



Coventry School Nursing Newsletter

Winter 2021/2022

Winter is coming!

The weather is getting cooler & the evenings will start to get dark sooner.

Darker evenings can impact on everyone's emotional health, so take a look at the links below, for information, tips & guidance on ways we can lift our mood. When we are happier our families & people around us are happier too.

<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

<https://www.headspace.com/mindfulness>

<https://www.mindful.org/meditation/mindfulness-getting-started/>

The NHS has a "your mind plan quiz" you can take (link below). It's 5 quick questions, with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

www.nhs.uk/every-mind-matters

We all know that being a parent can sometimes be stressful and isn't always filled with the joy and laughter that we see in films & social media!

You may find Triple P helpful. They currently have free seminars online (see link below) & if you feel you need more tips, guidance & support, give them a call on: 0800 434 6127

https://www.coventry.gov.uk/info/38/family_support/2884/positive_parenting

We don't always feel like exercising after school or in the evenings, when it's cooler & darker.

We can get moving & lift our moods by cranking up the music & having a dance together.

You can find Just Dance videos on YouTube or take a look at the Change4Life site below:

<https://www.nhs.uk/change4life/activities/sports-and-activities/dancing>



Our very own Be Active Be Healthy team have shared some videos of work outs we can do at home/indoors.

Active Families/Kids Videos:

<https://youtu.be/L0n-flc7StY>

<https://youtu.be/EWVjXzeNfXc>

<https://youtu.be/C3XX9Q01aJQ>

Bump and me antenatal video:

<https://youtu.be/DOKxo1UzYfU>

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.

Coventry's Own Voice Online Health Questionnaire (COV-OHQ)

Thank you to Reception children parents/carers who completed the COV-OHQ before the start of school.

We hope to start the Year 6 COV-OHQ after Christmas.

The Year 6's will be asked to answer their own questionnaires, essentially it gets them to start thinking about their health & well-being & what they can do, to promote their own health.

We will of course arrange for letters to be sent home for parents/carers with more information about this in due course.



<https://www.facebook.com/coventryfamilyhealthandlifestyleservice/>



@CoventryFHLS

CONTACT US



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01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

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Hearing Screening For Reception Children

The School Nursing team are continuing to offer Audiology (hearing) screening for all Reception class pupils.

These are now carried out at a clinic, once a month. To book an appointment, get in touch with us on our contact number/email below.

The dates for the remaining Autumn term & upcoming Spring term are as follows:

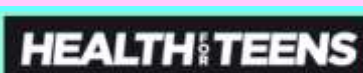
November 2021		
Tuesday 9 th November 2021	Woodside Hub	
Tuesday 23 rd November 2021	Moat House Leisure Centre	
December 2021		
Thursday 9 th December 2021	Mosaic Hub	
Tuesday 21 st December 2021	Moat House Leisure Centre	
January 2022		
Tuesday 04 th January 2022	Woodside Hub	
Tuesday 18 th January 2022	Moat House Leisure Centre	
February 2022		
Thursday 10 th February 2022	Mosaic Hub	
Monday 21 st February 2022	Moat House Leisure Centre	
March 2022		
Wednesday 15 th March 2022	Woodside Hub	
Tuesday 29 th March 2022	Moat House Leisure Centre	
April 2022		
Thursday 14 th April 2022	Mosaic Hub	
Tuesday 19 th April 2022	Moat House Leisure Centre	

 If you have concerns about your older child/ren's hearing, you can call the UHCW direct on 0300 200 0011, who can put you through to the Audiology department, where you can book an appointment for them.

Some signs your child may be struggling with their hearing include: Not replying when you call them, talking very loudly & increasing the volume on TV/devices etc. They may ask you to repeat yourself a lot or respond differently/inappropriately to what you have asked, they appear to daydream a lot, are slower to learn to talk/unclear when talking & get frustrated/aggressive frequently from not being understood or from not hearing surroundings.



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Parent/Carer Information Sessions **eventbrite**

School Nursing 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 & operate far more efficiently via Google Chrome, so if this isn't your default browser please copy the link into a Google Chrome browser. Please also ensure you fill in the booking form fully, when registering for a session. You may receive emails about your Eventbrite booking, please check your spam/junk box as these emails may automatically sit there.

Name of Session	Date and time of session	Eventbrite link that is for parent/carers access to book:
Sleep Information Session	Tuesday 09 th November 2021 10:00am-11:00am	https://www.eventbrite.co.uk/e/174236956427
Challenges in Eating	Thursday 18 th November 2021 1:00pm-2:00pm	https://www.eventbrite.co.uk/e/174261670347
Managing Behaviour Information Session	Friday 26 th November 2021 10:00am-11:00am	https://www.eventbrite.co.uk/e/174277507717
Toileting Information Session	Tuesday 30 th November 2021 1:00pm-2:00pm	https://www.eventbrite.co.uk/e/195180559307
Sleep Information Session	Wednesday 08 th December 2021 1:00pm-2:00pm	https://www.eventbrite.co.uk/e/195753713627
Challenges in Eating Information Session	Thursday 13 th January 2022 11:00am-12:00pm	https://www.eventbrite.co.uk/e/195779069467
Managing Behaviour Information Session	Friday 21 st January 2022 11:00am-12:00pm	https://www.eventbrite.co.uk/e/195803382187
Toileting Information Session	Friday 28 th January 2022 10:00am-11:00am	https://www.eventbrite.co.uk/e/195818968807
Sleep Information Session	Thursday 03 rd February 2022 11:00am-12:00pm	https://www.eventbrite.co.uk/e/195854585337
Challenges in Eating Information Session	Wednesday 09 th February 2022 1:00pm - 2:00pm	https://www.eventbrite.co.uk/e/195891726427
Managing Behaviour Information Session	Tuesday 15 th February 2022 1:00pm - 2:00pm	https://www.eventbrite.co.uk/e/195900191747
Toileting Information Session	Wednesday 16 th March 2022 1:00pm - 2:00pm	https://www.eventbrite.co.uk/e/195909770397
Sleep Information Session	Tuesday 22 nd March 2022 10:00am-11:00am	https://www.eventbrite.co.uk/e/195918737217
Challenges in Eating Information Session	Tuesday 29 th March 2022 10:00am-11:00am	https://www.eventbrite.co.uk/e/195924664947
Managing Behaviour Information Session	Thursday 07 th April 2022 10:00am-11:00am	https://www.eventbrite.co.uk/e/195934815307



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Fireworks & BONFIRE Safety Information

At this time of the year we tend to see & hear more fireworks in the evenings. It is becoming quite popular to set off fireworks during Halloween parties, as well as on more expected occasions this season, such as; Bonfire Night, Diwali, New Year's Eve & Chinese New Year. Though fireworks & bonfires can be exciting & enjoyable, when the safety measures involving using them are not followed, there can be serious & at times life threatening accidents. Sadly lots of these accidents involve children. Keep reading as we have provided, some links for you to look at for information & outlined some of the key points to remember, to help you enjoy fireworks & bonfires safely this season.

POINTS TO REMEMBER ABOUT FIREWORK SAFETY:

- ⇒ To only buy fireworks that carry the CE or UKCA labels & look like they've not been tampered with. Some shops and supermarkets no longer sell fireworks because of the risks of harm. However you can search online for local firework display events near you.
- ⇒ Plan displays safely - make sure fireworks are lit as per instructions, away from people, especially children & away from pets/animals who are unable to respond to dangerous situations as quickly as adults.
- ⇒ Keep pets inside, provide them with plenty of extra bedding/padding. Some people find weighted blankets useful & you can put the radio or TV on for them for background noise too.
- ⇒ Light fireworks away from you (about arm's length away), light them one at a time & ensure they are not stored in a flammable container, such as a cardboard box.
- ⇒ DO NOT RETURN to fireworks that have already been lit!
- ⇒ Use a torch to read the instructions or to see what you are doing NOT a match or lighter!
- ⇒ Do not smoke near fireworks or leave fireworks near fires.
- ⇒ Do not throw fireworks or sparklers, in the street, towards people & pets/animals, or on fires or in the air — even if you think they are spent.
- ⇒ Do not keep fireworks in your pockets.
- ⇒ Wear gloves when lighting & using sparklers & light them one at a time.
- ⇒ Be respectful & remember that you MUST NOT set off fireworks between 11pm-7am, you can be fined and prosecuted! The exception to this rule is; on Bonfire night when you can light them till midnight & New Year's Eve, Diwali & Chinese New Year, when the cut off is 1am.
- ⇒ Spent firework cases must be gathered—make sure you look for used fireworks with a torch, douse them with water & use tongs or some other suitable tools if you need to or wear strong gloves. Don't allow any children to collect firework cases.
- ⇒ If any fireworks look as if they haven't gone off after at least half an hour, douse them in a bucket of water & ask the Fire and Rescue Service for advice.

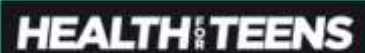


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Fireworks & BONFIRE Safety Information Continued...



POINTS TO REMEMBER ABOUT BONFIRE SAFETY:

- ⇒ Plan your Bonfires — make sure they set up away from fireworks & other flammable items as well as buildings & trees & that you have buckets of water nearby to douse the bonfires out.
- ⇒ Make sure there are no children or animals/pets hiding in the bonfire before you start.
- ⇒ Don't use flammable liquids like paraffin or petrol on your fires & don't burn dangerous rubbish (e.g. aerosols, paint tins or foam-filled furniture) as these can cause explosions & the fires can get out of control!
- ⇒ Never put fireworks or sparklers on a bonfire, even if they're dud.
- ⇒ Don't leave fires unattended & make sure the fire is completely out before leaving it.



**REMEMBER TO:
HAVE FUN SAFELY!**

Would you know what to do if your clothes caught fire?

If your clothes catch fire, your gut may tell you to run for help in a panic BUT what you should do is:

STOP what you are doing, **DROP** to the ground & cover your face with your hands & **ROLL** over & over till the flames are out. Then call for help if needed.

Stop.



Drop.



Roll.



[Image credit: National Fire Prevention Agency via: <https://www.capt.org.uk/stop-drop-and-roll>]

Take a look at the following links for more information: <https://www.gov.uk/fireworks-the-law> — for more information about fireworks and the law

<https://www.rospa.com/home-safety/advice/fireworks-safety> & <https://www.capt.org.uk/Pages/Site/firework-safety/Category/fireworks-knowledge> — firework/bonfire safety from the Royal Society for the Prevention of Accidents

<https://www.britishfireworksassociation.co.uk/firework-advice-for-consumers/> — firework safety with a video for children from the British Firework Association. The video is on YouTube too, click the link below to see the video directly: <https://youtu.be/Dp2pKXF4yEw>

<https://www.fireservice.co.uk/safety/bonfires/> - Fire Service UK site Bonfire safety information

Would you know what to do if you got burnt?

Getting burns under cool running water as soon as you can, makes a significant difference in the recovery of burns. It is the best thing you can do to help yourself.

COOL the burn for 20 minutes under cool running water, doesn't need to be freezing.

CALL for help for any burn bigger than a 50p coin: 999, NHS 111 or your GP.

COVER the burn loosely with cling film or a clean, non-fluffy dressing or cloth.



[Image credit: <https://www.capt.org.uk/first-aid-for-burns-and-scalds>]

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for Kids!

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ARE YOU WORRIED ABOUT MONEY?

DON'T STRUGGLE ALONE

Whatever your money worries, it is best to ask for help
Be assured there is a lot of support out there.

Universal credit

There are lots of things that go wrong with old and new claims. Maybe money has stopped or you are not receiving as much as before. We can help you to take back control of your account and work through problems.

Council tax

You will have recently received your new bill but we know you might still owe money on last year's bill which can make things difficult. We can help you set up an affordable repayment plan and check whether you are due any discounts.

Big life events

Changes to your household like a new baby, losing someone you love, becoming too unwell to work, being furloughed or losing your job can all affect the money coming into your house - sometimes it is best to get advice on what to do / that might help.

Have you fallen behind on your rent?

It's been a really difficult year and lots of people have struggled with making rent payments. It is really important to keep talking to your landlord. We can help you pick up the phone and agree next steps.

Food & fuel

Sometimes the only way to manage is to cut back on essentials. In Coventry there is a lot of help available with food and fuel. We can direct you to the help quickly while trying to see if we can increase the money coming into your house.

Health & wellbeing

Maybe you have been unwell or are looking after someone who needs lots of support. This can make it really hard to manage. But it also means you might be entitled to extra money or support.

No Recourse to Public Funds

If your leave to remain has an NRPF condition, it is sometimes possible to apply for this to be removed by making a Change of Conditions application. This would allow you to claim benefits and access services. We can tell you if this might be possible and help you to make the application if it is.

Central England Law Centre is a charity that provides free, confidential and expert legal advice & support to people living in Coventry

CONTACT US AND WE WILL CALL YOU BACK TO HELP



CALL 07957 711080
TEXT OR WHATSAPP 07496 881145

Could Central England Law Centre Help You?

To say it has been a challenging couple of years is, perhaps an understatement, many of us have plunged into debt as jobs have been lost or hours cut over the pandemic, which in turn has impacted on bills & quality of life. Even though many of us have been in similar situations how they have impacted us & our families may be different. Take a look at the poster below from the charity, Central England Law Centre. They may be able to provide you with support or at least point you in the right direction. They offer a free confidential service.

For more information you can take a look at their site:

[https://
www.centralenglandlc.org.uk/
Pages/Category/coventry-legal-
teams](https://www.centralenglandlc.org.uk/Pages/Category/coventry-legal-teams)

Take a look on the next page for specific community helpline numbers & support.

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CALL OUR RIGHTS IN THE COMMUNITY HELPLINE



07957 711080 / 07496 881145
help@centralenglandlc.org.uk

WE CAN SUPPORT YOU TO FIND THE RIGHT HELP OR USE
THE RESOURCES BELOW:

Universal Credit

CAB Help to
Claim: 0800 144 88848

Coventry
Independent
Advice
Services: 024 7652 1101

Council Tax

Law Centre: centralenglandlc.org.uk/council-tax-debt

Coventry City
Council: 024 7683 1111

CAB: 024 7625 2047 /
mas@coventrycab.org.uk

Coventry
Independent
Advice Services: 024 7652 1101

National Debtline: 0808 808 4000

Health and Wellbeing

Carers Trust
Heart of
England: 024 7663 2972

Financial
support for
bereavement: moneyadvice.service.org.uk/encategories/when-someone-dies

Food & Fuel

Food network: 08085 834 333
coventry.gov.uk/emergencyfoodnetwork

Free school
meals: gov.uk/apply-free-school-mealshealthystart.nhs.uk/how-to-apply/

Crisis Grants: 08085 834 333

Rent

Discretionary
Housing
Payment: DGATeam@coventry.gov.uk

(Citizen
Tenants) Money
Advice: 0800 138 7777

Homeless
Prevention: 024 7683 4025

NRPF

CRMC: 02476 227254 /
info@covrefugee.org

Carriers of Hope: referrals@carriersofhope.org.uk

Food network: 08085 834 333

Clothing Coventry: carriersofhope.org.uk/clothing-coventry/



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

See links throughout the newsletter regarding; wellbeing, getting moving indoors, positive parenting support, firework & bonfire safety & information from the Central England Law Centre Charity.

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/

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!



Do you know how to make a paper snowflake? They are simple yet beautiful & a great way to decorate your homes over the winter period. Take a look at the link below from the National Trust.

<https://www.nationaltrust.org.uk/allan-bank-and-grasmere/features/how-to-make-paper-snowflakes->

If you are feeling a little more adventurous, why not try making a 3D snowflake (you can find some videos on YouTube like the one below)



<https://youtu.be/IT2oeNkTOAk>

If you are a parent - text our parent line on 07507 329 114

 ChatHealth

If you are age 11-18 - text us on 07507 331 949



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