

For further information about this service contact:

Call the 0-19 team Single Point of Access number: 0300 555 0606

The administrator will ask for your child's name, date of birth and their address so they can identify the public health nurse team in your area, who will return your call within 2 working days.



Bedfordshire
Community
Health Services



An introduction to the Public Health Nursing Service for School Aged Children

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit www.cambscommunityservices.nhs.uk and follow the links or please contact us.



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



Who we are

Public Health nurses are part of Bedfordshire Community Health Services' 0-19 team. Our team is made up of specialist nurses, staff nurses and support health professionals.

When your child reaches school age we take over their care from your health visitor. We can support your child with their physical and emotional needs from aged 5 until 19 years. Our role is to ensure that nothing gets in the way of your child's development, so that they can achieve their full potential.

Our public health nurses are mobile health professionals, based in community settings like health centres who can support school age children and their families across Bedfordshire.

Links to additional resources

- NHS www.nhs.uk/common-health-questions/childrens-health/
- NHS Smokefree www.nhs.uk/smokefree
- Change for Life (food and drink advice) www.nhs.uk/change4life/
- Young Minds <https://youngminds.org.uk/>
- CHUMS (mental health and emotional wellbeing) <http://chums.uk.com/>
- Childline www.childline.org.uk
- Sleep council <http://www.sleepcouncil.org.uk>



Privacy policy

For information on how we use your data and why, please refer to our privacy notice www.cambscommunityservices.nhs.uk/privacy-notice

Any health information you share with us is recorded onto your child's electronic health records, which can be seen by your GP and other health professionals, such as the audiology service.

Health checklist

You can help your child to develop and maintain a healthy life by:

- **Register your child with a GP** – find out how to do this here www.nhs.uk/using-the-nhs/nhs-services/gps/
- **Register your child with a dentist**, and have regular dental checks – you can find a dentist here www.nhs.uk/using-the-nhs/nhs-services/dentists/
- Check if your child is **up to date with their vaccinations** – check the schedule here www.nhs.uk/conditions/vaccinations/
- **Check your child's eyesight** with an optician – discover how and when to do this here www.nhs.uk/using-the-nhs/nhs-services/opticians/

When to contact us

Please contact us if:

- You are concerned about a child's diet and eating habits.
- You are concerned about your child's development, interaction with others or behaviour.
- Your child is aged 5 or older and wetting or soiling during the day or night, Please also visit www.eric.org.uk for more information in the meantime.

What we do

We support children aged 5-19 with:

- A confidential health service.
- Support for the physical and emotional health and wellbeing of children, young people and families.
- Advice on healthy choices, e.g. healthy eating, dental health, sexual health and substance misuse.
- Healthy lifestyle promotion, including advice on diet and exercise.
- Health reviews
- The childhood immunisation programme, which ensures your child is protected against disease and infection.
- Support and information for teenage parents.
- Support for families with complex needs such as diabetes and asthma
- We work in partnership with outside agencies to promote the rights and educational needs of young carers.
- Advice and information on the issues of bed wetting and constipation.



Parentline is for parents and carers of those aged 0-19 and offers advice and support on a range of issues such as weaning, baby feeding, moving onto solid foods, minor illnesses, sleep and emotional health or to make an appointment with a health visitor.

To access **Parentline**, simply text 07507 331456.

ChatHealth is for young people (aged 11-19) to confidentially ask for help about a range of issues, such as emotional wellbeing, diet or physical health, or to make an appointment with a public health nurse.

To access **ChatHealth**, simply text 07507 331450.