

Dear Parents

During this difficult and uncertain time we wanted to remind you that the School Health Team are still available to offer support and advice if you have any health concerns regarding your child.

The School Health Team is part of the 0-19 Team which includes health visitors, nursery nurses, school nurses, community staff nurses and clinical support workers. There is a duty practitioner available Monday to Friday (excluding bank holidays) 9am to 5pm. They can be contacted on: **0151 247 6810**. If they are unavailable, please leave a message including your child's name, date of birth, school attended and your contact number and someone will return your call. Alternatively, you can email the team email address on: nwbh.seftonmaghull0-19@nhs.net

If you are concerned that anyone in your household is showing symptoms of coronavirus (Covid-19), either a high temperature (this means you feel hot to touch on your chest and back) or a new continuous cough please stay at home and refer directly to the NHS 111 website www.111.nhs.uk/covid-19 for further advice.

We have enclosed some website links that you may find useful in helping you to answer any questions that your child/children may have in relation to the coronavirus (Covid-19), and also support you and your children to stay healthy during this difficult time.

For Children & Young People

CBBC:

www.bbc.co.uk/newsround/51896156

Covibook:

www.mindheart.co/descargables

NSPCC:

www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health

Childline:

www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/

Young Minds:

www.youngminds.org.uk/

Kooth (online counselling for 11-19 year olds):

www.kooth.com

Relax Kids:

www.relaxkids.com/calm-pack

NHS – 10 minute shake-ups:

www.nhs.uk/10-minute-shake-up/shake-ups

Crisis Support – Emotional Health and wellbeing

CAMHS (including 24/7 Crisis line)

search3.openobjects.com/mediamanager/sefton/fsd/files/camhs-covid-19_17_april-20_sefton_final.pdf

For Parents

NHS 111:

www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/

Healthier Together:

what0-18.nhs.uk/popular-topics/coronavirus

NHS Every Mind Matters:

www.nhs.uk/oneyou/every-mind-matters/

Mind - Coronavirus and your wellbeing:

www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#TakeCareOfYourMentalHealthAndWellbeing

Action for Happiness:

www.actionforhappiness.org/coping-calendar

Helplines:

www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

Further information for parents – Parenting through coronavirus:

ihv.org.uk/families/parenting-through-coronavirus-covid-19/

Parent Carer Support in Sefton:

www.sefton.gov.uk/miscellaneous-pages/support-during-covid-19.aspx

If you are vulnerable and need help:

We recommend that if possible you get food and medicine delivered and left outside your door – ask friends and family to help or register at: www.gov.uk/coronavirus-extremely-vulnerable-to-get-coronavirus-support if you need it.

In Sefton if you need help for you or someone in your household, we recommend that you call Sefton Council on 0345 140 0845 or fill in their online form to ask for support. Please visit: www.sefton.gov.uk/miscellaneous-pages/support-during-covid-19.aspx

If your child is unwell:

If your child is unwell please use this guide for advice of where to seek further help and support.

what0-18.nhs.uk/parents/carers/worried-your-child-unwell/fever-high-temperature

Important Changes to A&E and Walk-in Centre Services:

The children's accident and emergency department at Ormskirk hospital is closed temporarily overnight.

The department will close at 10pm until 8am each day until further notice. Ambulance patients will be taken directly to Alder Hey Children's Hospital in Liverpool.

Parents needing urgent medical advice should use NHS 111. In an emergency, always call 999.

Litherland Walk-in Centre has temporarily changed the way in which it works. Patients can no longer 'walk-in' for an appointment but must instead call in advance. There are now two possible routes to access the walk-in centre:

- If a patient thinks they have coronavirus (Covid-19) symptoms, they must consult with their GP in the first instance by telephone, so they can be appropriately assessed and directed to the correct local health care setting. Where necessary, a face to face appointment will be made at the walk-in centre by their GP, during the hours of 8am and 8pm.
- If a patient is otherwise well, with no Covid-19 symptoms but has a minor injury, or in need of wound care; they can still access a separate part of the walk-in centre for treatment, between the hours of 8.30am to 4.30pm. However, patients must still call in advance on **0300 100 1004**.

We hope you find this information useful. Please do not hesitate to contact us if you feel we can offer any further support.

Yours sincerely

Susan Moon

School Nurse

The School Health Team

