



The East Sussex School Health Service is a team of public health practitioners, led by school nurses who work with children, young people aged between four and 19 and their families. We provide support and advice for a variety of physical, sexual and emotional health and wellbeing issues, and will refer to specialised services when needed. For full details about the service we offer please visit our website: www.kentcht.nhs.uk/service/school-health/school-health-service-east-sussex/

How do you use the service?

- Contact the School Health One Point on **0300 123 4062**, available Monday to Friday from 8:30am to 5pm.
- Make a referral online at www.kentcht.nhs.uk/forms/school-health-service-east-sussex-referral-form/
- Text your school nurse on **07507 332473**. This service is available for young people aged between 11 and 19 and parents and/or carers, Monday to Friday, 8:30am to 5pm.

What we can offer:

- virtual support and phone advice
- brief interventions and packages of care, including:

Intervention	Who	Duration	Package of care (POC), including a number of brief interventions such as:
Goals	<ul style="list-style-type: none"> • Secondary and Further Education • Young people aged 11 to 19 	Brief intervention or up to six sessions as a package of care	Sessions include: <ul style="list-style-type: none"> • sleep • diet • exercise • bladder and bowels • hygiene/self-care • smoking/substance misuse/alcohol use • puberty, sex and relationships • C cards • tier one emotional health – low mood, anxiety, managing emotions and transition.
Bowel and bladder	Primary school children aged four to 11	Brief intervention or up to six sessions as a package of care	Sessions include: <ul style="list-style-type: none"> • night time wetting • day time wetting • toileting • constipation.
Healthy lifestyles	Primary school children aged four to 11	Brief intervention or up to six sessions as a package of care	Sessions include: <ul style="list-style-type: none"> • self-care/hygiene • puberty and growing up • healthy eating + physical activity • sleep hygiene • screen time/gadget use.
Emotional health and well-being	Primary school children aged four to 11		Sessions include: <ul style="list-style-type: none"> • worries • feelings • friendships • coping mechanisms • self-care • self-esteem/confidence
Sleep	Primary school children aged four to 11	Brief intervention or up to six sessions as a package of care	Sleep advice session/POC for parents/children including: <ul style="list-style-type: none"> • sleep concerns
Ready Steady Go: For overweight children	Primary school children aged four to 11	Group session for parents and children. Eight sessions over eight weeks	Sessions/POC include: <ul style="list-style-type: none"> • healthy eating + cookery • sleep hygiene • screen time/gadget use + physical activity