

## Devon School Nursing Service Update\_ July2020

We know that the past few months have been difficult and for some this has been more challenging than others. While there have been challenges there have also been many successes and positive opportunities/experiences. Whatever your experience has been, take time to recognise the journey you have been on, what you have achieved (individually and as a family), and talk about any worries or concerns you may have.

The Public Health Nursing Service has continued to operate the Chat Health texting service and our PHN hubs, process and respond to referrals, and provide support throughout the lockdown period. Some of this has moved to phone or video conferencing appointments but face to face appointments are still available where needed (following screening questions for Covid-19).  
Find us online at: <https://www.devon.gov.uk/educationandfamilies/health>



<b>Exeter and Crediton area</b>	<a href="mailto:rde-tr.exeterphnhub@nhs.net">rde-tr.exeterphnhub@nhs.net</a>	T: 0333 234 1902
<b>South and West Devon (Teignbridge, South Hams and Tavistock area)</b>	<a href="mailto:rde-tr.southernphnhub@nhs.net">rde-tr.southernphnhub@nhs.net</a>	T: 0333 234 1901
<b>North Devon, Torrington and Okehampton area</b>	<a href="mailto:rde-tr.northernphnhub@nhs.net">rde-tr.northernphnhub@nhs.net</a>	T: 0333 234 1904
<b>East Devon, Tiverton and Cullompton area</b>	<a href="mailto:rde-tr.easternphnhub@nhs.net">rde-tr.easternphnhub@nhs.net</a>	T: 0333 234 1903

It can be difficult to motivate and look after yourself with all the changes and uncertainty. We would like to share a few wellbeing tips that you may find useful:

- **Connect:** Talk & Listen, be there and feel connected.
- **Be Active:** Do what you can and enjoy what you do.
- **Keep Learning:** Embrace new experiences and see opportunities that might surprise yourself.
- **Give:** Give your time words and presence to others.
- **Take Notice:** Remember the simple things that can give joy. Mindfulness is about reconnecting with sights, sounds, smells, and tastes of the present moment alongside being aware of our thoughts and feelings as they happen. It helps you to notice the everyday and make sure that you do not get caught up in negative thoughts.
- **Think:** Adopt a growth mindset and change "I can't" to "I can't yet".
- **Remember:** Your 10 a day choices for balancing your mental health.

**E4MH**  
EARS HEAR & MINDS MATTER

'10 a day' choices towards balancing our mental health

What do you choose to do most when you look after your mental health?

0 = I don't choose this very much      10 = I choose this quite a lot

1	Talk about your feelings	0 1 2 3 4 5 6 7 8 9 10
2	Do something you enjoy and are good at	0 1 2 3 4 5 6 7 8 9 10
3	Keep yourself hydrated	0 1 2 3 4 5 6 7 8 9 10
4	Eat well	0 1 2 3 4 5 6 7 8 9 10
5	Keep active in mind and body	0 1 2 3 4 5 6 7 8 9 10
6	Take a break	0 1 2 3 4 5 6 7 8 9 10
7	Stay connected to those you care about	0 1 2 3 4 5 6 7 8 9 10
8	Ask for help	0 1 2 3 4 5 6 7 8 9 10
9	Be proud of your very being	0 1 2 3 4 5 6 7 8 9 10
10	Actively care for others	0 1 2 3 4 5 6 7 8 9 10

There are lots of sources of information and support available locally and nationally. A few examples are included below, or contact your School Nurse to find out more, or for more specific help.

Websites	Support
<p>Happymaps <a href="http://www.happymaps.co.uk">www.happymaps.co.uk</a></p> <p>Young Minds <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p> <p>Rise above (young people) - <a href="https://riseabove.org.uk">https://riseabove.org.uk</a></p> <p>Change4Life (Eat well, move more) <a href="https://www.nhs.uk/change4life">https://www.nhs.uk/change4life</a></p> <p>Vitamin D supplementation <a href="https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/">https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/</a></p> <p>Physical activity <a href="https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/">https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/</a></p> <p>Sleep <a href="https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/">https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/</a></p> <p>Pinpoint - <a href="https://www.pinpointdevon.co.uk/">https://www.pinpointdevon.co.uk/</a></p> <p>Devon SEND Local Offer <a href="http://www.devonservices.org.uk/service/devon-local-offer/">http://www.devonservices.org.uk/service/devon-local-offer/</a></p> <p>Self care (Primary pack) <a href="https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-primary-pack/">https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-primary-pack/</a></p> <p>Self care (Secondary pack) <a href="https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-secondary-pack/">https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-secondary-pack/</a></p>	<p><b>TALK</b> Free online parenting support for families with children aged 0-19 provided by Action for Children <a href="http://talk.actionforchildren.org.uk">talk.actionforchildren.org.uk</a></p> <p><b>Kooth</b> -<a href="http://www.kooth.com">www.kooth.com</a></p> <p><b>Solihull</b> online <a href="http://www.inourplace.co.uk">www.inourplace.co.uk</a> (access code TAMAR)</p> <p><b>Space</b> (13yrs+) Request call back (phone or text) with youth worker <a href="https://spacepsm.org/">https://spacepsm.org/</a></p> <p><b>Children and Families Health Devon (CFHD)</b> <a href="https://childrenandfamilyhealthdevon.nhs.uk/">https://childrenandfamilyhealthdevon.nhs.uk/</a>, Email <a href="mailto:CFHD.DevonSPA@nhs.net">CFHD.DevonSPA@nhs.net</a> or phone on 03300 245 321.</p> <p><b>Childline</b> <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></p> <p><b>Domestic Abuse</b> <a href="https://www.devon.gov.uk/dsva/">https://www.devon.gov.uk/dsva/</a></p> <p><b>Devon Information Advice and Support</b> <a href="https://www.devonias.org.uk/">https://www.devonias.org.uk/</a></p> <p><b>Adult mental health</b> <a href="https://www.talkworks.dpt.nhs.uk/">https://www.talkworks.dpt.nhs.uk/</a></p> <p><b>One Small Step</b> (supporting adult lifestyle changes) <a href="https://www.onesmallstep.org.uk/">https://www.onesmallstep.org.uk/</a></p> <p><b>Devon Early Help</b> <a href="https://www.dcfp.org.uk/early-help/">https://www.dcfp.org.uk/early-help/</a></p>

While it's now time to enjoy a well-deserved Summer break, we've included below some tips and useful sources of information and advice for getting ready for returning to (or starting) school in September. However, if you have a more specific concern please contact your school to discuss and you can also contact your School Nurse team, or other professionals who may be supporting you, for further advice/support.

**Starting school** - <https://www.pacey.org.uk/Pacey/media/Website-files/school%20ready/12977-Pacey-Starting-School-Together-Booklet-A5.pdf>

- <https://www.theschoolrun.com/expert-tips-settling-your-child-school>

**Secondary transition** - <https://www.bbc.co.uk/bitesize/articles/znnpcpg8>

- <https://www.babcockldp.co.uk/cms/articles/send-file/cf55b8d7-e48e-4b0b-b829-17d732746223/1>

**Moving Schools** - <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/moving-schools/#Tipsforstartinganewschool>

Babcock - <https://www.babcockldp.co.uk/campaigns/coronavirus-support-for-schools-parents-and-pupils>

