



## Voice, Vision.... and Victory!

Dear Colleagues

Since our Summer newsletter so much has happened and so I begin with an apology for anything we may have missed; it's so hard to keep up in the unpredictable times we continue to find ourselves in. So much emerging best practice, tenacious as ever to immunise our children against the continuing threat of COVID19 and yet, never resting on our laurels, no room for complacency in school and public health nursing practice is the clear message here and one that IS being noticed, recognised, applauded; fantastic to see so many award winners featured in our news!

Last month we were delighted to finally launch our SAPHNA Vision for School Nursing. [SAPHNA Vision for School Nursing successfully launched!! | SAPHNA – School And Public Health Nurses Association](#) Our 72-page blueprint sets out a new delivery model for school nursing, this in a bid to help rebuild our services. It considers the impact of year-on-year reductions to public health grants which have forced cuts to school nursing services, coupled with the ongoing depletion and loss of workforce in recent years. In addition, our Vision factors in the effects of Covid-19 on children and young people, including the stark inequalities and the yet unknown and untold physical and collateral damage this pandemic has caused. We offer several recommendations and principles to boost school nursing services and better serve the health and wellbeing of children and young people, trusting this will influence key stakeholders in shaping school nursing services fit for the future.

This model will help to identify opportunities for minimising risk factors and enhancing protective factors through evidence-based interventions at important stages of childhood and adolescence. It will also work to promote the health and wellbeing of all children and young people, key to closing the achievement gap and reducing health inequalities.

Our Vision is underpinned by a set of principles which include the need to strengthen the school nursing workforce and its professional autonomy, as well as a focus on providing an evidence-based service which is *co-produced* with the children and young people using it.



**Tweet us...**

@SAPHNAteam  
@SAPHNAsharonOBE

**Voice, Vision...  
and Victory**

**Sharon White  
OBE**

**You Said...We  
Did...So What!**

**News**

**Going for Gold!**

**Updates**

**Resources**

**Training / Events**

**Research**

**And Finally.....**

We recommend that each school nursing service across the country should be led by a specialist community public health qualified school nurse (SCPHN) with additional leadership and development qualifications. SAPHNA propose that every mainstream secondary school and its cluster of partner primary schools will have a full-time named school nurse, who would be responsible for coordinating the delivery of services in those schools and the local community serving those schools.

So, what I hear you say? Well, post-launch, we have had a lot of interest and positive discussions with Commissioners of services, Providers, key decision-makers, significant media presence and invited to present at many events. And the icing on the cake is that we have had our own significant win too!!

Spearheaded by ourselves and alongside the Institute of Health Visiting, we have *successfully* challenged Hampshire County Council's proposals to significantly cut their children's public health nursing services; this is a huge landmark success, demonstrating the power of nursing voice, leadership, critical challenge, and intelligent arguments; something we cover in our excellently evaluated Leadership course (see training section). We used the evidence base of the SAPHNA Vision and our staunchly held beliefs and values to passionately and confidently argue this case; you have the opportunity (and obligation?), to do much more of the same!

Numerous times, particularly midst the whirlwind of the here and now, I am asked, 'Where do you keep finding the energy from', the answer is I don't actually know but I guess it's something to do with being the voice for our children and young people's optimum health and well-being, their given right and one which we, as a workforce, are challenged to deliver on; it's not a bad job!!

Stay safe and sane!

*Sharon White*

@SAPHNAsharonOBE



**Following identified need from SAPHNA members and following the national agenda a SEND and Independent Schools Special Interest Group have been set up and both have had their inaugural meeting. SAPHNA will continue to set up and lead special interest groups including an A/E special interest group currently seeking interested parties to join. If you are interested in joining any of the groups, please email [info@SAPHNA.co](mailto:info@SAPHNA.co) to register your interest.**

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

### **SEND Special Interest Group**

SAPHNA have launched their SEND Special Interest Group and held their first meeting on the 30th of September 2021. It was an opportunity for nurses working with these children and young people to have peer support, share good practise and discuss areas for development. The meeting focused on the following points:

- Communication tools/resources for working with C&YP with SEND were discussed and shared.
- Teaching resources and packages for delegated nursing tasks were discussed e.g., gastrostomy / blended diet, tracheostomy.
- Education Healthcare Plans were identified as a topic needing future discussion.
- The group were informed that Independent Consultant Kath Lancaster is piloting with Kent services, a new Health Needs Assessment with *The Lancaster Model* for children with SEND. Information and outcomes should be available from January 2022. Kath plans to join a future meeting to update the group.

The next meeting will take place on 2nd December 2021 14:30 till 15:30 via Microsoft Teams.

If you would like to be involved, please contact [info@saphna.co](mailto:info@saphna.co)

### **Independent Schools Special Interest Group**

Since conception, SAPHNA has been at the forefront of supporting School and Public Health Nurses working for the NHS. It is because of this experience that School Nurses working in the independent sector have contacted the organisation, looking for support. SAPHNA have of course opened their doors and recently, a special interest group was set up, bringing together some experienced School Nurses from across the country and some nurses, new to the sector, looking to transfer their knowledge and experience.

Kate Adams is an Independent School Nurse working in a special needs school in West Yorkshire. She has long been interested in bridging the gap in support for Independent School Nurses and has been charged by SAPHNA to lead the special interest group. Kate's areas of interest are risk management, mental capacity and medico-legal issues. She has been published in SEN magazine and The British Association for the Teachers of the Deaf writing on sexual decision making within mental capacity legislation. Kate is the National Association of Special School's 2019 award winner for 'outstanding impact' having designed a suicidal intent and self-harm pathway to support residential school staff when working in the evenings and overnight. She has spoken nationally regarding professional matters in school nursing.

Deputy chair of the group is Helen Williamson who works in North Yorkshire at a fee-paying independent school. Helen is particularly interested in supporting nurses new to the sector and is personally interested in Relationship and Sex Education, Emotional Well Being and allergy management.

The special interest group is looking to create a database of policies and procedures which will be accessible to SAPHNA members. The hope is that mentorship opportunities and conference days will follow. The group are presently gauging what is needed and are actively encouraging experienced school nurses to get in touch if they are interested in offering their support. This is a wonderful opportunity to help others in what can sometimes feel an isolated sector.

SAPHNA is ideally placed to offer support to individuals as it doesn't require whole school membership. Fee paying independent school nurses are commonly members of supporting organisations but nurses in special schools and academies often find formal specialist support lacking. With the role of the NHS School Nurses changing and commonly becoming fewer, more schools are looking to employ nurses and SAPHNA are keen to ensure such individuals have easy access to quality support which will ensure they are best placed to deliver the very best safe and effective practice.

If you would like to be involved, please contact [info@sapha.co](mailto:info@sapha.co)

For more information on how we are evolving our offer to Independent school nursing see here: [Independent School Nursing | SAPHNA – School and Public Health Nurses Association](#)

### **Accident and Emergency Best Practice Special Interest Group**

Members have identified the need to set up an Accident and Emergency special interest group to scope best practice and are seeking interested people to join this new group.

If you would like to be involved, please contact [info@saphna.co](mailto:info@saphna.co)

## **NEWS**

### **We Did It!!**

### **Savings to Hampshire County Councils Public Health Budgets Public Health Budget – final recommendations published...and there's more!**

Hampshire County Council have decided to completely reverse their proposal to cut £6.8 million from their Health Visiting and School Nursing services.

In partnership with the institute of Health Visiting our tireless and relentless efforts helped garner over 3,000 responses to the consultation; an unprecedented response showing the strength of feeling and the significant value placed on public health nursing by the public and professionals alike.

This was never only about Hampshire's proposal, rather, if their dangerous suggested remodelling of services had gone ahead, then this would have potentially paved the



way for other cash strapped councils to follow suit. However, we also recognise that Councils are being forced to make some very difficult decisions; robbing Peter to pay Paul is not the answer!

This is a resounding victory for our Professional organisations but much more importantly, for the health and wellbeing of our children, young people, and families. The current and steep downward trajectory requires significant reinvestment after years of treasury public health grant cuts, our ask of the forthcoming Comprehensive spending review. Using our leadership skills, evidence, and research to enable confident and articulate conversations has shown just what difference our combined nursing voices can and does make. And there's much more where that came from...

### **Long Covid in Children and Young People new guidelines produced by SAPHNA in partnership with Hertfordshire County Council**

It is becoming increasingly apparent that many children and young people with both symptomatic and asymptomatic COVID-19 are experiencing long-term health effects, some for many months after the initial infection. SAPHNA in partnership with Hertfordshire County Council have produced guidelines to support both education and School Nurses in the management of children and young people with Long Covid including:

- Managing uncertainty
- Personal coping strategies
- Alert signs and symptoms – red flags for medical treatment
- Symptom management
- Health promotion
- Assessing and managing the activities of daily living
- Referral and co-working with the Paediatric Multi-Disciplinary Team
- Collaborative care with the child or young person's school

<https://saphna.co/news/long-covid-in-children-and-young-people/>

### **Drug spiking with needles**

There have been recent reports of 'drug spiking' with needles. The evidence on this activity is still being gathered – there is no clarity on the frequency of these events or any drugs that are being used. To date there is no forensic evidence on the drugs used, if any, and it may be difficult to identify the drug from blood or urine samples a day or more after incidents. Police forces across the country have now had a total of over 200 cases of needle injection attacks reported to them since the beginning of September, although it should be noted that few of these are confirmed to have involved needles, and none have confirmed drugs. Most reports have been in Nottinghamshire and Merseyside, which together account for nearly half the reports.

The Office for Health Improvement and Disparities (OHID) has provided advice via the FRANK website (<https://www.talktofrank.com/news/spiking>) which addresses concerns around 'drug spiking' and 'drink spiking' which has had many more reports.

Advice is framed in the context that it should be the responsibility of venues and society to change attitudes and practice to protect people, but individuals still need to take steps to protect themselves

Updates and advice can also be sought through OHID regional drug & alcohol leads. Directors of Public Health may wish to work with local partners to provide advice and support to nightlife and other venues, universities, etc, and to support police to advise those who think that they may have been a victim of 'drug spiking' to

contact local A&E or GP for assessment and/or, if a sexual assault has taken place, to contact a [sexual assault referral centre](#).

## First UKHSA edition of Vaccine update

Special edition features include:

- update to influenza Green Book chapter 19
- guidance on immunisation training for 2021 to 2022 influenza season
- national protocol for inactivated influenza vaccine
- frontline healthcare workers
- health and social care worker and public-facing marketing campaigns
- key information for parents on influenza and COVID-19 vaccine in schools
- can flu and COVID-19 vaccines be given at the same time?
- flu vaccination programme resources available to order including information leaflets, posters, simple and easy-read versions, vaccination videos, resources for schools, consent form and template invitation letters
- disease surveillance and vaccine uptake reporting by UKHSA
- vaccines used in the programme, vaccine supply and availability

[Vaccine update: issue 324, November 2021](#)

## SAPHNA teams up with Expert Health Care Self-care App development company

SAPHNA are delighted to partner with Expert Self Care who have produced a range of self-help signposting relevant Apps to support children and young people's health including the Young Carers Support App, many of which can be accessed freely here and can be made bespoke to areas for additional charges.

- Eating Disorder Support App
- disrACT App
- CONfidence App
- Young Carers Support App



<https://www.expertselfcare.com/health-apps/self-help-apps-faq/>

## Going for Gold! School Nurses and School Nursing Teams celebrate success across the country

### SAPHNA Committee member Sallyann has a new role!

Sallyann a committed School Nurse Leader with 25 years' experience of working with children, young people and families received flowers, gifts and well wishes from her colleagues at Walsall Healthcare NHS Trust in celebration of her new role as Professional Lead for 0-19 services leading Health Visiting and School Nurse services.



### Angela presented with Caroline Lowton School Nurse Award

Inspirational school nurse Angela Fletcher is the first recipient of the Caroline Lowton School Nurse Award. Caroline's close colleagues and friends met at Worden Park last week to remember their much-loved colleague who died unexpectedly last year; and the team presented Angela with her trophy. Angela was nominated by three of her colleagues and the decision was unanimous amongst the judging panel, which was made up of Sharon White from SAPHNA, Caroline's close friend and colleague Lindsay Bevan, and Val Scrase, Managing Director of our Wiltshire services (represented by Alison Burge).



Angela's team spirit, positivity, can-do attitude, passion for young people and commitment to supporting the wellbeing of young people shone through in the nominations. The Caroline Lowton School Nurse Award will be presented each year to a colleague from Lancashire Healthy Young People and Families Service who displays the same inspirational qualities that Caroline showed.

### Buckinghamshire Healthcare NHS Trust School Nursing Immunisation Team Shortlisted at Nursing Times Awards 2021



### Sandwell and West Birmingham NHS Trust School Nursing Team presented with the Integrated Care Pioneer of the Year 2021



## Manchester Local Care Organisation - Healthy Weight Team win Public Health Nursing Award Nursing Times Awards 2021

Claire Duggan, Lead Manager for School Health, Accident Prevention, Orthoptics, Audiology and Newborn Hearing Screening said, "I am delighted to share the news that the Healthy Weight Team won the Public Health Nursing Award last night at the Nursing Times Awards in London.

We have been leading this agenda for many years now and it has been an uphill struggle with many challenges along the way. The Team have worked tirelessly to try to battle against the obesity epidemic and to try to prevent further child deaths due to morbid obesity. "



## Updates

### All Our Health Champions blog

In the last year, the [All Our Health](#) eLearning platform has grown considerably with new sessions and interactive townscapes added to support the health and care workforce in reducing health inequalities and promoting wellbeing. I'm pleased that many colleagues across school nursing teams have accessed our county lines exploitation session, plus the interactive townscape on childhood obesity. These and further topics are useful resources which play an important role in helping school nursing teams to support children, young people, and families to improve their health and wellbeing.

As we strive to build back better and fairer from COVID-19 it's imperative that our profession continues to grow and learn for the benefit of all families during these challenging times. In response to this need for continued professional development (CPD), we have teamed up with Carrot Learning to invite school nurses to become All Our Health champions by completing a new social learning course.

The course allows learners to earn special recognition for completing sessions and is available to colleagues with a Twitter account. By completing the resources, learners will benefit from 30 minutes of CPD and the opportunity to start their All Our Health Champion journey with virtual awards.



As part of social learning (learning via social media interaction and sharing) learners will then be encouraged to share the All Our Health content, discuss its relevance to their role and consider the merits of taking a place-based approach to tackling our critical public health issues.

It's a fantastic opportunity for colleagues to become part of a passionate, visible, and vocal All Our Health Twitter community, sharing knowledge and understanding that will be so beneficial to the children, young people, and families we support. Being an All Our Health Champion can also contribute to nurses' NMC revalidation, both for CPD hours and for a written reflective account.



For more information and to access the course, please visit the [All Our Health Champions programme page](#).

**Wendy Nicholson**, MBE RGN RSCN Rnt, Deputy Chief Nurse & Deputy Head of World Health Organisation Collaborating Centre for Public Health Nursing & Midwifery, Office for Health Improvement and Disparities, Department of Health and Social Care.

**Penny Greenwood**, FFPH, Queen's Nurse, Clinical Team Leader, COVID-19 Children and Young People, Coronavirus Response and WHO CC Nurse Advisor, Office for Health Improvement and Disparities, Department of Health and Social Care.

**Gill Turner**, Lead Nurse for Children, Young People & Families, WHO Collaborating Centre Nurse Advisor, Office for Health Improvement and Disparities, Department of Health and Social Care.

## ChatHealth has rebranded! Time to introduce Digital Health Transformation Service for School Nursing



### Introducing the Digital Health Transformation Service for School Nursing

You may already know us as the project team from Leicestershire Partnership NHS Trust behind the award-winning ChatHealth messaging platform [chathealth.nhs.uk](http://chathealth.nhs.uk) and the websites [healthforteens.co.uk](http://healthforteens.co.uk), [healthforkids.co.uk](http://healthforkids.co.uk), and [healthforunder5s.co.uk](http://healthforunder5s.co.uk)

Since 2013, we've shared our award-winning technology and best practice with public health nursing teams across the NHS to support them in offering digitally-enabled care to children, young people and families as part of a blended model of care. As well as supporting 60% of school nursing services in the UK to make digital

transformations, we're also supporting many other services in the NHS, including health visiting, sexual health, young people's mental health, adult mental health and many others.

To better reflect what we can offer - with a growing range of digital tools to benefit the wider NHS and its service users - we have changed our name to the **Digital Health Transformation Service**.

As an NHS-based team, we can support you in implementing safe and secure digital tools to help increase your service's reach and offer improved accessibility for service users to get reliable, trusted health advice and information from your team. We can support public health nursing teams to:

- Set up a school nursing messaging service for young people and/or parents and carers powered by **ChatHealth**.
- Be part of our **HealthWebsites** by taking ownership of local area sections Health for Teens, Health for Kids and Health for Under 5s to offer local health advice, information and support services.
- Digitise health needs assessment forms using **HealthForms** for secondary-school children and the parents and carers of children starting reception.
- Curate and produce a library of prescribed health resources on **HealthGuidance** for newly referred patients.

For more information, please get in touch with the Digital Health Transformation Service at [lpt.teamdhts@nhs.net](mailto:lpt.teamdhts@nhs.net)

## New Enhancements Take Pain Away from School Nursing

On the basis that most of us consider administration to be a chore and pain, SchoolScreener® has always championed the reduction of that burden for hard-working school nurses. Well, we've gone further this time, making your working lives easier and releasing even more hours for care.

Thanks to our lovely school nursing service clients, we've created six new product enhancements we know you'll love. They asked for these features, and we're delighted to share them with SAPHNA members.

Six New Features, All Available Now

### The School Nursing Planning Timeline

We've made it easier to plan your in-school campaigns and then automatically produce a prioritised checklist of tasks. By concentrating your information in one place you'll find planning is faster, more efficient, and easier to share.

### Direct Clinic Booking

Whatever campaigns you deliver in-school, even with the best planning (see above), there'll always be children absent or unavailable when you're there. So, they need to be booked into follow up clinics, either in-school or elsewhere in the community. Rather than it being a headache for you to chase them all up, why not send an electronic message to parents with SchoolScreener Parent Portal® and invite them to

book a follow up clinic directly, using the same SchoolScreener Parent Portal®. Parents can take control; fewer children will be missed, and you can focus more on time for care.

### Parent Notifications

Notifications are designed to alert parents that they have a confidential message waiting for them in the SchoolScreener Parent Portal®. That may be results from a vision check, feedback from a health needs questionnaire or a query about a response to a triage question.

### Information Sharing and the new Dashboard

With 'data driven decision making' a core requirement of your commissioners, you can now provide them with all the data they need. Instantly and in real time. The new, improved SchoolScreener® dashboard can be shared directly with management and commissioners. So, they get real time data whenever they want it and once it's set up, you don't have to do anything! How's that for labour saving?

### A New Range of Questionnaires for SchoolScreener® Health Needs

We've now got a new set of questions in SchoolScreener® Health Needs, designed to help you identify at-risk children faster. Use them as they are or edit and adapt to your own needs, to maintain consistency with earlier assessments. All online and delivering analysis and flagged responses instantly.

### Patient Satisfaction Surveys

Last but by no means least, we've introduced satisfaction surveys to gather vital feedback from parents, children, or schools. Distribution and analysis are effortless and paperless.

### Ask for more details.

Find Out More at the Forthcoming User Forum

That was just a brief introduction to the new functionality. We'll be showing more at our forthcoming User Forum, on 16<sup>th</sup> December. It's free to attend, either in person or virtually via Microsoft Teams. Full details of the hybrid event and a booking form can be found at <https://schoolscreener.com/user-forum-21/>.

And as an added bonus, one of our special guest speakers is Sharon White!

Please come along, we look forward to welcoming SAPHNA members to the Forum.

## **Prevention & Inequalities – How Digital Health Needs Assessments and Data Identifies and Supports Improved Health and Wellness.**



SAPHNA's vision described in the recent report "School Nursing: Creating a healthy world in which children can thrive. A Service Fit for the Future", focusses on prevention of ill health. Jim McManus, Interim President, Association of Directors of Public Health/Dir of Public Health Hertfordshire supports this and has highlighted how the rises in preventable ill-health in children and consequently adults, have created a burden of ill-health costlier in human, economic and public service terms than if we had invested in prevention in the first place.

## The Lancaster Model



### The Lancaster Model

(TLM) was first digitised in 2014 as part of its core driver to further increase prevention and early intervention, enabling **Every** child and young person to have their health and wellbeing assessed at key stages quicker and more efficiently. Online.

This innovation enabled immediate access to help, support and information if required and aggregated statistical data to evidence proactive public health interventions and services.

Since 2014, TLM has continued to evolve and improve and in the current pandemic, when the wider health inequalities have never been more apparent, the following additional elements of the Model will be available next:

- Enhanced data reporting, with improved aggregation, analysis, and graphical presentation
- Health Needs Assessment for Children and Young people with SEND
- Health Needs Assessment Language Interpretation, when English is not a first language

#### Enhanced Data Reporting

Having fingertip access to aggregated, live, evidence-based data, highlights local needs and public health priorities on a cyclical basis at 4 levels, postcode, school, cluster, and region. Users of TLM will further have access to more bespoke reports, with pre-set topics and grouped indicators to evidence existing and potential issues at the click of a button. Superior options for new, graphic representation will ensure the sharing of multiagency data becomes quicker and easier which will be as always, supported by TLM team through consultancy and training sessions.

#### Inclusivity for Children & Young People with SEND

Working with one of our largest localities we are developing, piloting, and evaluating Health Needs Assessments that are appropriate for a range of SEND Schools and their pupils. By using our tried and tested evaluation methods, we can ensure that TLM remains validated and fit for purpose to deliver a Digital Health Needs Assessment to these specialist groups.

#### Language Barriers

To enhance equality and embrace our multi-cultural, multi-language society, we are currently reproducing TLM in other language options. We are working with TLM users to identify and prioritise local language barriers and with the support of focus groups and interpreters, we are developing, piloting, and evaluating a selection of possibilities.

If you would like more information in relation to how TLM and portal can help you and your team deliver and align to The Health Child Programme and the SAPHNA vision for School Health, please contact

[Kath@tlmhapi.co.uk](mailto:Kath@tlmhapi.co.uk)

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

## Digital Health and Wellbeing training offer launched by Compass Positive Effect in partnership with SAPHNA

Training designed to be suitable for education staff, School Nurses, families, and all professionals working with the school aged population. New dates have been announced for school nurses to access clinically approved training in continence issues and medicines management for school aged children.

Maggie Clarke, RN (CB) SCPHN (SN) Queens Nurse, Assistant Director of Universal Services, Compass said:

“What we’re offering is evidence-based, peer to peer training delivered by experienced professionals and what’s unique is attendees do not have to go away and design training for their stakeholders from what they’ve learnt.

What they get is a ready to use training package, field tested by our school nurses over seven years, which they can point to as being developed in partnership with SAPHNA.”

Sharon White, CEO of SAPHNA, said: “I’m delighted that this digital training for school nurses is now available. It means the right messages will get to more children, young people, and their families. “This train the trainer format is robust, safe, evidence based and very much user-friendly.”

### What the training offers

- Ready-made clinically reviewed course materials
- Tried and tested by a large school nursing team
- Low-cost train the trainer model
- Easy to roll out this training out to schools/parents
- Promotes prevention and early help, preventing problems from escalating and affecting other areas of health and daily life

## Resources

- Opportunity for individual CPD
- Develops confidence and competence for delegates to deliver training.

*For further information and to book please visit the Compass website*

### School Professionals Training in Partnership with SAPHNA - Compass ([compass-uk.org](https://compass-uk.org))

Can you help? To meet demand, we are keen to hear from any nurses who are interested in becoming trainers. If that’s you, please contact us at <https://saphna.co/news/saphna-compass-pe-partnership-update/>

Delegates will be trained to deliver the package to their stakeholders.

Online half day training places are available on the following dates: 2021 dates: November 29th, December 6th, December 13<sup>th</sup> 2021 and January 10th, January 17<sup>th</sup> 2022.

## FGM

Caroline Lisa who works in London's children's services is the author of 'Song of the Crocodile' a fast paced, compelling novel highlighting the complexities involved in Female Genital Mutilation (FGM) and why the practice continues. The book tells the story of Binta, a teenager facing the reality of FGM in The Gambia. The book is a valuable resource for professionals and a tool to facilitate difficult conversations and further equip those safeguarding girls most at risk.

<https://www.youtube.com/watch?v=d18odQC1paM>

## Home educated

School Nurses are not just for school and Education Otherwise has been working with two superb School Nurses to ensure that home educating families can learn about the service and how it operates.

## Training / Events

<https://www.educationotherwise.org/get-to-know-your-school-health-service/>

### LGBTQIA+

Free LGBTQIA+ content for children. Videos, sketches, stories, educational, history lessons, explainer songs and more!

[youtube.com/popnolly](https://youtube.com/popnolly)

### Young Carers Let's Cook!

West Yorkshire Health and Care Partnership has launched a co-produced eBook for young carers. Co-produced with local young carers for young carers with creative arts company verd de gris arts from Hebden Bridge. The funky book contains over 20 recipes, cooking skills and jokes and is a fun resource to use when supporting young carers.



West Yorkshire and Harrogate Partnership: Young Carers ([wypartnership.co.uk](http://wypartnership.co.uk))

### Companion Training – Loss and Grief

Training to deliver Seasons for Growth, an accredited loss and grief group for children, young people aged between 5-18 years, or adults. Seasons for Growth is a group intervention for those who have experienced a bereavement or any significant loss or change. The aim is to help participants to manage feelings associated with loss. It runs over 8 sessions with a 9th celebration session concluding the experience. The programme develops communication, reduces isolation, and helps students to access their education.



December 2021  
Training flyer.pdf

[info@seasonsforgrowth.co.uk](mailto:info@seasonsforgrowth.co.uk)

### Leadership

**SAPHNA Leadership training for Public Health Nurses:** Improving outcomes for children and families through strong and effective leadership. High quality leadership of public health nursing has never been more important, this course equips PHN leaders with the tools, knowledge, and skills to promote and develop their service.

This includes practical information such as tendering and business planning as well as exploring the leadership qualities and attributes required to deal with rapid change and working in a context of uncertainty and complexity.

[Leadership for Public Health Nurses Tickets, Wed 12 Jan 2022 at 09:00 | Eventbrite](#)

## LGBTQT+

LGBTQ+ Gender identity basic awareness workshop LGBTQ+ Intermediate Mental Health Training workshop


SAPHNA have worked closely with Dr Jamie Willo, LGBTQ+ Inclusion Training Lead / Transgender Training Pathway Lead at Sussex Partnership NHS Foundation Trust to source suitable training re LGBTQi.


Jamie was generous enough to allow 6 of our members to attend a bespoke 'taster' session to ensure its suitability; their feedback highly recommends this for School and Public Health Nurses!


Each 3-hour session costs £900 for up to 20 attendees.

Alternatively, individuals can book on to the training separately at £100 per person per session

[jamie.willo@nhs.net](mailto:jamie.willo@nhs.net)







### LGBTQ+ / Gender Identity Basic Awareness Training Workshop

(Face-to-Face or Virtual Interactive LIVE)

**Who is it for?**  
**NHS Staff in Primary Care, Community Care, Acute Care (including CAMHS & Mental health services), Educational and other Health and Social providers who work with LGBTQ+ individuals across the UK.**

**Why is it needed?**  
 Evidence shows health outcomes are worse for LGBTQ+ people than the general population; with many LGBTQ+ people feeling uncared for (Government Equalities Office, 2018). There is significant evidence by way of national data and statistics highlighting the necessity for LGBTQ+ people to receive better care and for staff to be more understanding of LGBTQ+ needs (PHE, 2017).

Compassionate staff training around LGBTQ+ people and their potential vulnerabilities has been shown to impact on the way individual staff members are able to re-evaluate their beliefs and assumptions, which may have previously caused them to have actively avoided treating/working with LGBTQ+ individuals.


**Workshop overview**  
*What is LGBTQ+ Basic Awareness Training?*

LGBTQ+ Basic Awareness Training is a 1/2 day interactive, informative and thought provoking face-to-face/ virtual workshop designed with HEE. The training will be delivered by Dr Jamie Willo, Darzi Fellow and ACP accredited Child and Adolescent Psychoanalytic Psychotherapist working with Sussex Partnership NHS Foundation Trust in Children services for over 10 years. Jamie allows participants to experience how it may feel to be in the shoes of an LGBTQ+ person in our society, and highlights the difficulties faced on a day to day basis by LGBTQ+ people. The workshop is a safe, explorative space.

*The objective of the workshop is to:*  
**Improve the ability of organisations, teams and individuals who work with the LGBTQ+ community to be aware of the issues faced by LGBTQ+ individuals and to build upon knowledge & understanding.**

After the training workshop participants will have the following skills:

- **Increased awareness of LGBTQ+ identity and issues**
- **Ability to discuss LGBTQ+ issues and to understand it's complexity**
- **Confidence to work with people who present as LGBTQ+**
- **Greater knowledge and understanding of LGBTQ+ issues**





## Research

### Traumatic Bereavement

Free, evidence-based resources to support schools, colleges and practitioners working with traumatically bereaved children and young people. Traumatically bereaved children and young people experience significant distress and difficulties, over and above a more typical grief.

Traumatic bereavement can be easily missed or misunderstood by parents, teachers and even bereavement practitioners, meaning that children's difficulties are not recognized. These resources will give school staff and practitioners the knowledge and tools they need to identify, help, and support children and young people experiencing a traumatic bereavement.

<https://uktraumacouncil.org/resources/traumatic-bereavement>

### CNO launches new research strategic plan for research in Nursing

SAPHNA recently attended the launch of the Chief Nursing Officer's 'strategic plan' to enhance nurses' involvement in research. Ruth May said; 'this sets a policy framework for developing and investing in research activity across the NHS in partnership with others...At its heart is the shared ambition to create a people-centred research environment that empowers nurses to lead, participate in and deliver research, where research is fully embedded in practice and professional decision-making, for public benefit,'.

SAPHNA website Research section is constantly being updated with news, opportunities and funding possibilities. Please visit for the most up-to-date information:

[Research | SAPHNA – School And Public Health Nurses Association](#)

### Research to improve bereavement support for children and families

Alex is a registered adult nurse who is currently undertaking a PhD at Hull York Medical School which aims to improve bereavement support for children and families when a parent has died. Prior to this Alex worked as a specialist nurse in organ donation supporting families during end-of-life care. She is part of her local hospital's bereavement support group where she is a committee member and group facilitator. She is also currently chairing the Hull child bereavement advisory group. Alex's PhD project has been designed with a group of bereaved children and families. Alex would like to speak to up to 30 children (aged 10-18) and 30 parents to explore their experiences of support following a parental death, alongside a systematic review of the literature. These findings will be synthesised, working with families and experts to develop a model and resources to support bereaved families.



Recruitment Flyer.pdf

If you would like or know anyone who would like to be involved contact [alexandra.wray@hyms.ac.uk](mailto:alexandra.wray@hyms.ac.uk)

## National Survey exploring the impact of Covid -19 on domestic abuse safeguarding and practice

Researchers at Liverpool John Moores University and Manchester Metropolitan University are conducting a national survey exploring the impact of Covid-19 on domestic abuse safeguarding policy and practice. The study explores the effect of Covid-19 on the identification of DA survivors and their children and on the support, protection and safeguarding they have received during lockdown.

It will also identify good practice and recommendations that can inform future policy and practice in this area. We are interested in your experiences of safeguarding at a strategic level during lockdown and as it unfolds. There is more information and a link to complete a survey available at:

[DASC\\_Professionals\\_Survey](#)

## And Finally...

It has been another very trying, challenging, and exhausting year for us all both personally and professionally and, as I write, we face even more uncertainties within this global pandemic. We hear 'Self-care', banded about everywhere and yet, finding time for this can cause even more stress! However, treat yourself to occasional small snippets of this Happy Nurse podcast, featuring our staunch supporter, Kenny Gibson, Head of Safeguarding NHSE; importantly we must safeguard the safeguarders!

Wishing you and yours a very happy and healthy Christmastime.

Sharon and all at @SAPHNAteam

[048: Burnout In A Time Of Exhaustion With Kenny Gibson - Happy Nurse](#)

