



Who We Are

When your child first enters school, health advice is transferred from the Health Visiting Service to the School Nursing Service. This service continues until your child leaves education.

The School Nursing team provide an accessible service to children, young people, families, carers and members of the local community.

Confidentiality

Whilst we offer confidentiality, members of the School Nursing team work in partnership with other agencies, where information may need to be shared in the best interest of your child.

Consent

The School Nurse team will obtain consent from parents and carers before supporting children and young people. In secondary schools young people can access the School Nurse independently for advice and support without parental consent, although we would always encourage young people to speak with their parent/carer.

You may see some of us in & around schools & the community, please note we take all necessary precautions to ensure everyone's safety.

Read on for more information about what is happening this term as well as some messages from organisations that may be able to help with the cost of living.

Coventry School Nursing Newsletter

October 2022



Welcome back to all our returning primary school children & families! We hope you are rested & ready to start the new academic year.

Welcome to all our new primary school children & families! Please take a look at the "Who We Are" section on the right for more information about the Coventry School Nursing team!

If you have any queries or concerns, please message us on our text service, run by

07507  ChatHealth on:
329 114

We are not an emergency service so if your concern is urgent please call 999 or 111

Thank you.

We have been busy over the summer attending clinics & sessions—in person & virtually.

We have also been planning for the start of this school year.

Members of the team will be coming out to schools to conduct the National Child Measurement Programme (NCMP) from October. This is usually for Reception & Year 6 children, however last year we took part in a study called MapMe, as part of that study some children who are now in Years 1 & 7 will be measured again too.

We will be holding Audiology Clinics (hearing tests) for Reception children.

We are continuing to offer free online parent information sessions for common concerns faced by parents/carers of primary school age, these include concerns with; toileting, sleep, eating, behaviour & anxiety.

We will also be asking children in Year 6 to complete an online health questionnaire.

Thank you to parents/carers who have already completed the Reception online health questionnaire.



CONTACT US



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Parent Information Sessions 2022

The Coventry School Nursing team are continuing to offer free online Parent Information Sessions for the following areas of concern; toileting, sleep, eating, behaviour & anxiety.

Book now for dates available from now!

To see what dates we have & to book on, please scan the QR codes below using the camera function on your mobile phone/device. Not all phones/devices are compatible with this feature so you can follow the links instead, also provided below.

Toileting Sessions

<https://forms.office.com/r/TeGKvc23FV>



Understanding Anxiety Sessions

<https://forms.office.com/r/EJEpYuFMwF>



Challenges in Eating Sessions

<https://forms.office.com/r/mHcBLCW5JT>



Sleep Sessions

<https://forms.office.com/r/BqV2PvLEWU>



Once you've booked, Coventry School Nursing will be in touch with you to confirm your booking via email.

A day before the session, we will send out a Microsoft Teams Link that you can click on to join.

If you need any further assistance please email either:

swg-tr.charteravenueschoolnursing@nhs.net or
swg-tr.MoatHouseSchoolNursing@nhs.net

or call 01926 495321 ext. 7417 or 7494

Managing Behaviour Sessions

<https://forms.office.com/r/nzcpmvnCsU>



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How can you access support?

Is your child eligible for free school meals?



If you qualify for free school meals for your child, you are also able to take advantage of free activities during the main school holidays with the Holiday Activities and Food Programme (HAF). Last summers activities included, trips to a water park, horse riding sessions and ice skating. Book early to avoid disappointment.

Take a look at the link to found out more and apply:

[Free school meals - Coventry City Council](#)



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Support with energy bills



From 1 October, the Energy Price Guarantee will come into effect to help householders with their rising energy costs. It means that a 'typical' bill will be around £2,500 a year.

The price cap is designed to save a typical household £1000 a year but, this is not a maximum bill!! The £2500 is based on a "typical household" usage - **but the more energy you use, the more you pay.**

That's because the Energy Price Guarantee limits the amount you can be charged per unit of gas or electricity, **it does not put a maximum limit on your bill. So, your exact bill amount will continue to be influenced by how much energy you use.**

Reduction is on its way

The £400 reduction on domestic electricity bills (announced earlier in the summer) will still go ahead. It's called the Energy Bills Support Scheme.

Those who have a standard credit meter will receive an automatic deduction to their bills from their supplier over the six month period from October - totalling £400.

Traditional prepayment meter customers receive Energy Bill discount vouchers from the first week of each month, issued via SMS text, email or post, using the customer's registered contact details. Customers will need to redeem these at their usual top-up point, such as their nearest local PayPoint or Post Office branch. **Be very careful to avoid scams - no household will be asked for bank details at any point.**



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Households most in need will also be eligible for further support in addition to the Energy Bill discount. This includes:

- ⇒ A £650 one-off Cost of Living Payment for around 8 million households on means tested benefits;
- ⇒ A £300 one-off Pensioner Cost of Living Payment for over 8 million pensioner households to be paid alongside the Winter Fuel Payment;
- ⇒ A £150 one-off Disability Cost of Living Payment for around six million people across the UK who receive certain disability benefits;
- ⇒ A £500 million increase and extension of the Household Support Fund available to councils to support vulnerable households with the cost of essentials such as food, utilities and clothing.

Act on Energy is here to help

Coventry City Council has partnered with Act On Energy - an energy advice charity with more than 20 years' experience. They can help people across Coventry to keep warm and well this winter. Act on Energy can offer expert advice on:

- ⇒ Energy efficiency tips to reduce your bills
- ⇒ Grants and funding for energy efficiency measures
- ⇒ Grants for replacement heating systems
- ⇒ Help with fuel bills and Energy debt
- ⇒ Billing issues with your supplier



The advice is free- simply call on 0800 988 2881 or check out the website: Act On Energy

As well as advice over the phone, home visits can also be arranged, and even free small measures can be provided such as low energy light bulbs.

Some funding schemes require certain criteria to be met - but others don't, so it's well worth giving them a call now to see how they can help you.



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COVENTRY Women's PARTNERSHIP

Supporting Women - Connecting Services

Coventry Women's Partnership is a unique project, led by FWT – a centre for women, which has been established with 5 organisations in Coventry to ensure women in the city feel supported in safe environments, empowered, and believed. We want to break down barriers for women in accessing crucial services and make engaging with support easier. Our partnership includes Coventry Haven Women's Aid, CRASAC, Central England Law Centre Coventry and Kairos WWT. Coventry Women's Partnership is funded by the Smallwood Trust.

Through referrals across the partnership, we will work with women who need support in any of the following areas:

- Education, Training and Routes to Employment
- Confidence Building
- Free Legal Advice on Family, Immigration, Housing & Money Issues
- Health & Wellbeing Support & Easier Access to Services
- Rape & Sexual Abuse, Accessing Therapeutic Support and Advocacy
- Domestic Violence and Abuse (all forms)
- Pathways to Exiting Prostitution & Homelessness
- Staying Safe
- Language Support
- Access to Childcare

To receive support or to find out more, please contact:

Email: Faye.pettitt@fwt.org.uk Tel: (024) 7663 7695 Mobile: 07538 092997
Twitter: @FWTCov | #CovWP | www.facebook.com/FWTCov
www.fwt.org.uk/social/coventry-womens-partnership



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Support for adults and children impacted by sexual violence and abuse

Coventry Rape and Sexual Abuse Centre (CRASAC) is a specialist service which provides support for adults and children who have been impacted directly or indirectly by sexual violence or abuse at any time in their lives. This includes online abuse and exploitation.

They aim to address the trauma and injustice of sexual abuse through specialist advocacy, counselling and psychotherapy, training, and prevention services.

Their work helps victims and survivors overcome the effects on wellbeing, physical and mental health, and regain the lost power and control as a result of sexual violence and abuse.

For more information go to www.crasac.org.uk or call 024 7627 7777



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Information and Advice for Neurodivergent People and their Families

An e-booklet, aiming to improve the information and support available for neurodivergent people and their families, has been published and is available on the news page of the **Dimensions of Health and Wellbeing website**.

This e-booklet has been co-produced with neurodivergent people, their families and professionals across Coventry and Warwickshire. It provides a wealth of information all in one place about services and support available for those who are diagnosed or who self-identify as neurodivergent, and those who care for and support them.

Feedback is welcomed to enable improvements to this first version of the e-booklet. Please share any comments with disabilitiescommissioning@warwickshire.gov.uk



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Recovery & Wellbeing
ACADEMY

Period: 2022 to 2023
Courses for Parents and
those Caring for Children



RISE

Courses available online – via Zoom
Understanding Self-esteem in Children and Young People – 1 session – Thursday 13 th October 2022, 12:30pm to 2:30pm
Understanding and Supporting School Aged Children Who Self-harm – 1 session – Tuesday 8 th November 2022, 10am to 12pm
Understanding Sensory Needs in School Aged Children – 1 session – Monday 14 th November 2022, 10am to 12pm
Understanding Low Mood in Children and Young People – 1 session – Wednesday 30 th November 2022, 12:30pm to 2:30pm
Understanding and Supporting Children Aged 3-11 Years with Anxiety – 1 session – Thursday 12 th January 2023, 12:30pm to 2:30pm
Understanding and Supporting Children Aged 12+ Years with Anxiety – 1 session – Friday 20 th January 2023, 10am to 12pm
Understanding Emotional Regulation in School Aged Children – 1 session – Monday 23 rd January 2023, 10am to 12pm
Understanding and Supporting Children and Young People with Emotionally Based School Avoidance – 1 session – Monday 30 th January 2023, 10am to 12pm
Understanding and Supporting Children and Young People with Emotionally Based School Avoidance – 1 session – Saturday 4 th February 2023, 9am to 11am (Saturday course)
Understanding and Supporting Children Aged 12+ Years with Anxiety – 1 session – Saturday 4 th February 2023, 12pm to 2pm (Saturday course)

Online registration:
Visit: <https://www.recoveryandwellbeing.co.uk/>
Email: Recovery_Academy@covwarkpt.nhs.uk
Call: 0300 303 2626






V2

**Further dates to be included in the next
newsletter.**



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ARE YOU STRUGGLING WITH THE COST OF LIVING?

We are in a cost-of-living emergency. Energy prices are soaring, cost of food is rising, unemployment is high and lots of people are still struggling with the lasting effects of Covid on health and wellbeing. But help is available.



Are you running out of money each month?

- ▶ Are you receiving the National Minimum Wage? Check the rates: [gov.uk/government/publications/minimum-wage-rates-for-2022](https://www.gov.uk/government/publications/minimum-wage-rates-for-2022). For further help & support: centralelandlc.org.uk/coventry-employment
- ▶ Did you know if you are on a low income you are probably entitled to Universal Credit to top up your wages? Depending on your circumstances Universal Credit can help pay for additional things like paying your rent or cost of raising children. Check if you can get Universal Credit: gov.uk/universal-credit
- ▶ If you are already receiving Universal Credit but are still struggling you may be missing some elements you are entitled to. On top of the standard allowance, a person might get additional allowances including child element, childcare costs element, limited capability for work-related activity element (LCWRA), carer element, housing costs element. Seek specialist help from Coventry Independent Advice Services: 024 7652 1101
- ▶ Anyone experiencing ill health or disability or caring for a child or adult will be entitled to extra money on top of Universal Credit. Have a look at gov.uk/browse/benefits

Do you struggle to pay your rent?

- ▶ In order to receive the housing element of Universal Credit you need to enter your housing costs and check the box. Sometimes this is missed. Check to see if you receive this on your Universal Credit account
- ▶ If you are subject to bedroom tax, benefits cap, sanctions or a shortfall in your rent then you should get specialist help to look over your claim and entitlements and you may be entitled to a Discretionary Housing Payment (DHP). Contact the Local Authority: 024 7683 3773 DGATeam@coventry.gov.uk
- ▶ If you have been issued with court papers because of rent arrears then Central England Law Centre's Housing solicitors can help. Contact the Law Centre: 02476 223 053 housingenquiries@centralelandlc.org.uk

Do you need help with your council tax?

- ▶ Everybody can request to have their council tax spread over twelve months instead of ten, which reduces your monthly bill. Contact your Local Authority: 024 7683 1111 counciltax@coventry.gov.uk
- ▶ This year (2022) people that are in council tax bands A-D will be given £150 rebate. The council will contact those that are eligible
- ▶ People living on low income and/or benefits like Universal Credit or Job Seeker's Allowance, can get their council tax bill significantly reduced by applying for Council Tax Support. Contact your Local Authority to see if you are eligible: benefits@coventry.gov.uk
- ▶ If you have council tax debts it is very important to get specialist help. In certain circumstances the Local Authority can write off council tax debt. Check the Local Authority's website: coventry.gov.uk/council-tax/council-tax-discretionary-relief-policy. Coventry Citizen's Advice can also provide advice & help: mas@coventrycab.org.uk

Do you need help reducing your outgoings?

- ▶ Social Supermarkets offer heavily discounted food parcels, typically about £20 worth of food for a cost of a £5 membership. Find your nearest hub: letstalk.coventry.gov.uk/social-supermarkets
- ▶ If you have school-age children, you might be entitled to free school meals or Healthy Start vouchers. Contact your Local Authority to find out if you are eligible: 024 7683 3773/ freeschoolmeals@coventry.gov.uk
- ▶ Additional help for toiletries, cleaning products, clothing and shoes is available locally. Contact Clothing Coventry: clothingcoventry.org; The Boot Fund: childrensbootfund.org.uk; Bare Necessities bare-necessities.org.uk
- ▶ Lots of people are struggling to pay their energy bills. Let your supplier know you are struggling. Contact the Warm and Safe Homes Advice line: 0800 304 7159. Contact the Local Authority and ask for support via the Household Support Fund: 08085 834 333
- ▶ Check to see if you are eligible for any help with your water bill. Call Severn Trent on 0345 7500 500
- ▶ If you are in receipt of Universal Credit and struggling you may be able to cut your broadband costs by asking to be placed onto a social tariff. Contact your provider
- ▶ Coventry Foodbank offer free support to local people in crisis. Contact Coventry Foodbank directly: 024 7699 3770

To find out more about Central England Law Centre and Grapevine's Poverty Alliance in Coventry: help@centralelandlc.org.uk

Take a look at other ways Central England Law Centre can support you:

www.centralelandlc.org.uk/worried-about-money-guide



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Meet the team!



This academic year we have added a meet the team section to the newsletter. In every issue we will be showcasing a member of our team, so you get to know a little bit more about us.



Name: Annemarie

Role in School Nursing: Clinical Lead

Background: Annemarie trained as an adult nurse in 1997 & worked in Accident & Emergency for over 10 years before starting work for Coventry School Nursing in 2008 as a staff nurse. She qualified as a Specialist Community Public Health Nurse (SCPHN) in 2014 & went on to become a clinical lead.

She is passionate about supporting staff to be able to deliver evidenced based care for the families, young people & children of Coventry.

Best part of the role: Supporting families to receive the support they need to keep them healthy & safe.

What Annemarie does to relax: Read & watch T.V



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Useful Resources: *Check out some resources which may be of help to your School, families, primary and secondary school children:*

Checkout the links you've seen throughout the newsletter.

<https://dimensions.covwarkpt.nhs.uk/News.aspx?NID=26>

Additional support:

Autism support -

For Coventry based support service — <https://cwmind.org.uk/autism-support-service/>

<https://www.daisychainproject.co.uk/>

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

For advice and support during these uncertain times you can visit some of the following websites for more information and support on your mental health and wellbeing:

<https://www.nhs.uk/oneyou/every-mind-matters>

<https://cwise.com/>

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

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

<https://www.rethink.org/>

www.mind.org.uk/

**REMEMBER — KEEP
WASHING YOUR HANDS
MORE FREQUENTLY!**



Parents can apply for a sunshine lanyard for children with a hidden disability. This means they do not have to wait in queues and can go straight in. Click here/visit site to order one:

<https://hiddendisabilitiesstore.com/?SID=5ebe5860eca442d46ed981c2a4d6e0d2>

www.healthforkids.co.uk - local information for parents with lots of learning activities and games for children!

www.healthforteens.co.uk - lots of information on health and wellbeing for teenagers and young people!



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