



# Integrated Specialist Public Health Nursing Service

Offering young people aged 12-19 (up to 25 with special educational needs or disabilities) throughout the East Riding of Yorkshire confidential support and advice regarding health and wellbeing.

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## About Us

**Parent or Carer:** The Integrated Specialist Public Health Nursing Service (ISPHNS) 0-19 (25) is delivered by six teams across the East Riding. These teams consist of School Nurses, Health Visitors, Family Nurse Practitioners, Breastfeeding specialists, Public Health Nurses, Nursery Nurses, Health Care Assistants and Administration staff.

Our ISPHNS School Nurses work across education and health, providing a link between school, home and the community. Our Nurses assess the population health of key year groups in order to identify and respond to health and wellbeing needs of young people, shaping the support we offer in schools. They work with families and young people from the age of 12 through to 19 (up to age of 25 for those with Special Educational Needs).

Our School Nurses also deliver health promotion within educational settings. In addition, they offer health and wellbeing support to those children not in school. If you are concerned that your child has unmet health needs, please contact our Nurses and we can offer a full health needs assessment.

**Information for young people:** If you are aged between 12 and 19 (25), you can access confidential NHS advice about your health, safety and emotional wellbeing. We play an important role in educating young people about making healthy choices and offer help and advice.

Our website contains lots of reliable health and wellbeing information you may find useful, take a look at [humberisphn.nhs.uk](http://humberisphn.nhs.uk) and check out our 12-19 Key Topics page.

## School Nurse Drop-in

Our School Nurses deliver confidential drop-in sessions in most East Riding Secondary Schools. Our Nurses are: supportive; listening to young people and provide NHS advice and guidance. They can also signpost you to additional or specialist support services if required.

### WHEN?

To find out when your drop-in is, speak to student services or take a look here [humberisphn.nhs.uk/school-nurse-drop-in](http://humberisphn.nhs.uk/school-nurse-drop-in).

## School Nurse Drop-in topics discussed include:

- Internet & Social Media Safety
- Healthy Friendships & Relationships
- Emotional Wellbeing
- Managing Stress & Anxiety
- Physical & Sexual Health
- Self Esteem & Body Image
- Exam Pressures
- Bullying & Cyber-bullying
- Making Informed Decisions
- LGBTQ Issues
- and more.

## Young Carers

As the number of adults with long term conditions and mental health issues increases, children, young people and families are taking on more caring responsibilities. Our Nurses play an important role in identifying young carers in the school aged population, both in and out of education. If you are caring for someone in your family, please contact our Nurses so they can offer a full health needs assessment to your child and support you as a family.

## ChatHealth - TEXT 07507 332891

ChatHealth is a confidential texting service to support young people in the East Riding with their health needs, and to discuss issues that may be impacting on them emotionally. This provides young people with quick, accessible and confidential support from our School Nursing Team.

Young people can remain anonymous if they choose to, but can also access face-to-face support and/or be signposted to local services if they choose to share their details.

Ts & Cs: [bit.ly/ChatHealthTerms](https://bit.ly/ChatHealthTerms).

## Your Immunisations

To learn more about the immunisation you should have to stay healthy and safe, visit [nhs.uk/conditions/vaccinations](https://nhs.uk/conditions/vaccinations). Our service does not deliver vaccinations in schools but understands their importance.

If you believe you are missing some vaccinations, visit [humberisphn.nhs.uk/immunisations](https://humberisphn.nhs.uk/immunisations) to find out who to contact. If you are over the age of 18 please contact your GP.

## How to contact us

You can contact our teams by calling 01482 689689.

## Useful Links

### Emotional Issues:

[moodjuice.scot.nhs.uk](http://moodjuice.scot.nhs.uk)  
[getselfhelp.co.uk](http://getselfhelp.co.uk)  
[childline.org.uk](http://childline.org.uk)

### Mental Health:

[camhs.humber.nhs.uk](http://camhs.humber.nhs.uk)  
[minded.org.uk](http://minded.org.uk)  
[youngminds.org.uk](http://youngminds.org.uk)  
[kooth.com](http://kooth.com)

### Young Carers:

[carersuk.org](http://carersuk.org)  
[childrenssociety.org.uk](http://childrenssociety.org.uk)

### General Health issues:

[nhs.uk](http://nhs.uk)  
[nhs.uk/change4life](http://nhs.uk/change4life)

## Patient Advice and Liaison Service (PALS) and Complaints

Humber NHS Foundation  
Teaching Trust  
Trust Headquarters  
Willerby Hill  
Willerby  
Hull  
HU10 6ED

Tel: 01482 303930

Email: [HNF-TR.pals@nhs.net](mailto:HNF-TR.pals@nhs.net)  
or [HNF-TR.complaints@nhs.net](mailto:HNF-TR.complaints@nhs.net)

[humberisphn.nhs.uk](http://humberisphn.nhs.uk)

