



JANUARY NEWSLETTER 2020

SAPHNA  
New Website

## Headline news...SAPHNA LAUNCH NEW WEBSITE!

SAPHNA are delighted to be launching their brand new website [www.saphna.co.uk](http://www.saphna.co.uk)

I am sure you will agree this provides you, our stakeholders and partners with relevant up-to-date information, best practice, resources, training and much more including a range of opportunities for membership and free, discounted and unique benefits including 40% off the British Journal of Child Health (formally BJSN).



Keep a close eye on both the new website and our SAPHNA Twitter @SAPHNATeam account for very exciting and important announcements coming soon!!



**2020**  
INTERNATIONAL YEAR  
OF THE NURSE AND  
THE MIDWIFE

**Sharon White** CEO SAPHNA @SAPHNASharonOBE

## Our very own SAPHNA Maggie -received the 'Cavell Star Award' for her outstanding contributions to School Nursing



Cavell Star Awards are given to nurses, midwives, nursing associates and healthcare assistants who have shown an exceptional level of care. The nomination was made by Sharon White, CEO of [SAPHNA](#): the School and Public Health Nurses Association. Sharon and Maggie worked together to build the school nursing model for the [Warwickshire Health and Wellbeing Service](#) when Compass first took on the contract in November 2015. This included bringing the service in-line with modern practices and requirements; for example, bringing in an electronic version of the Health Needs Assessment, using technology to identify different triggers for various forms of support.

As with most organisational changes, this transition presented many challenges, but Sharon recalls how Maggie got colleagues and stakeholders on board and ensured the promised service was delivered:

“Maggie was brilliant at getting people to buy in — which was very difficult at the time. She’s strong, articulate, and highly intelligent, but she’s also empathetic and diplomatic, which always gets the best from people. Her compassionate leadership style is one of the key reasons I nominated her for this award, as it has really made a difference over the years.”

Over the past four years, Maggie has continued to gather evidence to demonstrate the service’s positive outcomes and make adaptations where required, which has been crucial to its success. Compass has recently been recommissioned once again and continues to deliver the Warwickshire Health and Wellbeing Service with Maggie’s



guidance. <https://www.warwickshire.gov.uk/schoolhealthandwellbeing>

Alongside her role at Compass, Maggie is also the Executive Lead Officer at SAPHNA, working with Sharon to make sure school nursing services across the UK meet the needs of children, young people and families today. She has been instrumental in initiatives such as ChatHealth, which enables young people to get confidential health advice via text message.

“She’s loved and respected both locally and Nationally,” said Sharon. “She’s a change agent – she’s been key in the modernisation of school nursing.” said Sharon. “She’s a change agent – she’s been key in the modernisation of school nursing.”

Maggie said: “I’m overwhelmed to receive this award, particularly because of the background of the Cavell Star Awards which roots back to nurses who made phenomenal contributions in the early days of nursing that changed lives and brought us to where we are today.

I don’t think I should get all the credit though – it only works because we all work together and put young people at the heart of everything we do and every decision we make. I feel really proud we are able to do that, so thank you.



## A New Year Poem from one of our very talented SAPHNA committee...



A new decade is upon us time to reflect, examine  
 explore  
 Where we want to go, where we are now what has gone  
 before  
 In 2020 we celebrate Year of the Nurse & Midwife  
 We remember the words "poetry and imagination bring  
 life"  
 Nursing cradle to grave and in between  
 Work done but not always valued or seen  
 School Nurses with a vital role to play  
 Supporting school aged children in their unique way  
 So take a moment and celebrate the new decade ahead  
 Embrace the SCPHN role and remember what  
 Florence once said  
 "Live life while you have it Life is a splendid gift - there  
 is nothing small about it"  
 Words from history that never date  
 Words that have value and always resonate

If anyone has  
 anything on a  
 lighter note they  
 would like to share  
 then please contact  
 the SAPHNA team



@SAPHNATeam



## **All Our Health...and inequalities- by Lisa Webster**

I started my Nursing career as a Learning Disability Nurse 20 years ago. I loved my job and I felt honoured to work with and support such wonderful people. However, maybe I was naïve, but I was also saddened how people with learning disabilities were discriminated against in many areas but especially in healthcare. Thankfully this is improving for people with learning disabilities now with the help of legislation and more general awareness, but inequalities still exist, which I have since realised exist for many people in society.

After 10 years as a Learning Disability Nurse I moved into School Nursing where I was equally troubled (and naïve) at the inequalities children and young people face. Deprivation was on my doorstep and I hadn't noticed. I had the opportunity to complete the Specialist Community Public Health Nursing Degree which I loved but highlighted to me more than ever the injustice for children, young people and families.

School Nurses are in such a privileged position to try and help reduce inequalities and to promote health, it would just help if there were more of us!

Not to be disheartened, as a School Nurse we often underestimate the positive changes we actually do make, which are many. A highlight for me as a School Nurse was always the 'drop ins'. Being able to listen and support young people was such a privilege. Young people trust Nurses and talk openly- this cannot be underestimated- just by listening and giving a young person time can make a huge difference; which is exactly why School Nursing is an essential service.

Not only do we support young people with emotional health, we immunise, we promote health, we teach health...in fact this sounds familiar... School Nurses happen to be the very essence of 'All Our Health' prevent illness, protect health and promote wellbeing...if you don't know this guidance here is the link... <https://www.gov.uk/government/publications/all-our-health-about-the-framework/all-our-health-about-the-framework>

As a School Nurse a safeguarding caseload unfortunately can be overwhelming, it was for me. I was naively thankful when some of my child protection children became 'looked after' as I thought at least they are safe. Now as a Looked After Children's Nurse I realise a lot of these young people are not 'looked after' all and yet again I am face to face with inequalities (a theme that has followed me throughout my career).

Thankfully there are some amazing foster carers out there doing an amazing job and that is so positive for many of our young people, but there are also a lot of not so positive placements and residential homes that will not be a positive experience at all. Children and young people in care have already been through so much in their short lives, neglect, bereavement, abuse...we need to love and nurture these children and young people. School Nurses are often one of the few consistencies in a looked after child's life...what a privilege!

Finally, Lemn Sissay is a poet and author of the book 'My name is why'. It is an insightful journey into the life of a young boy in care, Lemn himself. I will leave you with some of his amazing poetry...for School Nurses everywhere...



Me and Lemn!

## Making a Difference (a poem to be read aloud)



We are shaking and waking and breaking indifference  
We are quaking and taking and making a difference

We are working observing recording researching  
Wherein we're conferring subverting referring

We're counting the minutes the moments the loss  
Redressing the balance addressing the cost

We are citing and fighting it's all in the writing  
The spark is igniting in dark we are lightening

We are breaking the brackets the fact is the planet's  
In rackets and rackets of rackets in brackets

The systems the victims the damning the scamming  
The biased predicting the beating and banning

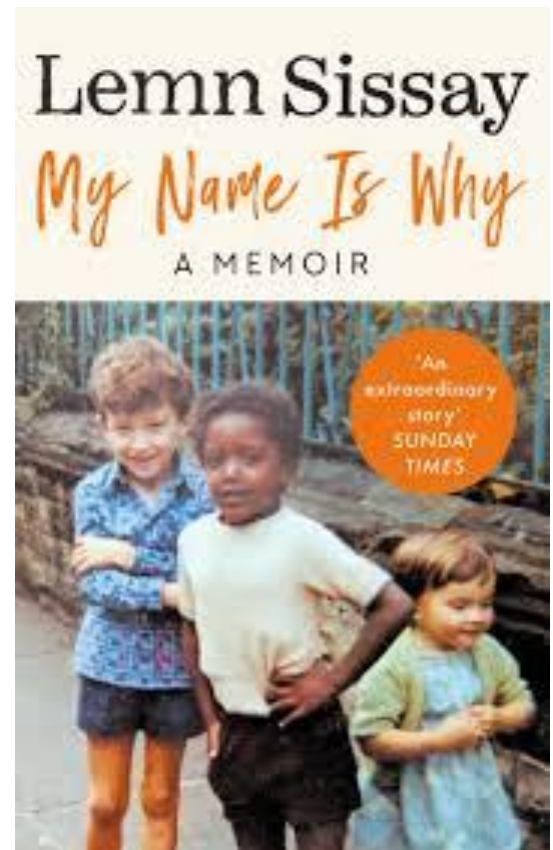
The skills we exchange the breaking of chains  
The actions sustained the makers of change

To relentless censors the damned and defenceless  
Our words are the action the louder reaction

When no one is listening we hear  
When heads turn away we volunteer

We work we stand tall we rise up to be counted  
We climb mountains

We are shaking and waking and breaking indifference  
We are quaking and taking and making a difference



<https://www.manchester.ac.uk/discover/magazine/features/making-a-difference/>





## **Further reading and resources:**

**2020: Year of the Nurse.** The World Health Organization (WHO) has designated 2020 as the “Year of the Nurse and Midwife”, in honour of the 200<sup>th</sup> birth anniversary of Florence Nightingale.

<https://www.youtube.com/watch?v=8pNeDD5SmgI>

To support the WHO Year of the Nurse & Midwife, The Lancet will dedicate a special issue in 2020 to the theme of Nursing, covering [#nursing](#) practices around the world

Submit  [hubs.ly/H0mrFXZ0](https://hubs.ly/H0mrFXZ0)

[#SupportNursesAndMidwives](#) [#NursingNow](#) [#Nursing2020](#) [#Midwives2020](#) [pic.twitter.com/Oqspl37oB8](https://pic.twitter.com/Oqspl37oB8)

## **Don't forget Children's Mental Health week 3<sup>rd</sup>-9<sup>th</sup> Feb 2020**

<https://www.childrensmentalhealthweek.org.uk/>

## **New NCMP guidance**

<https://www.gov.uk/government/publications/national-child-measurement-programme-conversation-framework>

## **FREE E-Learning RSE by Brook**

<https://learn.brook.org.uk>

FREE BBC PSHE/RSE Resources

<https://www.dosreforschools.com/>

<https://www.bbc.co.uk/teach/ks1-pshe/zfyskmn>

<https://www.bbc.co.uk/teach/ks2-pshe/zbrg7nb>

<https://www.bbc.co.uk/teach/ks3-pshe-modern-studies/zdt3jvh>

<https://www.bbc.co.uk/teach/gcse-national-5-pshe-modern-studies/zfwtrj6>

## **Wellbeing by Dr Pooky**

<https://www.youtube.com/watch?v=DH90o3QnPik>



## ChatHealth Survey Results

School nurses who use the ChatHealth messaging platform were invited to take part in an annual survey in November 2019. There were over 250 responses from over 70 services, including school nurses, health visitors, sexual health and mental health workers.

The survey highlighted that ChatHealth is helping to connect health teams with service users via the well-evidenced messaging platform. Respondents from services that have recently implemented ChatHealth all said their organisation's outcomes have been met. The majority said they are increasing reach and access for service users. School nurses also commented that it is helping to improve their visibility in schools.

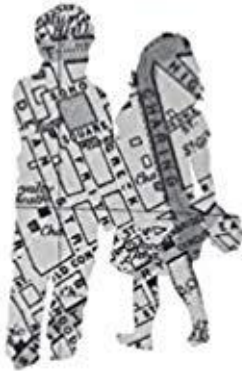
Feedback suggests that awareness of ChatHealth varies; however three quarters of respondents think service users know about ChatHealth and almost all said they often or always promote it, usually in 1:1's, business cards, posters and in school assemblies. The NHS-based project team were consistently highly-rated for their support in helping healthcare teams to set-up and run a safe and secure messaging service.

The survey results will be used to help to steer the direction of ChatHealth's future developments, such as an improved practitioner portal and instant messaging app. Thank you to those who took the time to complete the survey.





# Last Summer in Soho



Jessica Streeting

*The Last Summer in Soho* – written by SAPHNA's very own Jessica Streeting.

This fascinating, funny and often very moving novel transports us into the life of Sylvie, a community school nurse working in contemporary Soho, London. It's the summer term and Sylvie is working with her stretched but resourceful team as they strive to serve these diverse children and families who live and work in this extraordinary area of London.

The story offers an authentic and rare insight into the lives of London children today and illustrates the enormous importance of School Nurses.

And, of course, true to @JessStreeting, all proceeds from sales are to be donated to children's charities

[https://www.amazon.co.uk/Last-Summer-Soho-Jessica-Streeting/dp/1093109661/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.co.uk/Last-Summer-Soho-Jessica-Streeting/dp/1093109661/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=)

**HOLD THE DATE!**

**SAPHNA ANNUAL CONFERENCE TO BE HELD ON JUNE 22<sup>nd</sup> AT**

**MANCHESTER METROPOLITAN UNIVERSITY**

