

# Coventry School Nursing Newsletter

May — June 2022

## Hello sunshine!!

### 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.

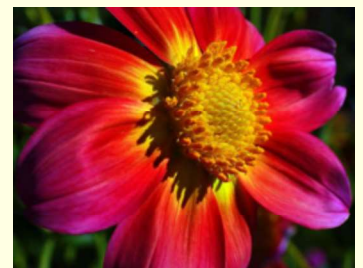
### Confidentiality

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.

for Kids and Teens site for more support and information as well as our previous newsletter. Enjoy your Summer term and remember to stay safe!



We hope you had a great Spring term and Easter break!

As you know Covid-19 restrictions have now been lifted but please remember, Covid is still with us and we need to do what we can to manage our life alongside Covid safely.

### How can we try to protect ourselves?

- Be more mindful about sharing food and drink (and cutlery and cups/glasses) when socialising.
- Wear a mask if you want to. You may find some people may wish to still wear masks and socially distance themselves. This could be because they may be trying to protect themselves or more vulnerable family members or friends.
- The last couple of years has reminded us of the importance of hand washing. Remember to wash your hands with soap, more often in the day, for at least 20 seconds.

Make sure you wash your hands; before eating or handling food, after using the toilet, after blowing/wiping your nose and after coming in from outdoors.



Take a look at our May—June issue for information about events we have to offer, as well as information about how you can get free, local support with your energy bills during this difficult time. We also have some information about the new food scanner app and much more. Don't forget to check out our Health



## CONTACT US



Moat House School Nurse Team:

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Charter School Nurse Team:

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## Support with Energy Bills

### Energy matters - Are you worried about your energy bills?

As the cost of living crisis increases, many of us may be struggling to keep on top of our energy bills and worried about putting on the heating or hot water.

The most recent figures on fuel poverty (from 2020) show that the West Midlands has the highest proportion of fuel poor households in England. In Coventry the figure is 20%. That figure will almost certainly have risen with the current crisis.

We all know the benefits of a warm home - particularly for physical and mental wellbeing. But many will now be worrying about how they will manage.

**Act on Energy is a local charity that offers free and impartial advice about all energy matters.**

They can advise on:

Fuel Vouchers to help pay energy bills

Billing issues with energy suppliers

Broken heating systems

Energy efficiency tips to reduce bills

Grants and funding for bills, repairs and insulation

Benefits check and eligibility service

The team can help you with all your energy needs over the phone or even at a home visit. The service is free for those living in Coventry.

Get in touch with Act on Energy - there's no charge!

Phone their free number on: 0800 988 2881 Or Email: [advice@actonenergy.org.uk](mailto:advice@actonenergy.org.uk)

Visit: <https://actonenergy.org.uk/>



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## Parent/Carer Information Sessions **eventbrite**

The School Nursing team are continuing to offer FREE virtual health information sessions via Eventbrite especially for parents/carers. As we mentioned in our last Newsletter, these will run throughout the academic year & will include sessions around managing toileting, behaviour, challenges in eating & sleep.

These links open and operate far more efficiently via Google Chrome or Microsoft Edge, so if this isn't your default browser please copy the link into one of these browsers. Please also ensure you fill in the booking form fully, when registering for a session. If you don't already have an Eventbrite log in/account you will need to register on their site before attending a session with us. We can provide a step by step guide, if you need this please get in touch.

You may receive emails about your Eventbrite booking, please check your spam/junk box as these emails may automatically sit there. Please try to log on 5 mins before the session. We look forward to seeing you soon.



Name of Session:	Date and time of session:	Eventbrite link to book:
Toileting Information Session	Monday 30 <sup>th</sup> May 2022 11:00am - 12pm	<a href="https://www.eventbrite.co.uk/e/toileting-information-session-tickets-327312569707">https://www.eventbrite.co.uk/e/toileting-information-session-tickets-327312569707</a>
Managing Behaviour Information Session	Friday 17 <sup>th</sup> June 2022	<a href="https://www.eventbrite.co.uk/e/managing-behaviour-information-session-tickets-313689151697">https://www.eventbrite.co.uk/e/managing-behaviour-information-session-tickets-313689151697</a>
Toileting Information Session	Tuesday 21 <sup>st</sup> June 2022 1pm - 2pm	<a href="https://www.eventbrite.co.uk/e/toileting-information-session-tickets-327903567397">https://www.eventbrite.co.uk/e/toileting-information-session-tickets-327903567397</a>
Sleep Information Session	Thursday 23 <sup>rd</sup> June 2022 1pm - 2pm	<a href="https://www.eventbrite.co.uk/e/sleep-information-session-tickets-327199621877">https://www.eventbrite.co.uk/e/sleep-information-session-tickets-327199621877</a>
Challenges in Eating Information Session	Tuesday 28 <sup>th</sup> June 2022 11am - 12pm	<a href="https://www.eventbrite.co.uk/e/challenges-in-eating-information-session-tickets-327321807337">https://www.eventbrite.co.uk/e/challenges-in-eating-information-session-tickets-327321807337</a>
Managing Behaviour Information Session	Monday 04 <sup>th</sup> July 2022 11am - 12pm	<a href="https://www.eventbrite.co.uk/e/managing-behaviour-information-session-tickets-327350162147">https://www.eventbrite.co.uk/e/managing-behaviour-information-session-tickets-327350162147</a>
Toileting Information Session	Tuesday 05 <sup>th</sup> July 2022 11am - 12pm	<a href="https://www.eventbrite.co.uk/e/toileting-information-session-tickets-327908371767">https://www.eventbrite.co.uk/e/toileting-information-session-tickets-327908371767</a>
Sleep Information Session	Tuesday 12 <sup>th</sup> July 2022	<a href="https://www.eventbrite.co.uk/e/sleep-information-session-tickets-327380442717">https://www.eventbrite.co.uk/e/sleep-information-session-tickets-327380442717</a>
Managing Behaviour Information Session	Tuesday 19 <sup>th</sup> July 2022 10am - 11am	<a href="https://www.eventbrite.co.uk/e/managing-behaviour-information-session-tickets-327402699287">https://www.eventbrite.co.uk/e/managing-behaviour-information-session-tickets-327402699287</a>
Challenges in Eating Information Session	Thursday 21 <sup>st</sup> July 2022 11am - 12pm	<a href="https://www.eventbrite.co.uk/e/challenges-in-eating-information-session-tickets-327387102637">https://www.eventbrite.co.uk/e/challenges-in-eating-information-session-tickets-327387102637</a>



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