

Date: 28.04.2021

Children's Community Care Service
Whiston Primary Care Resource Ctr
Old Colliery Road
Whiston
PRESCOT
Merseyside
L35 3SX

Tel No: 0151 426 0611
Email: nwbh.whiston0-19@nhs.net

Dear Parent/Carer,

We are writing to introduce the School Health service, and to remind everyone of the available support within Knowsley.

We have a termly drop in session for parents at each of the primary schools, and a weekly drop in session is available for secondary school students to attend at their school

Should you require any additional information, please do not hesitate to contact us via the above email address or telephone number. Please remember that the service is available via telephone and email during the school holidays.

Yours Sincerely

Knowsley School Health Teams
<https://www.nwbh.nhs.uk/School-Nurses-Knowsley>

Follow us on Twitter: @NWBoroughsNHS / @NWBH_Childrens 5597

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Switchboard: 01925 664000



List of Support Services /Resources

Advanced Solutions	Support for Parents and Children with Neurodevelopmental conditions (Autistic Spectrum Disorders/ADHD)	www.advancedsolutions.co.uk
Barnardo's	Children's charity that protects and supports the most vulnerable children and young people. Online therapy and self-help provided	https://www.barnardos.org.uk
B-eat (Eating disorder advice)	Leading charity supporting anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape.	https://www.beateatingdisorders.org.uk 0345 634 7650 (Mon-Wed 1pm-4pm) Support forums 7 days a week Email: fyp@b-eat.co.uk
Bullybusters	Support for Children and Parents experiencing issues with bullying	http://www.bullybusters.org.uk/
CALM (Campaign Against Living Miserably)	Leading movement against male suicide, the single biggest killer of men under 45 in the UK. Get the tools you need for action.	https://www.thecalmzone.net 0800 585858 (Nationwide) 5pm to midnight 365 days a year
CGL - Change, Grow, Live	Alcohol and drugs advice service based in Knowsley	http://www.changegrowlive.org Knowsley@cgl.org.uk 08458734462
Change for Life – Physical Activity	Useful ideas and resources to help keep younger children active and achieve advised 60 minutes of exercise daily	https://www.nhs.uk/change4life-beta/activities
Cruse Bereavement Care	Advice to anyone who has been affected by a death, including bereaved military families	0808 808 1677 help@cruse.org.uk

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ERIC – Continence Support	Children's Bowel & Bladder Charity has been dedicated for over 30 years to improving the lives of all children and teenagers in the UK facing continence challenges.	https://www.eric.org.uk
FRANK (Honest information about drugs and addiction)	Drug education service, help and treatments for drug and alcohol <i>addiction</i> . Topics include - Drugs and Alcohol, Young People's Experiences	https://www.talktofrank.com 0300 1236600 Text: 82111 Email: frank@talktofrank.com 24hrs live chat
Health for Kids – age 5 - 11	Find top tips and advice on all aspects of children's emotional and physical health, from keeping kids active and eating well, to building their confidence and equipping them to cope with specific health issues.	www.healthforkids.co.uk
Health for Teens	Help and support for teenagers and all aspects of physical and mental health and current issues affecting teenagers.	www.healthforteens.co.uk
KOOTH	Online Counselling and Support for 11-25 year olds	www.kooth.com
Lifecentre (Rape and sexual abuse)	Supports male and female survivors of rape, sexual abuse of all ages and anyone supporting them. Offers a national helpline and a counselling team	https://lifecentre.uk.com Free phone: 0808 802 0808 Text: 07717 989 022
Moodjuice (Self-help resource site)	For those experiencing troublesome thoughts, feelings, actions and post traumatic stress disorders. Has additional self-help guides and links	www.moodjuice.scot.nhs.co.uk
Papyrus (Prevention of Young Suicide)	If you or a young person you know is not coping with life you can gain confidential suicide prevention advice and help. Bereavement advice and support.	Papyrus HopelineUK: 0800 068 4141 Text: 0778 620 9697 Email: pat@papyrus-uk.org www.papyrus-uk.org Weekdays 10am-10pm Weekends 2pm-10pm Bank holidays 2pm-10pm

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Puberty	NHS Resource that provides age appropriate resources to help children and parents to understand changes during puberty	https://www.nhs.uk/LiveWell/puberty/Pages/puberty-signs.aspx
RASA	RASA offers support for anyone who has been sexually abused or raped, or who has been affected by sexual violence at any time in their lives. They have particular experience in working with adults who have been sexually abused as children.	www.rasamerseyside.org
Refuge	Advice on dealing with domestic violence	www.refuge.org.uk 0808 2000 247 (24 hour helpline)
Relate	Counselling services for every type of relationship. Providing advice on marriage, LGBT issues, divorce and Parenting.	https://www.relate.org.uk
Samaritans (Mental Health)	Anxious, Confused, Down, Lonely, Upset or Suicidal? 24/7 Confidential Support, including for carers / relatives	https://www.samaritans.org Free phone 116 123
Survivors of Bereavement by Suicide (SOBS)	A self-help, voluntary organisation which aims to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend	0300 111 5065 https://uksobs.org 9am-9pm Monday to Friday
Victim Support	VS help anyone affected by crime. You can talk to them whether or not you've reported the crime to the police. They can support you without the involvement of the criminal justice system and they won't contact them about you unless they feel you or someone else is at risk.	www.victimsupport.org 0808 168 9111 (24 hour helpline)
Weight Management	NHS resources to help with weight management	https://www.nhs.uk/change4life-beta/your-childs-weight/home
Young Minds (Mental Health)	Crisis and support teams promoting the views and needs of people with mental health problems	https://youngminds.org.uk 0300 123 3393 (Mon-Fri 9am-6pm)

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		Crisis text line: text YM to 85258
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