



JULY NEWSLETTER 2020

[www.saphna.co](http://www.saphna.co)

## School Nurses Rise to the challenge of COVID...

In our Spring edition, COVID 19 was just becoming a reality, fast-forward to early July and it is now deeply embedded across the world with far too many lives lost, impacted and eroded. Our colleague Russel Viner, President of the RCPCH states; 'whilst children and young people's morbidity and mortality appears not to have been hugely affected by Coronavirus, it sadly has caused them immeasurable collateral damage'; this our new frontline.



Being isolated at home away from school, friends and family had impacted us all in some way and, as professionals, we need to also allow time and space to know and understand that on a personal level whilst nursing, nurturing, restoring and helping our children, families and, indeed, our partners/stakeholders begin to heal. We can seek help for ourselves from our employers or there are some dedicated offers including:

<https://www.mentalhealth.org.uk/coronavirus/looking-after-your-mental-health-during-coronavirus-outbreak#:~:text=Try%20to%20avoid%20speculation%20and,feel%20more%20in%20control>.

<https://www.rcn.org.uk/get-help/member-support-services/counselling-service/covid-19-and-your-mental-wellbeing>

Reports from numerous sources and predictions based upon them, clearly indicate that when our children do emerge from what Kenny Gibson, Head of NHSEi Safeguarding, calls 'pressure cooker homes', we can expect a 'tsunami' of abused, neglected, troubled and troubling need to emerge, which will place even greater demands on our already depleted workforce. This is of course of great concern.

However, as advanced users of technology and a workforce well-versed at adaptability prior to COVID 19, school and public health nurses have shone as beacons of hope! Our SCPHN experience meant that we were perfectly placed to play a key leadership role which we took on in true indomitable style. Rapidly redesigning services, developing and delivering exemplars of best practice within constraints of health protection, paving the way through all kinds of 'can do' creativity and in-reach. This now being recognised across the UK and wider and utilised to inform the 'new normal' post-COVID 19 nursing world.

We have collated a number of case studies to demonstrate this which are being used at each and every opportunity by SAPHNA and our partners including NHSEi, PHE, DfE, DHSC, RCPCH, LGA, ADPH and more. More info can be found here: <https://saphna.co>

We have and continue to work tirelessly to 'do our bit' and ensure that the role of the workforce has been better understood, particularly the uniqueness that only we can offer. We have also been developing guidance, best practice and training which, with membership, you can access alongside many other benefits including free access to Dr. Pooky Knightsmith's learning platform Creative education. <https://saphna.co/get-involved/join-saphna/>

This newly formed partnership is needed now more than ever as our schools will, with our support, play a pivotal role in our children's recovery, working together as a trauma informed children's workforce will help us all to reap many benefits. <https://www.creativeeducation.co.uk/>

We send you our gratitude and applaud you for the invaluable work you have and will continue to do during COVID 19!

## Stay safe

**Sharon White** CEO SAPHNA



@SAPHNASharonOBE



## A great example of COVID 19 innovation from the Isle of Wight School Nurses... 'Drive-through immunisation clinics'

With the support of the Isle of Wight NHS Trust, Isle of Wight Council, 0-19 Public Health Team, liaison with our Secondary Schools, parents, children, PHE (COVID guidance) and NHS England we were able to plan the process.

The IOW NHS Trust had access to the 'pods' with power and hot water and the council were happy to support us in using council carparks. Parents were contacted via the consent form information; the process was explained and they were given an appointment time.

Our catch-up session on the routine child health immunisation programme has worked so well that we were able to use the model to advertise and offer the Y8 HPV in the same way which has been extremely well received by families.

"Thank you so much for today, it was an absolute breeze, no fuss, clear instruction and quick and efficient service."

"...was super anxious beforehand but the ladies were all so kind and welcoming and she soon felt at ease. Fabulous team."

"Took my daughter on Tuesday, the nurses were professional and very friendly. Thank you"



For further information,  
contact  
[info@saphna.co](mailto:info@saphna.co)



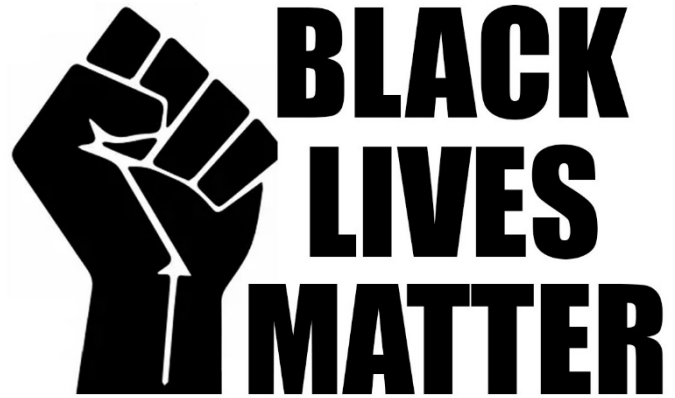
## **Black Lives Matter**

The global outcry following the death of George Floyd alongside the emerging glaring health inequalities for our BAME colleagues, clients and friends during COVID 19, has and must, give us all a jumpstart to reflect, rethink and reboot our practice. SAPHNA commit to doing this across our organisation and work to ensure that this meets and excels what is demanded of us as citizens and as nurses.

The following links provide some insight and resources from our amazing young people who share their stories so that we might learn:

<https://youngminds.org.uk/blog/racism-and-my-mental-health/>

<https://www.childrenssociety.org.uk/news-and-blogs/our-blog/young-trustee-on-fighting-racism>



## Twitter News to make you smile...



### Pendle Family Zone

Monday at 09:00 · 



Good morning everyone. We'd like to tell you about a happy accident that happened last week, which has led to a change in the terminology we use at [Lancashire County Council](#).

A school nurse spoke on Twitter about how she was taking a 10-year-old boy for a socially-distanced walk and talk. This is a vulnerable child, and the nurse wanted to check he wasn't going hungry. He told the nurse that he could go into school if he wanted, because he was on the "valuable list". The nurse didn't correct him.

The tweet was spotted by our Director of Children's Social Care, Sharon Hubber, who was moved by this little boy's mistake, but rightly believed that he had uncovered a bigger truth. The reality is that children who have the most needs are incredibly valuable to us, and should be spoken of in a way that recognises that fact.

This means we aren't going to talk about "vulnerable" children anymore, but rather "valuable" children.

This isn't just playing around with words – language matters. Framing these young people in this way gives them value. It also helps to change mind sets, and is a positive and affirming way to treat those young people who need our support the most.

All children are valuable, but some children aren't yet aware of their value. We aim to change that.



*All children are valuable*

## Children's Wellbeing and Their Creative Communication in the time of Covid-19

by Louise Coigley  
Speech and Language Therapist



*'How to connect one life with another, this has always been the problem'.*

The day lockdown began, on March 23rd, my dear Mum died. She had been a nurse in WW2. As if it came from her, I had an idea to make a mini vimeo about 'Flying Hugs'. This was a game I had invented for her great grandson. It eased much of this little boy's tension and confusion, while in quarantine with his parents, and not able to hug his extended family. The game involves calling a message of greeting, affection or farewell according to ability. Moving and gesturing while speaking can help the voice become more expressive, making the meaning clearer.

Recovering from a broken back and a partly broken neck, I was wondering how to contribute to the Covid-19 crisis. I invited colleagues, family and friends to fly me their hugs. Sixty videos came in over five days. A TV editor

donated his time to splice them. A professional singer songwriter friend composed a tune for a song we wrote. Thirteen Speech and Language Therapists sent hugs, plus a shattered midwife, an exhausted paramedic and numerous others. They flew in from Glasgow to The Isle of Wight, and one from Australia. Over seventy different hugs have arrived, including bouncing, pirate, penguin, starry and dancing ones.

*'...such a small still voice still...'*

Tender reports of the impact of flying hugs came in. One young Mum said that they brought 'light into the early dark days of Covid'; A three year old ceased her meltdowns at saying goodbye to her big sister on FaceTime; a pair of five and two year old brothers, after arguing, but not quite ready to touch each other again, now fly each other a hug; a Dad in Tokyo improvised from the vimeo with pictures. His four year old autistic son can now say 'hug' with meaning, and receive one. We have also heard that inventing new hugs relieved children from boredom and extended families from loneliness. One Grandmother watched and wept. She was relieved she could release her pain of separation. A young adult with learning disabilities now wants to fly hugs round the world and to the NHS. Teachers and parents in Lithuania are setting up a Flying Hugs Project to teach autistic children about feelings. At the beginning of July, a Primary School teacher showed the vimeo to her bubble, and those children spontaneously started flying hugs to other bubbles and their teachers.

'...puzzling health out, and piecing things together, with each young person and their story.'



Hugging can benefit our health mentally, emotionally and physically. Cohen and Co found hugging boosts the immune system, especially against respiratory diseases. Could flying hugs stimulate a response in our mirror neurons and enhance our immunity? We have sent out our first teacher questionnaire, to gauge the impact on their pupils of being able to connect across the physical distance via their own unique hugs. A Paediatric SLT department in London is

looking at how to fly hugs in schools and tele therapy sessions. An Early Years SEN Service is looking into flying hugs across their nurseries. One attractive aspect for children and adults seems to be, that this invites creativity and connection, to oneself and others, in a playful and practical way. It is not an intervention, but a technique to be caught on to when modelled, not taught. It may be needed for some time to come.

**Note:** all quotes are from Jessica Streeting's book about contemporary community school nursing: pages 8, 26 and 31.

**The link to the vimeo:**

**<https://vimeo.com/405589052>**

**To catch subsequent hugs please visit:**

**#flyahug @lisntell on Twitter or Facebook**

Please do get in touch with any questions or suggestions. [www.lisntell.co.uk](http://www.lisntell.co.uk)

e: [lfc@lisntell.co.uk](mailto:lfc@lisntell.co.uk)

**Reference:** Cohen, S., Janicki-Deverts, D., Turner, R. B., & Doyle, W. J. (2015). Does hugging provide stress-buffering social support? A study of susceptibility to upper respiratory infection and illness. *Psychological science*, 26(2), 135–147. <https://doi.org/10.1177/0956797614559284>



## ***Have your say!***

***You said: 'How on earth are we supposed to cope with all this extra COVID 19 work without additional resources'?***

***We did: We have partnered with a number of established and highly reputable companies which offer a range of solutions which help optimise the workforce and, more importantly, improve our offer to our children, young people and families***

***So What? We and they will be running a series of updates via our website, newsletter, events and forthcoming webinars, to demonstrate impact and opportunities.***

### ***The Lancaster Model:***

*"Prevention means stopping problems happening in the first place, supporting people to manage their health earlier and not just treating them when they become ill or have problems" (The Rt Hon Matt Hancock MP, Prevention is better than cure 2018).*



*TLM and the new Portal generates alert indicators to identify and support individuals who are just **"Stepping on the Travellator"** before they present with substantial problems and issues later, and are **"Already in the Fire"**.*

The Lancaster Model® (TLM) and Aire Logic Ltd, are thrilled to announce their new partnership supporting the governments vision to help people live well for longer.

Using proven healthcare IT, together we have created a new and improved portal to advance the management of the innovative alert indicators, focusing on:

- More child friendly colours and logos (to increase pupil engagement and interest)
- Easier navigation for staff (for easier more efficient system use)
- Simplified access for staff (to enhance clinical judgement)
- Superior external reporting (for better public health data analysis)
- Text messaging functionality (to increase access for individuals who have raised an alert)
- Video call functionality (to reduce face to face contact and support swifter interventions)
- System interoperability (for the secure transfer of information/data to other systems)

We would like to thank our existing TLM users, who have remained patient and supportive and also welcome new TLM users to join in our journey to **"Prevent rather than Cure"**.

[www.thelancastermodel.co.uk](http://www.thelancastermodel.co.uk)

[www.airelogic.com](http://www.airelogic.com)



## ChatHealth digital provision during and post COVID-19 –

written by Clinical Lead, Caroline Palmer

During the COVID-19 pandemic,



ChatHealth has proven to be an extremely useful service to support young people and parents alike. As a virtual service, ChatHealth has enabled school nurses to reach vulnerable and hard-to-reach service users during these difficult times.

Nationally, incoming messages to ChatHealth increased by 50% in the first weeks of lockdown, with an increase in contacts expressing concerns relating to issues exacerbated by COVID-19, particularly with anxiety and low mood. One school nurse said “resources like ChatHealth are vital for helping to support our young people during this time.” Service users have appreciated the convenience of messaging, with one service user saying “Thank you for being so helpful. It is reassuring to know I can contact someone easily at this difficult time.”

ChatHealth messaging services are run by public health teams in around 50 NHS Trusts and healthcare organisations throughout the country; all working incredibly hard to stay

connected with service users, offering reassurance that they’re still here to help via their messaging service.

The NHS-based ChatHealth support team have been on hand for both existing and joining user organisations throughout, introducing a shorter 5-week implementation period, e-learning training and regular communications, all without compromising quality and safety.

I am proud of the innovative school nurses embracing these new ways of working, bringing school nursing into the digital world of technology and inspiring others to follow.

Enabling service users to access healthcare in ways that are easy and age-appropriate encourages them to take ownership of their health, seek support in a timely way and engage through their own choice. This increases the likelihood of much more positive and long lasting improvements for their health. Never has this been more important than in the current times. Using digital technology within healthcare can sometimes feel scary for professionals and potentially push them out of their comfort zone, however when implemented in a safe way like ChatHealth it is proven that healthcare professionals engage really well and can see the benefits for their service users.

***For more information about setting up a messaging service, go to [chathealth.nhs.uk](https://chathealth.nhs.uk)***

## Let Technology Take You to New Ways of Working



School nursing teams across the country are realising that they need to embrace new ways of working to safely support their children. There's more work to be done across all schools and in all areas. It seems a daunting task.

[More, More, More ...](#)

Yes, it's looking like more of everything come the Autumn, except budget, of course. More vaccinations as the flu campaign reaches more children. And we expect uptake to improve across all campaigns as health is now a higher priority for all.

Including potential mass immunisation against Coronavirus, we also expect a greater demand for [health needs assessments](#) as well as, according to local priorities, managing the [NCMP](#), [vision screening](#) and [hearing screening](#) for reception children.

Unless we're careful, this'll lead to more pressure being put upon the 0-19 teams. Technology can help you ease the burden of this workload.

### Let Apps take the Strain

Technology's here to help. You really *can* deliver more service without more funding or staff. The SchoolScreener suite of products all dramatically reduce the time effort and money involved in delivering child health campaigns. You can:

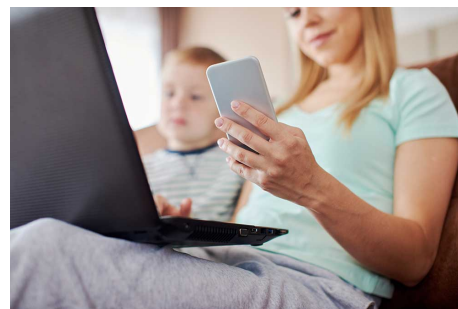
#### 1. Automate Administration

Release more time to care by automating all that admin. Reports to management. Reports to commissioners. Governance. Consent. Parent communications. All can be automated quickly, easily and inexpensively.

[Learn more.](#)

## 2. Work Safely

Minimise the time needed in schools and the office to support **remote working**. Reporting from SchoolScreener products automatically identifies workload progression and it's easy to switch tasks between teams and team members according to resources, priorities and staff availability.



[Learn more.](#)

## 3. Cut the Cost of Parent Communications

Printing and delivering letters to parents is time-consuming and expensive, we all know that. Save on paper, print and distribution costs by moving parent comms online, via the SchoolScreener Parent Portal. Letters, consent, health information leaflets all distributed to the right place, instantly, with **no need for paper**. Now available with **all** our products.

[Learn more.](#)

## 4. Identify Mental Health Issues

An unwanted but expected side-effect of the lockdown is a spike in child mental health problems. Until now, it's been difficult to identify rapidly those in need of help. Check out [Schoolscreener Health Needs](#), our new, proven online health assessments for children of all ages. We can help you with adding in age-appropriate mental health questions to reveal those in most need of your attention. It'll help you identify issues, prioritise responses and release more time to care.

[Learn more.](#)

Remote working and a greater use of technology in the school nursing workplace are here to stay. Choose your tech wisely, to support as many of the functions you fulfil as you can. [Find out more](#), [start a discussion](#) or come along to one of our [free webinars](#).



## Your time to shine even more!

Enter the Antibiotic guardian awards, showcase all the fab work you are doing re handwashing, respiratory hygiene, education and support to parents, schools and more

<https://antibioticguardian.com/shared-learning-and-awards-2020/>



## Free training opportunities

**Soft Landings: School Nurse equipped better to support our children on their return to school through trauma informed practice**

We have been awarded a small COVID 19 grant from the wonderful Burdett Trust for Nursing; this to provide FREE training to 2,000 of the School Nursing workforce to help us better support children and young people in their return to school.

We have commissioned our colleague, the amazing Dr. Pooky Knightsmith of Creative Education <https://www.creativeeducation.co.uk/> to develop and deliver this which will take the form of a blended approach of short, sharp, chunkable e-learning and multi-agency webinar discussion groups which the learner can dip in and out of as suits their needs and demanding diaries!

The project will commence July and run over a 3-month period with the intention of equipping our workforce with the skills and materials that we know will be in high demand once our children return to school

Register for your free place here NOW: [info@saphna.co](mailto:info@saphna.co)

## **Further reading and resources:**



During COVID 19 resources and information has been produced at a rate of knots! We have a section dedicated to this on our website which can be accessed here:

<https://saphna.co/?s=covid>

**However, we have also provided a few bites below. Happy reading!**

<https://www.rcpch.ac.uk/news-events/news/how-covid-19-affecting-children-young-people-bame-communities>

**A wonderful You-Tube video to help children understand the return to school 'in a bubble'**

<https://www.youtube.com/watch?v=XUXDX0WFyno>

**A book on Grief for children, written by our fabulous friend and colleague Pooky**

<https://saphna.co/news/grief-booklet-from-our-fab-colleague-and-friend-pooky/>

**DfE Guidance for the full opening of schools**

[https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools?utm\\_medium=email&utm\\_source=govdelivery](https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools?utm_medium=email&utm_source=govdelivery)

Support for our young people moving on to Further Education in such times

<https://online.flippingbook.com/view/441990/>

**Coronavirus (COVID-19): Keeping children safe from abuse and harm**

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-abuse-and-harm>

<https://www.rcpch.ac.uk/resources/covid-19-research-evidence-summaries>



**MOH (@MOH\_tweets)**

How should you communicate with children and young people in virtual meetings? FLARE, the young people's advisory group supported by [@CDC\\_tweets](#), have created a video and a document on their top tips for professionals: [bit.ly/2Y3i4gC](https://bit.ly/2Y3i4gC) [pic.twitter.com/xkSCbjun9](https://pic.twitter.com/xkSCbjun9)



**RCPCH\_and\_Us (@RCPCH\_and\_Us)**

🔊UPDATED: latest survey responses from CYP

55,000+ children & young people have shared their voices through surveys on lockdown life

Please check & use these to help inform your [#RecoveryPlan](#)

[rcpch.ac.uk/resources/covi...](https://www.rcpch.ac.uk/resources/covi...)

[@RCPCHtweets](#) [@LiviButt](#) [@GenrYPAGs](#) [pic.twitter.com/gRwx7xVrsw](https://pic.twitter.com/gRwx7xVrsw)

## Webinars:

We have already hosted a number of webinars and are planning on more.



**Webinar – Monday 20<sup>th</sup> July 2020, 12pm – 1pm**

### **ChatHealth webinar: How School Nurses are using Digital Technology during COVID-19**

In this webinar, Caroline Palmer and Julie Jones from the ChatHealth team at Leicestershire Partnership NHS Trust discuss how school nursing services are using digital technology to reach young people and families.

They will share how school nurses have stayed connected with young people during the COVID-19 pandemic by using ChatHealth messaging, which for many has become a vital part of their service.

In the webinar, you can learn how school nursing services can:

- Use messaging to deliver confidential health advice to young people and parent/carers
- Deploy age-appropriate websites for round-the-clock signposting
- Digitise health & wellbeing forms to assess service user needs.

### **Upcoming**

How has COVID 19 impacted immunisations and what do we now need to prepare for, learning from examples of best practice

The psychological impact on shielding children and young people and returning to school

Members only webinar: **Leadership in the virtual world of school nursing**

Details will be posted on our website in the near future. Keep checking back: [www.saphna.co](http://www.saphna.co)



@SAPHNAteam



***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=)



**First Aid for Life** are delighted to be partnering with **SAPHNA** and provide first aid training and resources for their team and schools

[www.firstaidforlife.org.uk](http://www.firstaidforlife.org.uk)





## A moment for reflection...



### These Are The Hands by Michael Rosen

These are the hands  
That touch us first  
Feel your head  
Find the pulse  
And make your bed.

These are the hands  
That tap your back  
Test the skin  
Hold your arm  
Wheel the bin  
Change the bulb  
Fix the drip  
Pour the jug  
Replace your hip

These are the hands  
That fill the bath  
Mop the floor  
Flick the switch  
Soothe the sore  
Burn the swabs  
Give us a jab  
Throw out sharps  
Design the lab.

And these are the hands  
That stop the leaks  
Empty the pan  
Wipe the pipes  
Carry the can  
Clamp the veins  
Make the cast  
Log the dose  
And touch us last.



**Don't forget to visit [www.saphna.co](http://www.saphna.co) for the latest News and guidance for School and Public Health Nurses with special offers and further support for members:**

**<https://saphna.co/get-involved/join-saphna/>**

