation Service (SAIS)! 🎉

This term we will be visiting the Year 8 children for the delivery of the HPV programme. You may have been sent an email requesting you to submit a consent form. Don't worry if you haven't received one yet, you will soon.

You may be wondering what HPV is and asking yourself why your child should receive it? Here is some information for

you: https://assets.publishing.service.gov.uk/media/64919b26103ca6000c03a212/HPV_Vaccination_For_All_-_English_Leaflet_from_September_2023.pdf

https://assets.publishing.service.gov.uk/media/66953aa349b9c0597fdaf31/UKHSA_12962_young_people_immunisation_2024.pdf

Your child may not remember when they last had an injection, and that may leave them feeling anxious. We are very experienced in giving vaccinations to children who may be anxious, worried or who may have additional needs and we will work with you to enable your children to receive the best care possible and achieve the best outcome.

If you have any questions or need help:

Give us a call on **07920 254 400** or email us at [**Immunisationteam@oxfordhealth.nhs.uk**](mailto:Immunisationteam@oxfordhealth.nhs.uk)

You can also visit at our website for news and information: [Schools immunisation information for Oxfordshire parents & carers](#)

Remember Consent Forms requesting vaccination, even if completed during the last school year, will remain valid until your child is vaccinated but you must let us know if there have been any medical changes.

Oxfordshire School Aged Immunisation Service Protecting futures one vaccine at a time!

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

- Telephone number: **07920254400**
- Email address: immunisationteam@oxfordhealth.nhs.uk
- Website: www.oxfordhealth.nhs.uk/imms or scan the QR Code.



Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

1 - Credit: Oxford Health NHS Foundation Trust (2024) Children's Integrated Therapies – Oxfordshire. Available at: 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.**

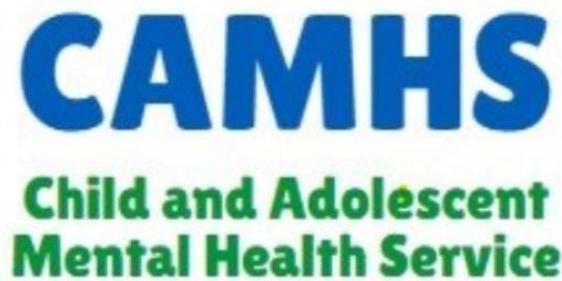
Mental Health Services

If you or someone you know is experiencing a mental health crisis, here are some important numbers you can call:

- [**NHS 111**](#): For urgent mental health support, you can call 111 and select the mental health option.
- [**Samaritans**](#): Available 24/7 at 116 123 for confidential support.
- [**Shout Crisis Text Line**](#): Text “SHOUT” to 85258 for 24/7 support via text.
- [**Mind Support Line**](#): Call 0300 102 1234 for advice and support (9am to 6pm, Monday to Friday).
- [**Papyrus HOPELINEUK**](#): For those under 35, call 0800 068 4141 or text 07786 209 697 for support.

[**In an emergency, always call 999 or go to your nearest A&E**](#)

Child and Adolescent Mental Health Services (CAMHS)



2 - Credit: [Oxfordshire | 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

Young Minds



3 - 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
- Chat to them online via their [Live Chat service](#)



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