



Summer Beckons



Dear Colleagues,

The Delta variant of Coronavirus continues to surge across the UK, however, thankfully, many children and young people are, with fabulous public health support from School nurses and diligent work in partnership with school staff, able to continue to attend school. There is a plethora of evidence that clearly tells us of the impact of school closures on our children and families with loneliness being cited as one of the many long-term issues being encountered by young people.

The summer holiday break is almost upon us and so now, alongside everything else raging in the 'to do' pile, our thoughts must also turn to how will we empower, advocate and help our families access safe play, leisure and, vitally, contact and flourishing friendships! I was saddened when I had this recent conversation with my outdoor loving 16-year-old nephew who left school early, end of May. He told me that his friends



Tweet us...

@SAPHNAteam

@SAPHNAsharonOBE

Summer Beckons

Sharon White OBE

**Listening to
Launching – The
Story of Co-Producing an App to Support Young Carers Health and Well being**

Fiona Rogers

**Jess Streeting
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Jess Streeting

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Share Their Practice Examples with**
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**Updates:
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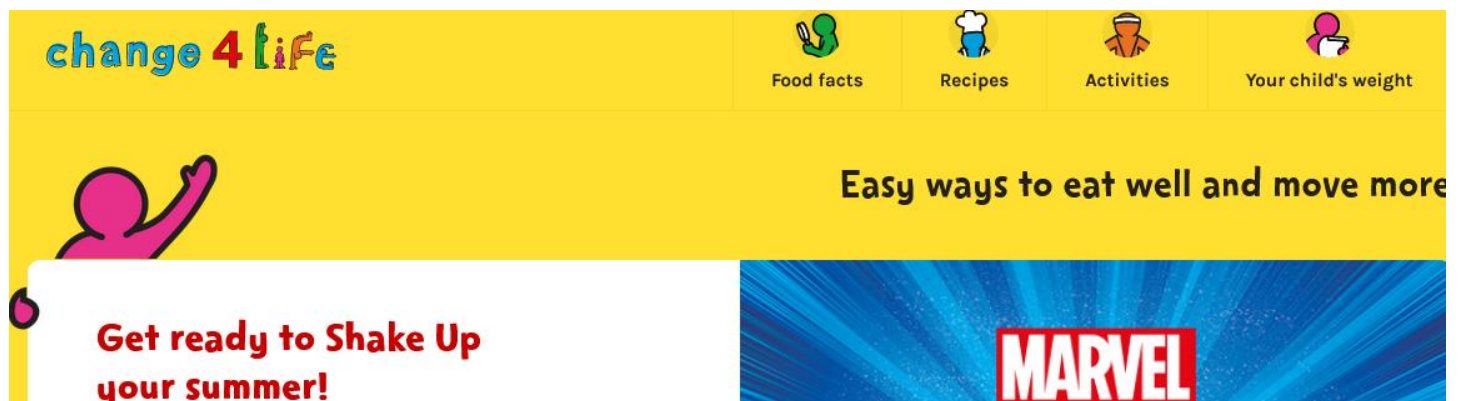
were 'outdoor anti-social', he explained that he had a fab group of friends (tick), who he 'played' with every day (tick) but only online (sad face emoji)!! He said they rarely met up outside other than at school. (By the way, my nephew is out jogging with his dad most days and his summer project is renovating the old garden shed into a lads' den)! Online gaming has its place as did/does online learning, however, as ever, healthy lifestyles are about balance.

There are many opportunities for our children and young people to access free activities this summer against an on-going fear of pandemic transmission. Our role, in partnership with schools, is to find that fine balance and enter into those very conversations with our children, young people and families, true 'Public Health'!

Wishing you all at least some respite over the summer, more of this very strange yellow thing in our Yorkshire skies and time to reflect on all that you have achieved in the last academic year.

Stay safe and well.

Sharon



change 4 life

Food facts Recipes Activities Your child's weight

Easy ways to eat well and move more

Get ready to Shake Up your summer!

MARVEL

<https://www.sja.org.uk/get-involved/young-people/cadets-ages-10-17/>

<https://www.youthsporttrust.org/join-us/family-hub>

<https://summerreadingchallenge.org.uk/>

<https://www.nationaltrust.org.uk/features/summer-family-activities-for-every-adventurer>

SAPHNA – LISTENING, HEARING, DOING – *You Said.... We Did.... So What!*

Independent School Nurses

You said...

Independent School Nurses are seeking more resources and support.

We did....

We continue to strengthen our offer to those nurses and teams working in the independent school sector and, as a result, are seeing an increase in membership.

We have launched a dedicated website section <https://saphna.co/independent-school-nursing/> and are hosting a series of themed webinars. Details of the first of these can be found on the website.

This will include anaphylaxis, asthma & head injuries (including emergency medication and GRTP)

Presenter: Emma Hammett, founder and CEO of First Aid for Life

This is free of charge for members of SAPHNA or £25

If you are unable to attend in person, then you can select to purchase a recording of the event which will be sent to you afterwards including any transcript.

The third webinar, which will be open to all: Sexual violence and harassment in schools.

Presenter: Janine Rodderick, Independent Consultant Sexual Violence and Domestic Abuse.

Free for SAPHNA members, £25 for non-members. Date TBC. Via the website

We are grateful to our colleague, Emma Hammett, CEO First Aid for Life for her generosity and support and for her intern, Elsa, for helping to build and develop the website content.

Safeguarding and clinical supervision, as well as revalidation services, are available from SAPHNA.

More information on request info@saphna.co

So What?...

SAPHNA will continue to actively listen to the Independent school nursing workforce and represent them and their students at all relevant levels.

National Association of Special Schools

We have been in talks with NASS and are developing a partnership plan to facilitate SAPHNA in providing continuous professional development to their nursing workforce. More news soon!



You said

The growing number of School nurses/health professionals based and working in schools have asked we provide them more support.

We did....

We have our inaugural meeting in late June to begin these conversations and look to develop a community of practice to bring this group together where sharing; learning and professional conversations can be had.

If you are interested to know more/join, then e-mail Info@saphna.org titled 'Nurses based in (public) schools.

So What?

Update next time!



Safeguarding

Throughout COVID we have retained regular links with NHSE Safeguarding team who have been unstinting in their support and guidance. SAPHNA remain standing members of the NHSE Safeguarding/COVID group which continues to meet fortnightly and, as such, are a recognised formal partner.

Most recently we have been involved in numerous conversations regarding the Everyone's Invited Movement <https://www.everyonesinvited.uk/>; over 50,000 testimonies regarding sexual harassment/violence and abuse; over 100,000 of a community.

The reported findings from the Ofsted rapid deep dive which included over 900 conversations with children and young people in over 3,000 schools, clearly articulates a pivotal role in Relationship and sex education, health education, promotion, prevention and protection for school nurses in both public and independent school settings. We will ensure we remain at the table for ongoing plans and positive ways forward.

Join us on our next Safeguarding themed webinar Tuesday 13th July 12-13.00. Multi-agency Safeguarding; how can we improve?

This will be led by Caroline Flynn, an experienced Social Worker, Child Protection Chair and inventor of the Multi Agency Application website, the LinkIndex Keyring, and another exciting project which she will share with us on the day. Her work is in partnership with NHSE Safeguarding.

We do hope you will join us and look forward to a rich learning experience so we might all better safeguard children and young people. Sign up here: <https://saphna.co/news/saphna-are-delighted-to-announce-a-series-of-member-only-webinars/>

Listening to Launching – The Story of Co-Producing an App to Support Young Carers Health and Well being

Fiona Rogers - SAPHNA Committee member / West Yorkshire and Harrogate Health and Care Partnership - Young Carers Co-ordinator

Through engagement young carers shared there was nowhere for them to access health and well-being information specific to their needs. A free, innovative and co-produced Young Carers Support App was developed and launched nationally June 2021 during Carers Week.

Background

Young carers are children and young people under 18 years old who provide care and support for another person of any age. Young carers can be as young as five years old. Caring can be a very positive experience and develop life skills, but many young carers have poorer health and education outcomes than children and young people who are not young carers.

https://www.childrenssociety.org.uk/sites/default/files/2020-10/young-carers-information-for-healthcare-professionals_0.pdf

Young carers face challenges as a consequence of their caring role including growing up earlier and often missing out on the same opportunities as their peers. There are often missed opportunities to identify a child or young person as a young carer as well as vital signposting to services to enable them to access the right support at the right time. The Children's Act 1989 and the Children and Families Act 2024 give councils and their partners the duty to take reasonable steps to identify young carers and assess their caring responsibilities. <https://www.legislation.gov.uk/ukpga/2014/6/section/96/enacted>

Caring can impact on a young person's health, social life, education and self-confidence and Covid 19 has added additional challenges. <https://carers.org/what-we-do/our-survey-on-the-impact-of-coronavirus-on-young-carers-and-young-adult-carers-show>



Young Carers and Covid 19

40% young carers and 59% young adult carers say their mental health is worse.

67% young carers and 78% young adult carers are more worried about the future.

69% of both young and young adult carers feel less connected to others health is worse.

56% of young carer's education is suffering.

Carers Trust 2020

Carers Trust 2020

The Journey Begins

West Yorkshire and Harrogate Health and Care Partnership (WY&H) Unpaid Carers Programme young carers work stream aims to improve the health and wellbeing outcomes of young carers through innovative and system wide approaches. Young carers said in engagement events there was nowhere they could access health and wellbeing information specifically for young carers in an easy and discreet way. It was agreed this need could be met through the development of an App. Expert Self Care an established Health Information App development company led by Dr Knut Schroeder coincidentally were also working on the idea to develop an app for young carers – an introduction followed, a partnership was formed, and the journey began to co-produce an App for young carers.



West Yorkshire and Harrogate
Health and Care Partnership

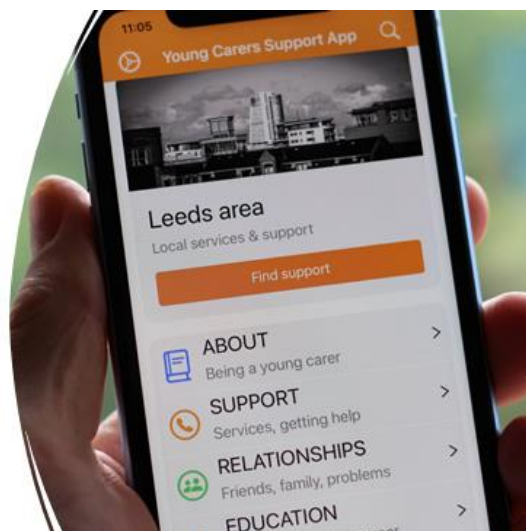


Content Creation

A WYH Project Manager was appointed and first steps included forming an App development working group. Over 25 professionals were drawn from the WYH Young Carers Steering Group; representing the local authority,

How does it work?

- FREE to download (iPhone/Android)
- "like NHS website in app-form"
- Bespoke information in one place
- Reassurance, support, signposting
- 11 Categories (about being a carer, support, relationships, education, calm zone, skills, conditions, physical and mental health, emergencies, private options)



voluntary community, social enterprise and NHSE. On-going engagement was planned with young carers to co-produce the App preferring to review the content when available in App format. Eleven headings were agreed and each topic researched and agreed by the group to ensure evidence-based advice and signposting to reputable websites. A local page can be added with bespoke information, images and content by areas contacting knut.schroeder@expert-selfcare.com directly to discuss this option and the associated cost.

Soft Launch

The App was ready in Apple format to launch on March 16th Young Carers Action Day 2021 and an online survey designed to accompany the soft launch. A communication plan was written and shared across WYH. Exciting times! The developer and the App development working group waited with bated breath. Twitter was alive with news of the soft launch and the feedback was really positive. The IOS version became available at the end of the month.



Available on the App Store ANDROID APP ON Google play

West Yorkshire and Harrogate Health and Care Partnership

Young Carers Support App

Download from the android app or apple store for free advice and support with your:

- ❖ Mental Health
- ❖ Education
- ❖ Emergency planning
- ❖ Support
- ❖ Carer Skills
- ❖ Conditions
- ❖ Relationships



Launch day

Following the soft launch, the planning began for the main launch. The primary target audience for the App is young carers / young people but it was recognised the App contains a wealth of information that would be useful for anyone who supports young carers / young people. Two online launches were planned during Carers Week 2021 with the App Developer and Project Co-ordinator presenting. The professional event “Launch, Lunch and Learn” attracted 65 attendees from across the country and a cross section of professionals including from Local Authorities, Acute Trusts, and Voluntary Sector Social Enterprise.

An App walkthrough created by a young person for young carers / young people premiered. The film was a great success and requests for additional information and links to the resources flooded in. The following day the young peoples’ event took place. The event was organised by the WYH Youth Collective who planned, led and delivered a fantastic event. Over 40 people attended a fun filled informative event including games, break out rooms to share ideas on future App promotion and discussion time, App demonstration, competition and a goodie bag!



Next Steps

The development journey continues with system wide promotion, promotion, promotion. Feedback is actively sought and welcomed from all who download the App and will inform the future content and design. Evaluation is on – going and collection of qualitative data including case studies and quantitative data including analytics will be captured. Interest has been expressed from across the country and national organisations; SAPHNA, NHSE, PHE, QNI... The App is an ideal resource for School Nurses to be aware of and signpost young carers to and also use to develop their own knowledge.

Feedback Twitter 2021

Its fab....

Fantastic work and focus!

Excellent initiative

Great to show users speaking highly of a product

The hope for the project is for all who support young people / young carers across the health, education and care system to be aware of and signpost to the Young Carers Support App. Enabling discreet timely access to the App aims to improve the health and wellbeing outcomes of young carers through a happy and healthy childhood and seamless transition to adulthood.

Useful information / resources

<https://www.wyhpartnership.co.uk/our-priorities/unpaid-carers/young-carers/young-carers-support-app>

<https://www.expertselfcare.com/health-apps/young-carers-support-app/>

<https://apps.apple.com/gb/app/young-carers-support-app/id1556955591>

<https://play.google.com/store/apps/details?id=com.expertselfcare.youngcarers>

Back to School – A Nurse Consultant for Public Health Studies A PhD Examining School Nursing Health Assessment

Jess Streeting SAPHNA Committee / member / Central London Community Healthcare NHS Trust

When I started a new role as Nurse Consultant for Public Health last October, the understanding was that I would also undertake a PhD.

The Central London Community Healthcare Trust now comprises eleven diverse London boroughs and Hertfordshire, in seven of which we are commissioned to deliver school nursing. A key component of the nurse consultant role involves promoting research and best practice, so I understood why our Chief Nurse, Charlie Sheldon was keen for me to lead by example. I embraced the opportunity with enthusiasm, supported by a great line manager and potential supervisor. By January 2021 I had a draft research proposal and a pencil poised ready to begin at Kings College London.

I would be examining school nursing health assessments in depth, exploring key components and asking if it is possible to co-produce a better assessment framework than exists already. How do we capture the essence of school nursing health assessment, the magic that happens when a good school nurse, like a competent octopus, reaches out in many directions on behalf of a child or young person?

I soon realised, that despite writing frequent articles for the nursing press and a book about school nursing, I was not prepared for the strange new world of doctoral study. It is almost indescribable, maybe because there are so many different strands to consider at once. On one wobbly day, as contemplated that moment when a bemused child appears at the school nurse's door, a doodle popped onto my page, summing up my general trepidation.



Back to school.

My fellow doctoral students are lovely; we have a supportive WhatsApp group, a journal club and writing groups where we work together online to help minimise isolation. However, for nurses used to reaching out, trying to make life better for others, it is very strange to concentrate single-mindedly on our own study needs.

This is where my big thank you to SAPHNA comes in. We issued a call out for school nursing colleagues to share their health assessment models and so many of you have got in touch! I am very grateful, because I know how little time you have available, but also deeply impressed with the quality and ingenuity of practice. Often school nurses have not written up best practice for publication, but the research writing process is daunting, so who can blame us?

While I am shortly to begin a formal systematic literature review, with support from three kind and highly intelligent school nurses from my own Trust, it is the scoping of practice internationally that is proving most interesting.



Please do get in touch if you haven't already and let me know what works and where your challenges lie. I hope it doesn't sound rude to say that Sharon is the most competent octopus of all, with tentacles spanning school nursing, stakeholders, research bodies and policy influencers. She has introduced me to the wonderful Professor Mark Hayter, Editor in Chief of the Clinical Nurse Journal. Keen to get school nurses into print, Mark is generous with his time and encourages us all to get in touch if we need help shaping a paper for publication. Paul Watson

from Northumbria University and Heidi Fewings from Hull University are our SAPHNA academic advisors and brilliant at helping us all raise our game research-wise as well as kind and encouraging to chat to.

Young people's views are central to research about them, not just tagged in at the end. Sharon has introduced me to Emma Rigby of the Association for Young People's Health), who has great advice for engagement and excellent supporting documentation (AYPH 2021).

Our amazing Maggie Clarke has invited me to Warwickshire in July to see their holistic model in action, and I've had more offers than I can count, to visit others in practice. Thank you all.

Throughout the ups and downs of the past six months, what keeps me going is the passion of all public health nurses I encounter; the collective desire to persevere, improving our care for children and young people, because only the best will do.

Pivotal Role of School Nurses

Wendy Nicholson PHE Deputy Chief Nurse, Deputy Head WHO CCC

School nurses and their teams play a pivotal role in supporting the health and wellbeing of school-aged children. The leadership, specialist public health and clinical expertise school nurses is unique and crucial to delivering high quality evidence-based interventions. The breadth of support provided as part of the Healthy Child Programme is staggering and a testimony to compassion and determination of local teams working in partnership with children, families, schools, health and social care.

School nurses are often the navigator supporting children, young people and families to find their way through the myriad of health and care services – similarly school nurses frequently support partners and are advocates for children and young people's health and wellbeing. Covid-19 amplified the necessity of the educative and ambassadorial role of school nurses.



All our Health and ELfH are really useful resources which demonstrate the diverse and far reaching role of public health intervention and the impact for our children, young people and families. So please do share with your teams and partners – they can really support learning, development, role appreciation and joint working. We will be developing more resources, so please do check in regularly to discover new modules to support your learning and practice – and revalidation!

The All our health resources can also help to raise awareness of the needs of our 0-19 population. We know children were relatively invisible in wave 1, however the increased vulnerability illustrated need to restore services for children 5-19 became a priority. Public health issues have become more apparent, the All Our Health modules can provide bite-sized refreshers and updates – do take a look at all the modules including early speech, language and communication, childhood obesity and early adolescence

We want to address the impact of covid-19, many of you will have seen and be using our vulnerability framework and guide to restoring public health services, we will be taking further work forward to embed the framework over the next year which will support local delivery.

As we address the impact of the pandemic it is important to reflect and learn from what works, public health nurses supporting children, young people and families have shown innovation and adapted to delivering differently. We have been capturing this innovation through case studies and practice examples – these examples really show the breadth of support and leadership you all bring, so please do keep sending more! Finally, a huge thank you for the passion, determination and commitment – every day you all make a difference to the lives of children and young people.

Tell us a story! School Nurse Queens Nurses Share Their Practice Examples with International Author Suzanne Gordon

Suzanne Gordon international author and journalist worked with the Queens Nurse Institute School Nurses and supported them to be able to describe the real value of the work they do, the huge contribution they make to the healthcare economy and the multiple ways in which they protect and enhance the health of people and communities. A group of School Nurses were invited to London 2019 to attend a workshop led by Suzanne to enable School Nurses to showcase the incredible work they do that is often unknown. Stories were written, submitted to Suzanne and then the pandemic struck. The work was finally published in May 2021. SAPHNA is delighted a number of their committee members / members contributed to this work. The book is a collection of School Nurse case studies edited by Suzanne and demonstrates the breadth of skills, knowledge and work of School Nurses. If you haven't looked already, please do, and share widely!

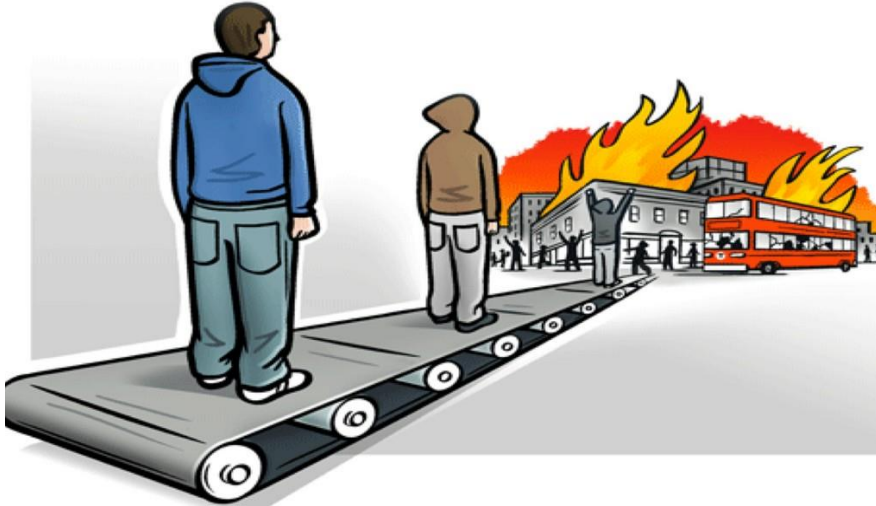
<https://www.qni.org.uk/wp-content/uploads/2021/05/School-Nurse-Stories-2.pdf>



Update from The Lancaster Model Team

The Lancaster Model (TLM)

In the current Covid pandemic, the impact on School Nursing, resources and budgets have been the focus for The Lancaster Model Team.

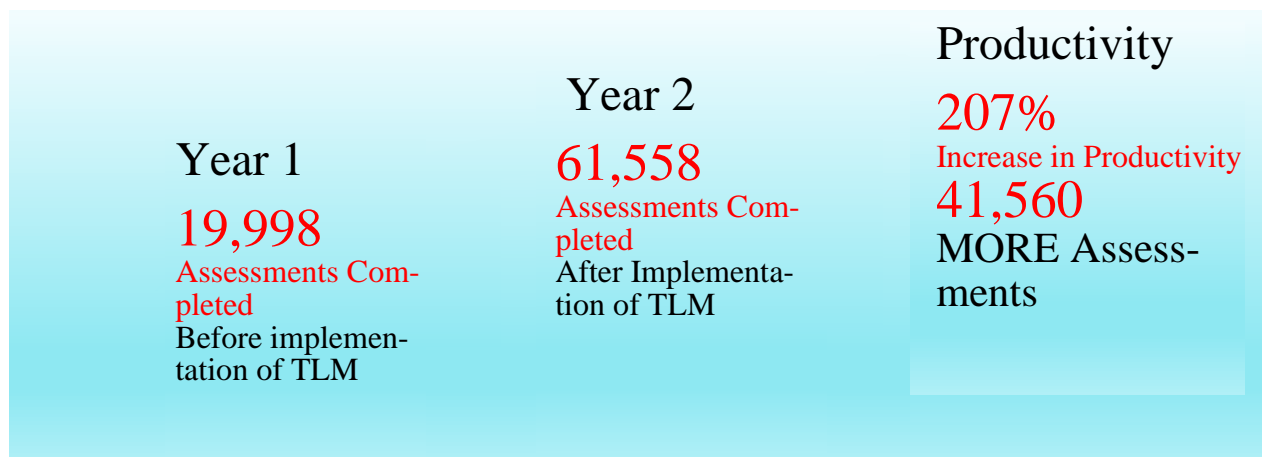


The Question:
“How can we deliver true Early Intervention and Prevention within a reduced financial envelope??”

The Answer: **Match the evidence of need to the skills and competencies of the workforce and the result is “increased productivity” for NO extra cost.**

Taking a “proactive” rather than “reactive” approach, TLM provides two validated core elements: a sustainable health needs assessment process providing a cyclical approach of staged contacts to evidence need, PLUS a workforce skill mix strategy which utilises the skills and competencies of the existing workforce, whilst developing and directing the future workforce.

(The following statistics were collated from 9 large regions across England over a period of 2 years, involving the same staff resources and the same regional populations).



Continuing evaluation of productivity data will be a core element of TLM over the next year, to drive forward Early Intervention and deliver value for money.

Contact - kath@tlmhapi.co.uk

Update from ChatHealth



It's been a privilege to continue supporting so many public health nursing teams through your digital health transformations.

Expanding ChatHealth

We have recently welcomed school nursing teams in Stockport and South Tyneside, who have launched new ChatHealth messaging services to support young people.

There's been increased interest from other services. One example is Wolverhampton's Sexual Health Service, known as Embrace, who launched ChatHealth on the heels of their Trust's successful school messaging service. Read the case study here: <https://chathealth.nhs.uk/evidence/case-study-using-chathealth-messaging-for-sexual-health-advice>

Growth of Health Websites

The Healthy Family team in Nottinghamshire joined Health for Under 5s www.healthforunder5s.co.uk/nottinghamshire to extend their health visiting digital offer with localised advice pages and signposting to support services. It's in addition to the Nottinghamshire local areas on Health for Teens and Health for Kids.

Leicester, Leicestershire and Rutland's Healthy Together team shared their digital delivery of the Healthy Child Programme during HTN Now in April. Watch the full video of their session here

<https://htn.co.uk/2021/05/04/video-leicestershire-partnership-shares-their-delivery-of-the-healthy-child-programme/>

Social media promotion

As you'll know, promotion to young people was particularly challenging whilst schools were closed during lockdown. Young people have told us that social media is one of the best ways of reaching them. So, we were pleased to support local promotion efforts by running a series of adverts on Snapchat and Instagram. Excellent results were seen in terms of raising awareness of ChatHealth amongst young people in areas where it is available. The campaign gained over 7 million impressions, almost 5,500 clicks to the ChatHealth website and a noticeable increase in the number of incoming ChatHealth messages to services. Finally, we would like to thank you all the public health nursing teams we work with for their ongoing dedicated commitment to supporting young people, children and families. Although digital services are not about replacing face-to-face care, you've found them to be invaluable in reaching service users and widening accessibility throughout the pandemic.

Keep up with the latest product news, information and resources, by following our social media accounts.

LinkedIn: ChatHealth NHS

Twitter: @ChatHealthNHS | @HealthforU5s | @HealthforKids1 | @healthforteens1

Instagram: chathealthnhs | healthforu5s | healthforkidsgrownups | health_forteens

Please do get in touch through ChatHealth@leicspart.nhs.uk if you would like to discuss how our safe and secure digital package can support your service.

Commissioners' country wide face common challenges managing severely stretched resources, through to how best to support and engage with parents. This is not new, of course, but the impact of Covid-19 on demand for School Nursing services is profound. As part of Newham's parental support and engagement, their School Nursing service has released a 4-minute video on the importance of School Vision and Hearing Screening. This shows how they manage screening in school using SchoolScreener (in 'normal' times and using PPE)

<https://www.youtube.com/watch?v=YQK0nmSpFE0&feature=youtu.be>

Update from Thomson Screening



SUPPORTING AND ENGAGING PARENTS

As part of our efforts to support parental engagement, in 2020, Thomson Screening introduced the SchoolScreener Parent Portal (available without charge for use with all SchoolScreener tools). This delivers secure online communications between Providers and Parents using a Smartphone, Laptop or Tablet. The video below discusses how Providers use the Portal for services as varied as The NCMP, Health Needs Assessments, eConsent, Immunisations Management, outcomes of children screenings and much more.

Increasingly, using technology is seen as part of capacity building and service provision. How SchoolScreener is used varies from supporting current provision to service transformation programmes for in school and Provider wide service delivery, data management, reporting and parent engagement.

We are always interested to hear from Providers and Commissioners on ways you want technology to support services. To contact us with suggestions or to arrange a demonstration of SchoolScreener please email web-enquiry@schoolscreener.com

All SchoolScreener tools are designed to be implemented within 6 weeks including training and support delivered over Microsoft Teams.

All SchoolScreener data can now be fed directly to SystmOne via API and System One have also enabled their bulk upload tools, so that data from SchoolScreener also uploads to any SystmOne module used by Providers.

www.schoolscreener.com

<https://www.youtube.com/watch?v=YQK0nmSpFE0&feature=youtu.be>

News and Useful Resources

[Proposed Cuts to Health Visiting and School Nursing in Hampshire - Collective system failure puts vulnerable children at risk](#)

Joint letters from the Institute of Health Visiting (iHV) and the School and Public Health Nurses Association (SAPHNA) warn national and local leaders that the proposed cuts to health visiting and school nursing services in Hampshire will put children at risk of harm.

Despite rising levels of safeguarding concerns nationally which saw 285 children killed or seriously harmed in the first 6 months of lockdown in England, Hampshire County Council has forged ahead with their plans to cut their health visiting and school nursing services intended to support families and safeguard children.

Concerns have been raised that the proposals described as “Serving Hampshire, balancing the budget” bear no resemblance to the national Healthy Child Programme which sets out a programme of support for all babies, children, and their families. Within the proposed plans to reduce the 0-19 Public Health Nursing Service budget by £2.09 million per year are significant elements that will undermine delivery of the Healthy Child Programme, drastically cut the support available to families, and strip out the mechanism to identify vulnerable children:

- cutting approximately 47 staff posts (12.5% of the current workforce).
- for children 0-5 years, all children will only receive one mandated face-to-face health review. All other reviews will be “risk assessed to decide whether they should be completed face-to-face, by video or by telephone”.
- only providing school nurse support to children and young people over the age of 11 years through the ‘digital offer’, i.e., NO face-to-face service.
- minimal school nursing statutory involvement in safeguarding and child protection.

The whole health and social care system is interconnected and changes like these cannot be made in isolation without consideration of the wider system impact; making radical cuts like these will cause harm to children and will create a ripple effect across other services like GPs, secondary care, and children’s social care that are already stretched and need to be accounted for.

The iHV and SAPHNA believe there are several sets of grounds which, singly and severally, mean the County Council and national government ought to review these plans, to ensure that they are not in breach of their statutory safeguarding responsibilities nor undermine the delivery of the Healthy Child Programme which has been mandated by government.

Post-covid, it is even more important that families with babies and children are supported, with rising levels of children living with vulnerability and risk. England already has a significant problem, with 1/3 of all vulnerable children recognised as ‘invisible’ [1] within the system and therefore not receiving the support that they need. Our children are also the unhappiest across Europe. This proposed model would place them at even greater risk. These cuts are the predicted consequences of insufficient funding and inadequate system levers, alongside a lack of prioritisation of prevention and early intervention at all levels. An urgent national review is needed to acknowledge the root cause of these cuts, and their significant wider system impacts, with a clear plan to tackle them once and for all.

Sharon White, CEO SAPHNA, says: “We have seen a number of recent and significant cuts to health visiting and school nursing services with more planned; this must stop. We are fully versed in the Governments budget cuts, reduced public health grant and cash-strapped councils with our services clearly seen as ‘easy pickings’ in trying to rectify; this is false economy as only serves to kick the can down the road, resulting in increased costs to services to say nothing of the long-term impacts on children’s and families’ lives. We have more than enough evidence to demonstrate that our public health practice can and does make a vital difference. Hampshire’s proposals are radical, dangerous and a disservice to its population. We cannot and must not accept this.”

Alison Morton, Executive Director at the Institute of Health Visiting, says: “We should all be worried about what’s happening in Hampshire. The proposed changes in Hampshire represent an important national test case, rather than an isolated outlier that only needs to be addressed locally. The national Government’s response is that it’s down to local authorities to decide how they manage their budgets. Conversely, the local authorities’ perspective is that the cuts are due to a lack of government funding. Both are true – and the time has come to move beyond this stalemate and find a sustainable solution that puts babies, children, and their families first. Unless resolved, families ultimately bear the brunt of these cuts.”

[1] <https://www.childrenscommissioner.gov.uk/report/childhood-vulnerability-in-england-2019/>

[2] BETA:. GOV.UK (2021) Part 1 (April to September) 2020-21. Serious incident notifications <https://explore-education-statistics.service.gov.uk/find-statistics/serious-incident-notifications>



Letter to Councillor
Mans June 2021.pdf



Letter to Michael
Brodie June 2021.pdf

NB

Please do read this Consultation and respond on an individual and/or service level. Also share with key stakeholders, parent/youth groups, MP’s, Councillors, media and press. Our fear is that should this model be allowed to be put into practice, then this would provide other Councils to do the same; this would be an unmitigated disaster on so many levels!

If you are unsure or need any help, then please do not hesitate to contact sharon@saphna.co

About You



Sign up for About You to get free online lesson packs for ages primary school pupils aged 9-16 aligned to the new RSE curriculum that covers puberty, wellbeing, and relationships. There is also access to free content for ages 14-16 (Years 10 and 11) about skincare and shaving with free sample packs of pads, tampons and shaving products available to sign ups thanks to

sponsorship from Always, Tampax and Gillette.

The programme is written by teachers, for teachers and allows the delivery of puberty education lessons with confidence with all resources ready to use immediately! It supports young people through physical and emotional change as well as fostering their wellbeing and mental health and helping them to develop positive and healthy relationships. You can get your delivery in using Nearpod which is the easy-to-use online student engagement platform which means you can spend less time preparing and more time teaching.

Acupuncture



Treating acute / persistent pain? Or interested in providing more help for stress, anxiety, and general wellbeing? Our foundation acupuncture course provides comprehensive study via online and in-person sessions, giving you everything you need to know how and when to implement acupuncture into your client's care package. Throughout the course you will discover prominent evidence supporting the use of acupuncture and dry needling, whilst developing the practical skills and confidence required to implement acupuncture safely and effectively into your practise, allowing you to offer an alternative pain relief and wellbeing package. Following successful completion of our foundation acupuncture course, you will be able to demonstrate the following needling skills and theoretical knowledge:

How to safely apply needling at all times

- Effective dry needling and acupuncture techniques to the four limbs, trunk, spine, head, and face
- Identification of prominent and commonly use acupoints
- Demonstrate an understanding of potential side effects, precautions, and contra-indications of acupuncture and dry needling
- How to manage potential side effects
- Confidence to safely and effectively use acupuncture and dry needling as part of your practise.

Acupuncture course dates:

London, 25th-27th June
Birmingham, 23rd-25th July
Liverpool 6th-8th August

London 20th- 22nd September
Newcastle 24th-26th Sept
Aberdeen 8-10th Oct

Leeds, 27th-29th Oct

<https://breeze.academy/courses/acupuncture-and-dry-needling/>

[Anti-Bullying Alliance resources re anti – sexual bullying](#)

Two new resources have been developed to support your anti-sexual bullying work and is also offering some free training to support.

http://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/sexual-and-sexist-bullying?mc_cid=750788cf8d&mc_eid=5f242682cd

[Tik Tok Tools to combat bullying and online abuse](#)

https://uk.pcmag.com/social-media/133537/tiktok-users-get-new-tools-to-combat-bullying-and-online-abuse?mc_cid=750788cf8d&mc_eid=5f242682cd

<https://www.youtube.com/watch?v=39BBwKyGWxc>

[Supporting hospital attendance due to mental health](#)

We Can Talk; An online training tool to improve staff knowledge and confidence when supporting children and young people attending hospital due to their mental health.

<https://wecantalk.online/fundamentals/>

[Long COVID in children](#)

https://widget.speaker.com/player?episode_id=44929204&autoplay=false&playlist=show&cover_image_url=https%3A%2F%2F3wo5wojvuv7l.cloudfront.net%2Fimages.speaker.com%2Foriginal%2F250186479aef64f27d4e109300014b61.jpg

[Northants School Nursing Wellbeing Video Thoughts feelings behaviours](#)

https://www.youtube.com/watch?v=fuaKi-yU_OY&list=PLRSUkc3BoFgaDSCAmAjdaO0X0-rh6cnei&index=23

[Young people's views on harm minimalization strategies](#)

[“These Things Don’t Work.” Young People’s Views on Harm Minimization Strategies as a Proxy for Self-Harm: A Mixed Methods Approach](#)

<https://www.tandfonline.com/doi/full/10.1080/13811118.2019.1624669>

[Parents with alcohol and drug problems: support resources - GOV.UK](#)

<https://www.gov.uk/government/publications/parents-with-alcohol-and-drug-problems-support-resources>

[Online grooming](#)

<https://annualreport2020.iwf.org.uk/>

[Queens Nursing Institute \(QNI\)](#)

School Nurse Stories: Health and care for children, young people and families. Fantastic representation of the breadth and complexity of our work. So proud to see so many of the SAPHNA School Nurse national leaders and their Teams featured!

<https://www.qni.org.uk/wp-content/uploads/2021/05/School-Nurse-Stories-2.pdf>

[RCN Nursing Workforce Standards](#)

<https://www.rcn.org.uk/professional-development/nursing-workforce-standards>

[Writing for Publication in Nursing and Healthcare](#)

<https://onlinelibrary.wiley.com/doi/abs/10.1002/9781119583592.ch8#.YJzTf8oXrsk.twitter>

[Anaphylaxis Campaign Ambassador](#)

SAPHNA welcomes the news that our colleague, Tracey Dunn, Headteacher has been appointed as Anaphylaxis Campaign ambassador and we wish her every success in her new role!

[Bereavement and Loss](#)

Sadly, as a result of COVID19, many more children and families have suffered loss and bereavement. We are delighted to work in partnership with the Good Grief trust who provide a plethora of useful and rich resources, support and more <https://www.thegoodgrieftrust.org/>

Winston's Wish is a national charity providing support to children who have been bereaved. As part of their **Transforming Delivery programme**, they have added a vital new service: the **Family Bereavement Support Service**, which works remotely with parents and carers to help them support the grieving children and young people they are caring for. <https://www.winstonswish.org/supporting-you/>

[Creative Education Partnership](#)

We also work in close partnership with our colleague Dr Pooky Knightsmith and team at Creative Education who offer a whole range of training, resources and support, many of which are generously offered free of charge <https://www.creativeeducation.co.uk/>

Membership of SAPHNA continues to grow with many more services taking up our corporate offer as well as our SCPHN students joining with a 50% fee reduction! Do get in touch if you wish to explore any aspect of membership further.

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

info@saphna.co

For further information about any of this Newsletter and to get touch visit us at www.saphna.co or tweet @SAPHNAteam

