



**Oxford Health**  
NHS Foundation Trust



## Term 5: Primary School Health Nursing Newsletter April 2025

Term 5: 22 April - 23 May 2025

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*Welcome to our **School Health Nursing Newsletter** for parents and 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!*

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What's included in this newsletter?

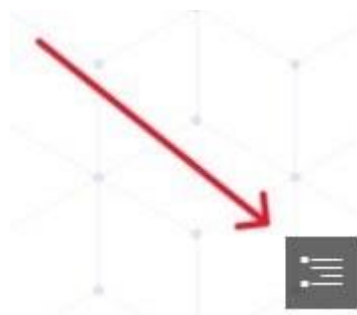


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*See what's included in this newsletter below.*

*If you wish to jump to a section which interests you, please click the **navigation icon** in the bottom right-hand corner of your screen.*

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- **Introducing the Children & Young People's 0-19 Service**
- **How to contact us:**
  - Single Point of Access (SPA)
  - ChatHealth
- **Free Eye Tests**

- **Living streets: National Walking Month**
- **Mental Health Awareness Week**
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  - Young Minds
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## How to contact us



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*If you wish to contact a school health nurse regarding the health of your child, please contact us using the details below:*

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- ***Single Point of Access (SPA): 01865903800***
  - ***Email: [cyp0-19@oxfordhealth.nhs.uk](mailto:cyp0-19@oxfordhealth.nhs.uk)***
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## ParentLine 5-11 years

School Health Nursing messaging service for parents and carers of children 5-11 years attending state schools or home educated in Oxfordshire



Text **07312 263227**

to message a school health nurse

1 - Image credit: Oxford Health NHS Foundation Trust (2024) ChatHealth Parentline 5-11 poster, ChatHealth. Available at: <https://www.oxfordhealth.nhs.uk/chathealth/> (Accessed: 29 May 2024).

### **ParentLine 5-11 is designed for parents and carers of children aged 5-11yrs, who live in Oxfordshire**

This online messaging service, provided by Oxford Health NHS Foundation Trust School Health Nurses, offers advice and support. It is a secure and confidential text messaging service that connects healthcare professionals with service users, providing discreet assistance, guidance, and support direction. Messages are usually answered within one working day Monday-Friday, excluding Bank holidays.

**Text number: 07312263227.**

[Start a chat today.](#)

## Free Eye Tests



### The Importance of Regular Eye Tests for Your Child

As parents, we want to give our children every opportunity to thrive, and good vision plays a vital role in their learning and development. That's why regular eye tests are so important.

At school, we offer all children a vision screening in their Reception year, which helps identify any early concerns. However, a child's eyesight can change as they grow, so it's essential to have regular check-ups at the opticians. Optometrists do much more than just checking for glasses—they also assess overall eye health, looking for conditions that might not have obvious symptoms. Early detection can make a big difference in preventing long-term vision problems.

The good news is that sight tests are **free for all children under 16**, and if your child needs glasses, there is financial support available, meaning they could get them at no cost to you.

Booking an appointment with an optician is simple and could have a huge impact on your child's confidence, education, and well-being. Don't wait until they struggle—make regular eye tests a part of their healthcare routine.

*Priti Kashyap, Vision Screening Lead at Oxford Health in the 0-19 Children's and Young People's Public Health Service.*

## May is Living Streets' National Walking Month!



Walking is a simple way to boost our health and stay engaged with our community, reducing feelings of loneliness and isolation.

The **#Try20 tips** ([Visit our #Try20 page and download a free challenge checklist!](#)) are designed to help you incorporate 20 minutes of walking into your daily routine and are available year-round. When you walk more, you're likely to feel healthier and happier as a result.

## Mental Health Awareness Week: 12th-18th May, 2025



This year, Mental Health Awareness's theme of "Community" invites us to celebrate and acknowledge the importance of community. With the high cost of living affecting families across the UK, stress and burnout becoming widespread, and millions of young people seeking mental health support, the importance of connection has never been greater.

Some of the many benefits of community include:

**Social support:** Having someone to talk to during tough times.

**Purpose:** Finding something bigger than yourself that motivates you to start your day.

**Hope:** Being surrounded by people who believe in you and help you believe in yourself.

**Inspiration:** Witnessing people who resemble you achieve great things, reminding you that you can too.

**Cultural connection:** Feeling affirmed by being with people who share your diagnosis, race, orientation, language, socio-economic background, or all of the above.

**Resources:** Having community members step in to help when you're struggling.

What Activities will you do to increase connection to your community?

## National Smile Month: 12th May - 12th June 2025

Let's get CREATIVE to help raise everyone's awareness of good dental health!!

IF you have a budding writer or poet in your home, get them involved in this great Competition in celebration of National Smile Month!

[Click here for more information.](#)



**National Smile Month**  
**Story / Poem Competition**

Community  
Dental  
Services

**Celebrate with us this National Smile Month,  
12th May – 12th June 2025**  
**and help raise awareness of the importance of good oral health.**

We are asking children aged between 6 to 11 across Oxfordshire, to write a short story (up to 400 words) or a poem promoting the importance of looking after our teeth. Whether it's about brushing, eating tooth friendly foods and drinks, the tooth fairy - it is entirely up to you, as long as it is about teeth!

**Enter for a chance to win!**

The winner will have their story or poem turned into a video with their voiceover, plus receive an electric toothbrush and a book voucher.

Please send your entries in by 5pm 12th June 2025 via email at [ohimp.oxfordshire@cds-cic.nhs.uk](mailto:ohimp.oxfordshire@cds-cic.nhs.uk)

For full details, rules and regulations scan the QR code

SCAN ME

©Community Dental Services CIC, 2025

## CAMHS: Neurodiversity Support and "Walking With You" Oxfordshire



**Neurodiversity Support:** We know that families waiting for assessment and diagnosis of Autism, ADHD and other neurodevelopmental conditions can feel at a loss for how to support their child who is often experiencing distressing behaviours.

It is important to understand that diagnosis does not offer a cure or immediately alter the experiences of the young person or their family.

Parenting a neurodiverse child/young person may require new parenting skills and strategies and these can be learnt now with the support of peer/parent/carer-led support groups such as: CAMHS Supportive Steps online coffee mornings and “Walk With You” forum as well as national organisations such as:

- The National Autistic Society – [www.autism.org.uk](http://www.autism.org.uk)
- ADHD Foundation – [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

[Oxfordshire Walking With You Forum](#) - parent-led group for anyone caring for children and young people facing mental health challenges.

See the **WWY Oxfordshire** webpage, [here](#).

**Weekly online coffee mornings** from Wednesday 30th April 11am – 12.30pm. They have 10 spaces available at each of the, please [click here](#) to book a date that works well for you.

## School Aged Immunisation Service



**Immunisations** are delivered by the [Oxfordshire School Aged Immunisation Service \(SAIS\)](#) for **children aged 5-16** in schools and community venues in Oxfordshire. If you are unclear if your child has missed any immunisations please check the link and contact the SAIS team.

- Immunisation schedule: <https://www.oxfordhealth.nhs.uk/imms/about/schedule/>

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

- Telephone number: 07920254400
- Email address: [immunisationteam@oxfordhealth.nhs.uk](mailto:immunisationteam@oxfordhealth.nhs.uk)
- Website: [www.oxfordhealth.nhs.uk/imms](http://www.oxfordhealth.nhs.uk/imms) or scan the QR Code.



## Additional Services and Resources

### Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

2 - Credit: Oxford Health NHS Foundation Trust (2024) Children's Integrated Therapies – Oxfordshire. Available at: [https://www.oxfordhealth.nhs.uk/service\\_description/oxfordshire-childrens-therapy/](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.

## 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.

## Mental Health Services

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

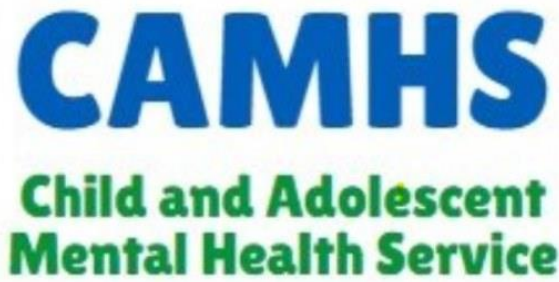
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- [NHS 111](#): For urgent mental health support, you can call 111 and select the mental health option.
    - [Samaritans](#): Available 24/7 at 116 123 for confidential support.
    - [Shout Crisis Text Line](#): Text "SHOUT" to 85258 for 24/7 support 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.
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***In an emergency, always call 999 or go to your nearest A&E.***

*Child and Adolescent Mental Health Services (CAMHS)*

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3 - Credit: [Oxfordshire | Oxford Health CAMHS](#)[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**

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*Young Minds*



4 - 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](mailto:askus@familylives.org.uk)
- Chat to them online via their [Live Chat service](#)
- Visit their [online forum community](#).



We welcome your feedback!

### Newsletter

If you wish to feedback or comment on this newsletter, or suggest topics for future newsletters, please email, in subject heading use School Newsletters. many thanks.

[cyp0-19@oxfordhealth.nhs.uk](mailto:cyp0-19@oxfordhealth.nhs.uk)