

# NEWSLETTER

Primary Edition. Spring 2017

## ChatHealth celebrates its 1<sup>st</sup> Birthday

The Suffolk School Nursing service provide a text messaging service called **ChatHealth** for secondary school age pupils and for parents & carers to provide early accessible support for children and young people with health and wellbeing issues.

This popular new way of accessing School Nurse support has just celebrated its 1<sup>st</sup> birthday. In the first year, the team received 1410 messages. Most texts were asking for support about emotional health and wellbeing issues (39%), followed by physical health (32%) and sexual health (10%) conversations. The service was also used as a way of arranging an appointment to see the school nurse in 19% of texts.



Picture: Celebrating the 1<sup>st</sup> birthday of **ChatHealth** at Ormiston Academy in Ipswich with students and staff

**ChatHealth** allows messages to be sent to a dedicated number which is delivered to a secure website. Once there, texts are responded to within one working day. The service is available Monday to Friday 9am – 4.30pm excluding bank holidays. Outside these hours anyone who texts the service receives an automated message with advice on where to get help if their question is urgent. The number to text is 07507 333356



### Parenting Hub

There are always challenges and stresses in raising children. A great resource on where to get local help can be found at [www.suffolk.gov.uk/theparenthub](http://www.suffolk.gov.uk/theparenthub).

The parent hub is a single place for Suffolk parents or carers to find parenting advice and support to help their child's development, including childcare and parenting programmes.

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## Dental Health Facts

Although Oral Health is improving in England, almost a quarter (24.7%) of 5 year olds have tooth decay. Tooth decay was the most common reason for hospital admissions in children aged 5-9 in 2014/15 with over 24,000 children admissions.

Top tips to prevent your child's tooth decay include:

- Brush your teeth for two minutes twice a day with a fluoride toothpaste (see the link for more details about this)
- Have a balanced diet and learn the importance of cutting down on how often you have sugary foods and drinks
- Visit the dentist regularly – it's free!

More tooth brushing tips and information can be found at: [NHS Choices Dental Health](#). The link also includes where to find an NHS dentist



## School Nursing Service

In Suffolk, our School Nurses are committed to improving outcomes for children and young people by keeping children safe, supporting children to go to school, and ensuring that children and young people maintain good physical health and emotional wellbeing. To find out more about local services please see our website [www.suffolk.gov.uk/schoolnursing](http://www.suffolk.gov.uk/schoolnursing)

## Bladders Behaving Badly

Bedwetting is very common and is nobody's fault. It affects about half a million children in the UK. Most cases of bed wetting are caused by over production of urine at night or a reduced capacity of the bladder to hold urine/wee.

Constipation can also be a big factor. There are lots of treatments available to try including medication and alarms.

### Need help?

Support is available from your school nurse - check the link below on how to contact your local team. If you want to remain anonymous don't forget you can text via ChatHealth. Your GP can make a referral to an enuresis (bedwetting) clinic. There is also an excellent charity called ERIC that provides advice.

Have a look at their website at [www.eric.org.uk](http://www.eric.org.uk) or call their helpline on 0845 3708008

**Healthy Lifestyles** – Need help with tackling your child's weight? One Life Suffolk offer programmes designed to benefit the whole family and are tailored to specific age groups. See [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk) for further info