

For parents/carers of children 5-19 years old at school in Southwark or Lambeth

Dear Parent/Carer,

We would like to take this opportunity to introduce the Evelina London School Nursing Service.

During these unsettling times, as a parent/carer of a child(ren) at school, you may be worried about their health and wellbeing, and be unsure about how to get the help you need.

School nurses are here to help. We work in teams across Southwark and Lambeth and you can contact us for confidential advice and support on a wide range of issues.

Please let us know if your child has medical, physical and/or emotional health needs that they need support with.

We can discuss your child's needs and see children:

- face-to-face in school
- face-to-face in a health centre
- Text, telephone
- virtually
- home visit

For advice and support please contact the School nursing service:

Text: If you need advice or support about your child, you can confidentially text a school nurse on **07520 631 130**. Texts will only be seen Monday to Friday, 9am-5pm (excluding bank holidays).

You can find out more at [w: www.evelinalondon.nhs.uk/parentline](http://www.evelinalondon.nhs.uk/parentline)

**If you are a
parent or carer**

**You can text a
school nurse on
07520 631 130**

We aim to reply to you within 1 working day, and you should get an immediate message back to confirm we have received your text.

If you need help before you hear back from us, contact your GP, nearest walk-in centre or dial 111.

Telephone: You can call the School nursing central hub: **tel: 020 3049 4777**, Monday to Friday, 9am-5pm (excluding bank holidays).

In an emergency, call 999 or go to your local Emergency Department (A&E)

Your information

We might tell someone if we are concerned about your child's safety, or the safety of someone else, but we would try to speak to you first. Your information is stored on secure electronic records and can be seen by other healthcare staff who follow the same confidentiality rules.

The School nursing service can assist with:

Support with managing medical needs in schools

Bedwetting

Sleep

Emotional health and wellbeing

Weight management

Immunisation advice

www.nhs.uk/conditions/vaccinations/

Healthy lifestyle

Keeping safe

Puberty and relationships