Nov 2022

**Guidance for professionals making a referral to Cambridgeshire and Peterborough**

**5-19 Healthy Child Programme (School Nursing Service)**

Cambridgeshire and Peterborough 0-19 Healthy Child Programme provide a range of support and advice services for children, young people and their families from birth to 19 years of age. This is available to all children living within Cambridgeshire and Peterborough. The School Nursing services focuses on those aged 5-19 and their families, working in conjunction with other community resources and where appropriate providing direct support to ensure each child is making a healthy start in life.

You can speak to a member of the school nursing team by calling our duty desk on:

**0300 029 50 50** or visit our website at: [**www.bit.ly/nhscambspboro-hcp**](http://www.bit.ly/nhscambspboro-hcp)for more information on what we offer.

To make a referral into our service please complete a referral form (attached) detailing your request and email to:

cambs.pboro.childrenshealth@nhs.net

Referral criteria

**If you have concerns about the welfare or safety of a child or a young person please follow your local safeguarding protocol**

We can offer support, advice and signposting around the following topics:

* Poor attendance due to health concerns
* Long Term Conditions and Additional Health Needs
* Relationships and Sexual Health Advice
* Healthy lifestyles and healthy choices
* School transition support
* Healthy bladder and bowel advice
* Emotional Health and Wellbeing

**Referral Process**

* We only accept referrals via email using our referral form, however you can call our Single Point of Access (SPA) on 0300 029 50 50 for advice and support.
* Referrals will receive an acknowledgement
* All appropriate referrals will be added to a waiting list and will be offered an appointment as soon as possible.
* If the referral does not meet service criteria advice and signposting information will be provided
* On completion of a piece of work we will send a closure letter to the referrer
* Please be aware that the content of the referral form will be discussed with the Child/Young Person and their Parent/Carer as appropriate, and consent for referral is required

**Inclusion criteria**

* The child’s parent (if under 11) or the young person themselves (if at secondary school) has agreed to the referral and given consent for us to be contacted
* The child or young person is not currently on the waiting list for another support service or open to another agency eg. CAMHS for the same concern
* You are able to provide evidence of the support you have already offered and evaluate the outcome of this
* This is a new and emerging concern that has been identified within the last 3 months

**Exclusion criteria**

* Urgent health needs requiring urgent treatment or a prescription, including significant self-harm or suicidal ideation (advice can still be accessed via duty desk)
* Children and young people who live out of county
* Exam stress
* Counselling or long-term mental health support
* Neuro-developmental assessments (this should be accessed via Early Help Assessment process in the first instance)

**Settings**

The Child or Young Person can be seen in several settings including Schools, Children’s Centres, GP Surgery and at home.

Young people (over the age of 11) can access direct support from a school nurse by using our designated Chathealth text messaging service on **07480 635 443** for free and confidential health information and advice 09.00-16.30 Mon-Fri (excluding Bank Holidays)

Parents can also access our team via text message for health advice and support for children aged 0-19 at #textus on **07520 649 887** 09.00-16.30 Mon-Fri