

Newsletter

Welcome to our autumn term newsletter:

Health, Relationships and Sex Education

Hello everyone, and thank you for taking the time to read our 3rd newsletter.

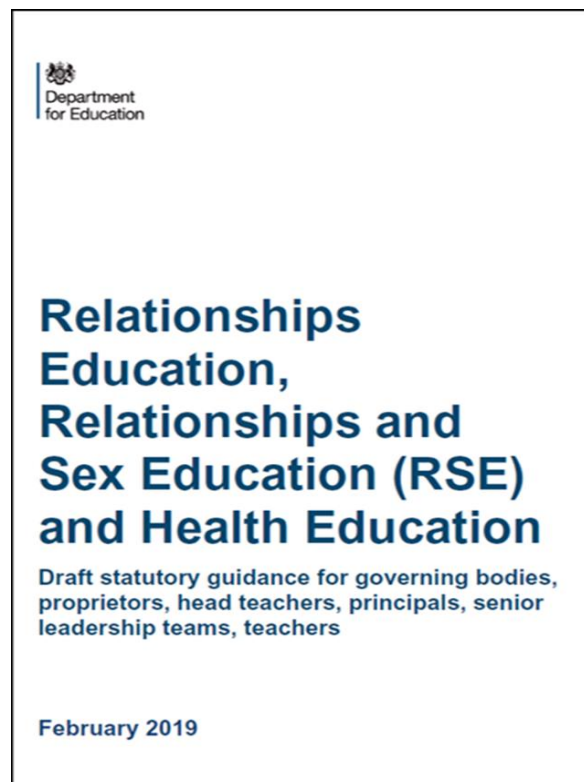
This edition focusses on health, relationships and sex education.

From September 2020, health, relationships & sex education will become statutory in all secondary schools in England, and health & relationships education will become statutory in all primary schools in England.

To gain a basic understanding of the topics included in the new curriculum, see the Health & RSE Pyramids on the next pages that outline topics areas for each Key Stage 1-4

If you feel you need some support or want to share current practice, we are open to delivering a twilight workshop for schools, to support your delivery, and identify any gaps that we can help you with.

If you would be interested in sending a member of staff to a twilight workshop please express your interest by emailing Donna Moore at donna.moore@cumbria.gov.uk



Relationships and Sex Education Pyramid

KEYSTAGE 4:

Managing strong emotions. Benefits of positive, strong, supportive relationships. Managing changes in personal relationships. Sex in the media. How to manage unwanted attention. Different types of families. Understanding parenting skills. The impact of separation, divorce and bereavement. Reasons why parents adopt/foster. Fertility and options available. Love and sexual relationships. Different levels of intimacy. Readiness for sex. Consent and the law. How to assertively withhold or withdraw consent. STI's and protection and treatment. Sexual health services. Contraception choices. Conception and pregnancy choices. How lifestyle effects pregnancy. Recognising peer pressure and strategies. LGBT+ diversity in sexual attraction and orientation. Bullying and abuse. Healthy and unhealthy relationships. Domestic abuse and support.

KEYSTAGE 3:

Positive relationships. Co-operation, negotiation, compromise and communication skills. Feelings and emotions. Positive qualities. Positive and stable relationships. Media portrayal of relationships. Different types of relationships. Impact of sex in the media. Marriage, civil partnerships. Roles and responsibilities of parents, carers and children in families. Loss, separation and bereavement. Expectations of being a boyfriend/girlfriend. Different levels of intimacy. Respect and readiness for sex. Assertiveness, consent and the law. STI's and sexual activity. Contraception choices and communication. Risks of unprotected sex. Pregnancy and options. The purpose and importance of immunisation. Peer pressure and strategies for managing it. Differences between biological sex, gender, identity and sexual orientation. Sexual attraction and developing sexuality. Bullying and abuse. Difference between friendship groups and gangs. Online relationships. Personal boundaries. Pressures to share images of themselves or others.

KEYSTAGE 2:

To recognise different types of relationships. Marriage and civil partnerships. Healthy/unhealthy relationships. How their bodies and emotions will change during puberty. Human reproduction. Differences and similarities between people family, culture, ethnicity, race, religious diversity, age, sex, gender identity, sexual orientation and disability. Recognise and challenge stereotypes. Independence and keeping safe. Personal boundaries and right to privacy. How to manage image requests. Forced marriage. People who can help keep them healthy and safe.

KEYSTAGE 1:

Positive relationships. Identify their special people. Communication skills. Process of growing young to old. Names for body parts. Body similarities and differences. Ways in which we are unique. Good and not so good feelings. Simple ways to manage feelings. Acceptable and unacceptable contact. Privacy and keeping safe, keeping safe online, how to recognise risks, harmful content and contact, and how to report them

Health Education

Pyramid

KEYSTAGE 4:

Causes of emotional and mental health, symptoms and treatments, including stress, anxiety and depression. Strategies for managing mental health. To recognise and manage feelings about, and influences in, their body image including the media's portrayal. To manage unwanted attention. The legal and personal risks associated with sharing intimate images, strategies for managing these risks. Influences on their financial decisions, to access appropriate support for financial decision-making and for concerns over money, gambling etc. The short and long-term consequences of substance use and misuse for the health and mental and emotional wellbeing of individuals, families and communities, including the health risks related to second-hand smoke. How to take increased responsibility for maintaining and monitoring their own health, sex examination, and other illnesses, including knowing what to do if they are feeling unwell; strategies to overcome worries about seeking help and being a confident user of the NHS life-saving skills, including how to administer CPR, the purpose of defibrillators and when one might be needed

KEYSTAGE 3:

How to talk about their emotions accurately and sensitively, using appropriate vocabulary, that happiness is linked to being connected to others, how to recognise the early signs of mental wellbeing concerns. The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness. Body image and the media, harmful behaviours online how to report, or find support. Financial decisions, gambling (including on-line) how to access support. The characteristics of mental and emotional health and strategies for managing it. Healthy eating and the links between a poor diet and health risks, including tooth decay and cancer. Personal hygiene, sleep, self-examination, puberty and the implications for emotional and physical health. . Legal and illegal substances, including alcohol, volatile substances, new psychoactive substances, tobacco, e-cigarettes, shisha, e-shisha and cannabis the law relating to the supply, use and misuse of legal and illegal substances. Addiction and dependency legal and illegal drugs. Local support services. Basic treatment for common injuries, life-saving skills, CPR.

KEYSTAGE 2:

Healthy diet (including understanding calories, and other nutritional content), planning and preparing a range of healthy meals. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health) about safe and unsafe exposure to the sun, the importance of sleep, dental health, personal hygiene and germs how they are spread and treated, and the importance of handwashing. Allergies, immunisation and vaccination. What positively and negatively affects their physical, mental and emotional health, different emotions, conflicting emotions and feelings. The roles of voluntary, and community groups, especially in relation to health and wellbeing. That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing, people who are responsible for helping them stay healthy and safe. When they need help and to develop the skills to ask for help. Responsible use of mobile phones, online behaviour. Pressures to behave in an unacceptable, unhealthy or risky way. Basic first-aid, how their body will, and their emotions may, change as they approach and move through puberty, and

KEYSTAGE 1:

Healthy lifestyle, the benefits of physical activity, rest, healthy eating, dental health, personal hygiene, germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. Communicate feelings to others, to recognise how others show feelings and how to respond, good and not so good feelings, to develop simple strategies for managing feelings, recognise different types of teasing and bullying, to understand that these are wrong and unacceptable. People who look after them, their family networks, who to go to if they are worried, how to attract their attention. Choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences. Know how to make a clear and efficient call to emergency services if necessary, that household products, including medicines, can be harmful if not used properly

RSE Parent Workshop

The teaching of some aspects of sex and relationship education might be of particular concern to some parents.

If this is a concern for your school, our team would be happy to come and support you with a parent/carer workshop to consult with your parents about the RSE education provision your school is offering.

The **Sex Education Forum** have a helpful factsheet for parents and carers which may also be beneficial.

Schools should always work in partnership with parents, consulting them regularly on the content of sex and relationship education programmes.

Parents need to know that the school's sex and relationship education programme will complement and support their role as parents and that they can be actively involved in the determination of the school's policy.

Policies

What should be included in our school RSE policy?

- define sex and relationship education;
- describe how sex and relationship education is provided and who is responsible for providing it;
- say how sex and relationship education is monitored and evaluated;
- include information about parents' right to withdrawal;
- be reviewed regularly.

The current [government guidance](#) (2000) includes further advice about topics that should be covered by the SRE policy.

Under the [new guidance](#) (2019) schools will still need a policy on RSE. Primary schools will need to define Relationships Education and define any sex education they choose to teach other than that covered in the science curriculum. Secondary schools will need to define Relationships and Sex Education.

Talk to your children about sex and relationships: support for parents



Forum Factsheet 21

Children learn about sex from a very young age even if we don't talk with them about it. Many of the things they learn are incorrect, confusing and frightening. In a world where sex is used to sell cars and ice creams, and celebrities' private lives become everybody's business, we can't afford not to talk to our children about sex and relationships if we're going to help them make sense of it all.

Of course it isn't always easy. Many of us feel embarrassed and worry that we don't know enough. After all, very few of us had good sex education ourselves. Some of us feel that we're not in a position to talk because our own relationships haven't been so good – and we don't want our children accusing us of 'do as I say, not as I do'.

This leaflet is designed for anybody who is a parent or who cares for children and young people. It will help you to talk to them about sex and relationships.

What is sex and relationships education (SRE)?

It is learning about sex, relationships, sexuality and sexual health. Mostly this happens at home, as well as from friends, television, films, and magazines and later at school. It doesn't just happen when we're young: all through our lives we learn new facts and continue to develop values and attitudes about sex and relationships.

What do children and young people say?

Young people say that many parents and teachers are not very good at talking about sex and relationships. They leave it too late and often don't talk about it until children have reached puberty, or young people have started being sexually active – or sometimes until they're already having sex. Children and young

people don't just want the biological facts. They want to talk about feelings and relationships, and they want us to answer their questions: Why are boys different from girls? How does your body change as you grow up? Where do babies come from? When do you have sex? How do you say no? Why are some people so prejudiced? How do you catch HIV? How do you know if you want to have sex? Why are people gay? How do you know that you're in love? How do you talk to someone about contraception and safer sex?

Why should parents talk about sex and relationships?

- Children and young people want their parents to be the first person to talk to them about sex and relationships.
- If their families are confident talking about sex and relationships, young people will find it easier to resist peer pressure, express their beliefs and opinions, challenge bullying and be able to understand negative messages about sex and relationships.
- Lots of people feel very uncomfortable about sex and think that it's something to laugh about or feel ashamed of. We can change this by talking about it positively and being honest even when it is difficult and embarrassing.
- Young people who have good sex education at home and at school start sex later and are less likely to have an unplanned pregnancy or to get a sexually transmitted infection.

Countries in Europe, that have supported parents, established SRE in schools and provided sexual health services for young people, have seen many benefits. Fewer teenage girls get pregnant, young people start having sex later, and their sexual health is better.

In England our teenage pregnancy rates are high: 90,000 girls and young women under 19 get pregnant every year, 7,000 of whom are under 16. Nearly half these pregnancies end in abortion. Between a quarter and a third of young people under 16 have sex – and the younger they are, the less likely they are to use contraception or have safer sex. The rates of sexually transmitted infections among young people, including HIV, continue to rise. The Government is taking action through the Teenage Pregnancy Strategy and the Sexual Health and HIV Strategy to improve sexual health and reduce teenage pregnancy. All schools have been sent Guidance by the Department of Education and Skills on how to deliver SRE in schools.

When should we begin talking about sex and relationships?

Start early. Very small children get all sorts of wrong ideas that frighten and confuse them. Talk with them about their feelings, friendships and relationships in the family. Conversations like this help build their

Resources

Rise above

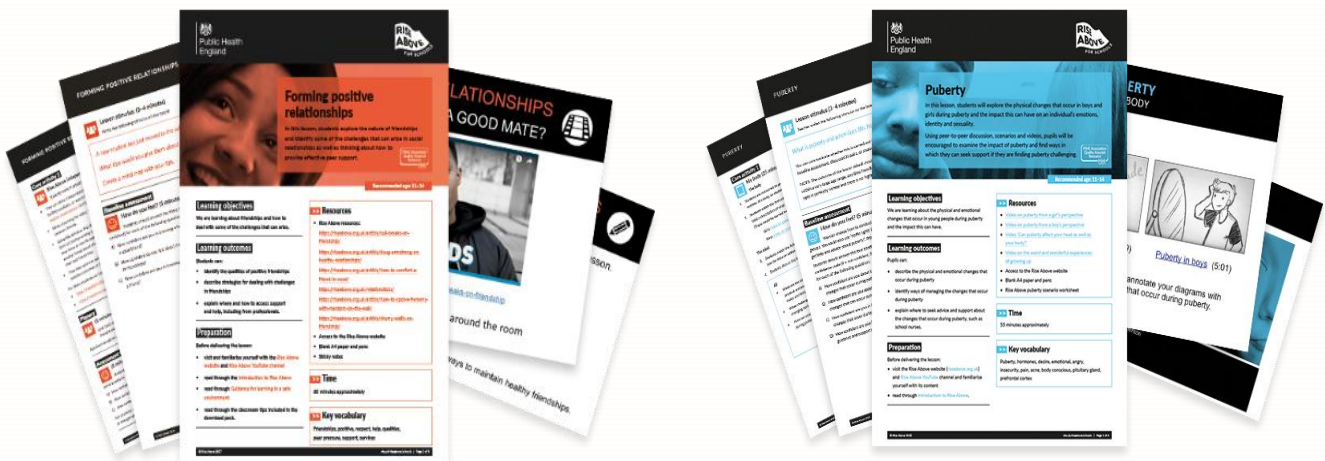


Public Health England has developed a series of FREE new resources for secondary school teachers to use in their *lesson plans* as part of the *Rise Above for Schools*. The **lesson plans** are designed to help teachers encourage discussion among students on a range of sensitive issues, perhaps on topics they may not be very familiar with or find challenging to broach in the classroom.

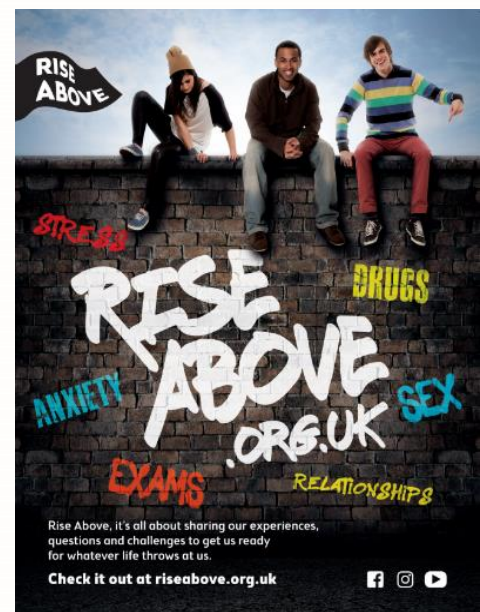


The resources are a great way to help you teach PSHE curriculum topics to KS3 and KS4 pupils, with flexible lesson plans and ready-to-use PowerPoints co-created with teachers, and video content developed with 11 to 16-year-olds.

Some topics and films may also be suitable for Year 6.



Rise Above also has an area for young people where they will find interesting and useful stuff from the web and beyond to get us all talking about the things that matter to young people. They have First crushes, first kisses, first times... Figuring it all out can be rather confusing. From who to talk with, to what to expect, we're here to help one another. More importantly, they also have a **downloadable poster** you can display around school to encourage pupils to visit the website.



Resources continued.....

[PSHE Association](#)

The national body for **PSHE** education provides quality resources, guidance, training and support for schools.

As a member you can access a library of free, high quality teaching resources

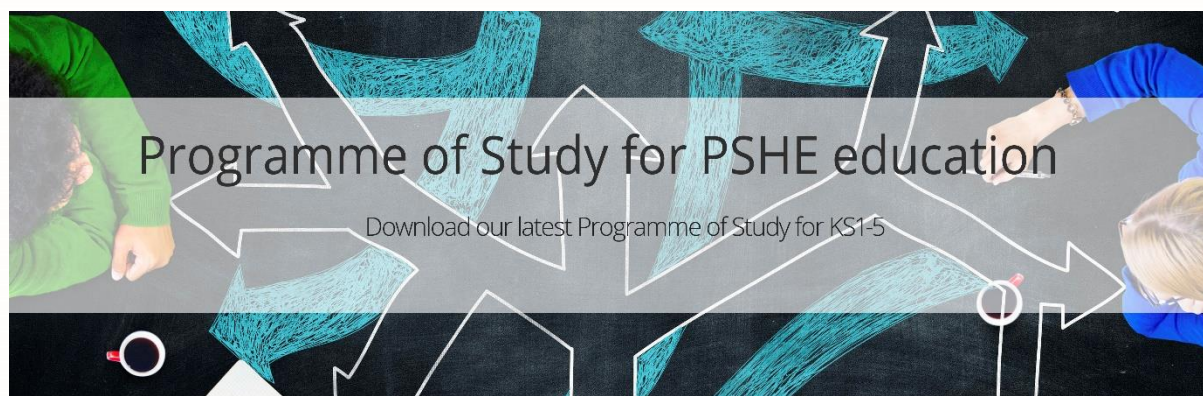
The association keeps you up to date with briefings and guidance.

They provide CPD events and gives schools access to individual support by phone, email or in person.

PSHE Association

For £120 per year a school/organisation can invite their colleagues to join their membership and create a website login, gaining access to all the member benefits.

Below is an example of some of the guidance that has been produced to help teachers and schools to provide good Sex and Relationship Education (SRE); to offer additional support on new issues not included within existing guidance; and to provide advice which reflects updated legislation, including the Equality Act 2010.



Resources continued ...

Sex Education Forum

The Sex Education Forum is hosted by National Children's Bureau. They charge £49.50 for a year's membership.

Membership is ideal for all types of schools and RSE professionals such as teachers, pastoral staff, school nurses, youth workers and researchers.



Always

The Always resources provide information on changing bodies and emotions, to promote confidence during this time. They also provide free puberty kits for schools with ALWAYS free samples.



They have free downloadable lesson plans to cover changes for both boys and girls.

LBGT+ Inclusive Curriculum

All primary schools in England will be required to teach about different families, which can include LGBT families, and all secondary schools in England will be required to teach about sexual orientation and gender identity.



[Stonewall](#) have put together some questions to help us understand what the new regulations mean, how they will be implemented, and why LGBT-inclusive education is so important. Their practical guides and toolkits cover tackling homophobic, biphobic and transphobic bullying.

They also offer teacher training and provide resources to enhance your curriculum.

The better children and young people understand the terms the better they may understand themselves and relate to other people.

The [Teaching Sexual Health Ca](#) website has some brilliant lesson plans that are easily adaptable to provide a lessons on gender and sexual diversity. If you are struggling for a resources or lesson plan on this topic please contact us and we may be able to help.

Resources continued.....

[Brook](#) provides free to download handouts and posters which can be used to supplement relationship and sex education (RSE) lessons.



Brook has put together some brief guidance for schools on what relationship and sex education should include for each key stage.

For a quick guide refer to our RSE Pyramid above for guidance on keystage appropriate content.

They also have [free e-learning](#) for all professionals teaching relationship and sex education.

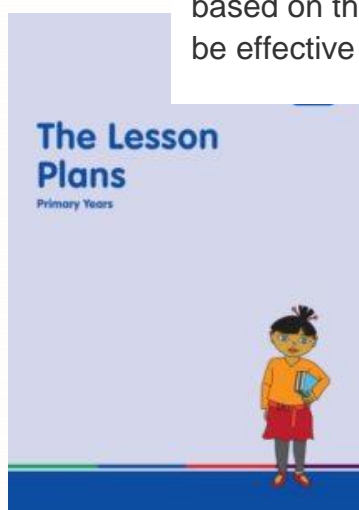
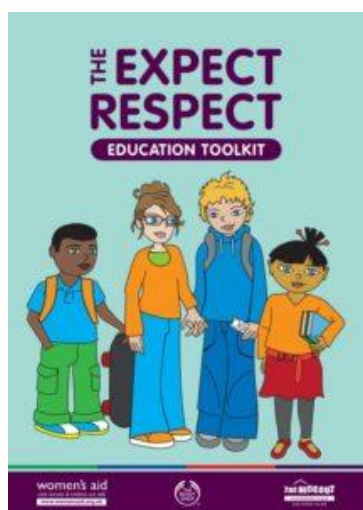
Visit the [Brook Learn](#) website now Modules include:



women's aid

until women & children are safe

The [Expect Respect Educational Toolkit](#) produced by 'woman's aid' consists of easy to use 'Core' lessons is for each year group from reception to year 13 and is based on themes that have been found to be effective in tackling domestic abuse.



Resources continued.....

NSPCC learning resources

Download their free resources for PANTS (the Underwear Rule) – including a lesson plan, slide presentation, curriculum links, classroom activities and more.



Their PANTS resources and materials have been awarded the Quality Mark by the PSHE Association.

They also have a parent's guide that you can order direct from their website.



NSPCC have also worked with the [PSHE Association](#) to create lesson plans for children aged 10-16 (key stages 2-4) on personal safety and [healthy relationships](#). The age-appropriate lessons cover subjects such as:

- transition to secondary school
- online safety and online friendships
- consent
- sexualised behaviour
- unhealthy relationships
- sharing sexual images.

The lessons have been quality assured by the PSHE Association and they link with the PSHE Association Programme of Study. Although they refer to statutory and non-statutory guidance for schools in England, the contents are equally relevant and suitable for use in all parts of the UK



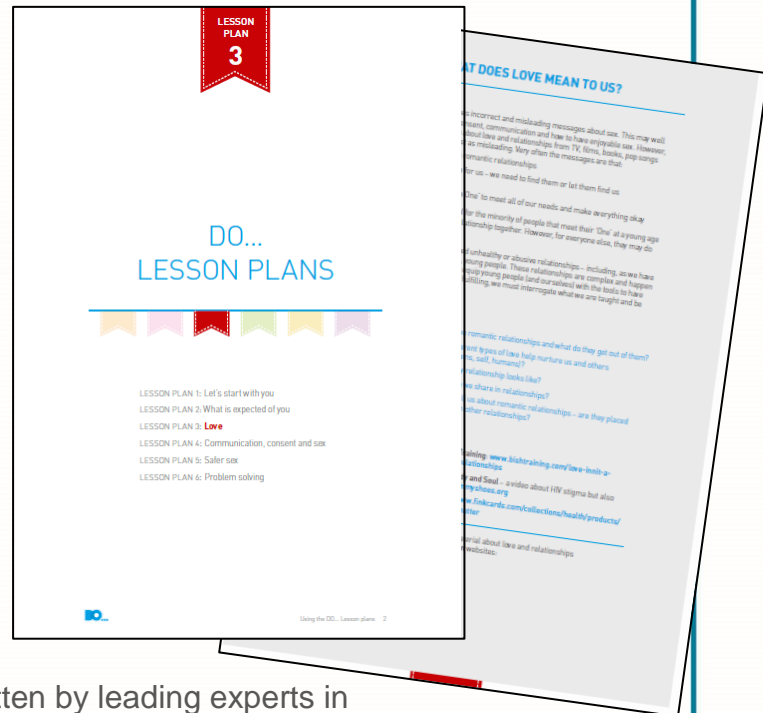
Resources continued.....



At DO... you will find a selection of PSHE accredited education resources for the classroom, funded by Durex.

DO... is there to provide school leaders and teachers with relevant support to deliver quality RSE, by shifting the focus from basic information to a more engaging and contemporary approach.

DO... can also give students and parents valuable guidance on how and where to get the kind of RSE that meets the needs of young people today.



All the resources provided by DO... are written by leading experts in the field and are accredited by the PSHE Association. They are also completely free and available for use [right now](#).

Special Educational Needs

As highlighted by learning disability charity, [Mencap](#), people with learning disabilities receive a lack of adequate relationships and sex education (RSE).

The [Sex Education Forum](#) have [guidance](#) for schools on meeting the RSE needs of pupils with SEN on their website.

This year's Sexual Health Week has a focus on disability. On Monday 16 September they will be launching new campaign content, including free downloadable resources, short guides, and new films that can be used to support your SEN pupils.



[TES](#) also have some free resources for teachers to support the delivery of RSE to young people with SEN.

The [Council for disabled children](#) has a website page with a variety of links to support professionals and parents on relationships.

Public Health 5- 19 Resources

The team have already provided schools with resources to support their PSHE and Relationship and Sex Education

We have created lesson plans, power points, worksheets and downloadable video clips to support your lessons on contraception, and sexually transmitted diseases.

There is also training available for teachers on how to deliver these sessions, this will increase their confidence and knowledge on the topic area.

PRIORITY: Risk Taking Behaviour: Contraception

Learning Outcomes

To understand consent in relation to sexual activity and the law around sex,
To understand the facts about the full range of contraceptive choices available and how to prevent pregnancy
To increase awareness to know how and where to access confidential sexual and reproductive health, advice and treatment

This addresses the Government's RSE guidance and is part of the Government's strategy to reduce teenage pregnancy



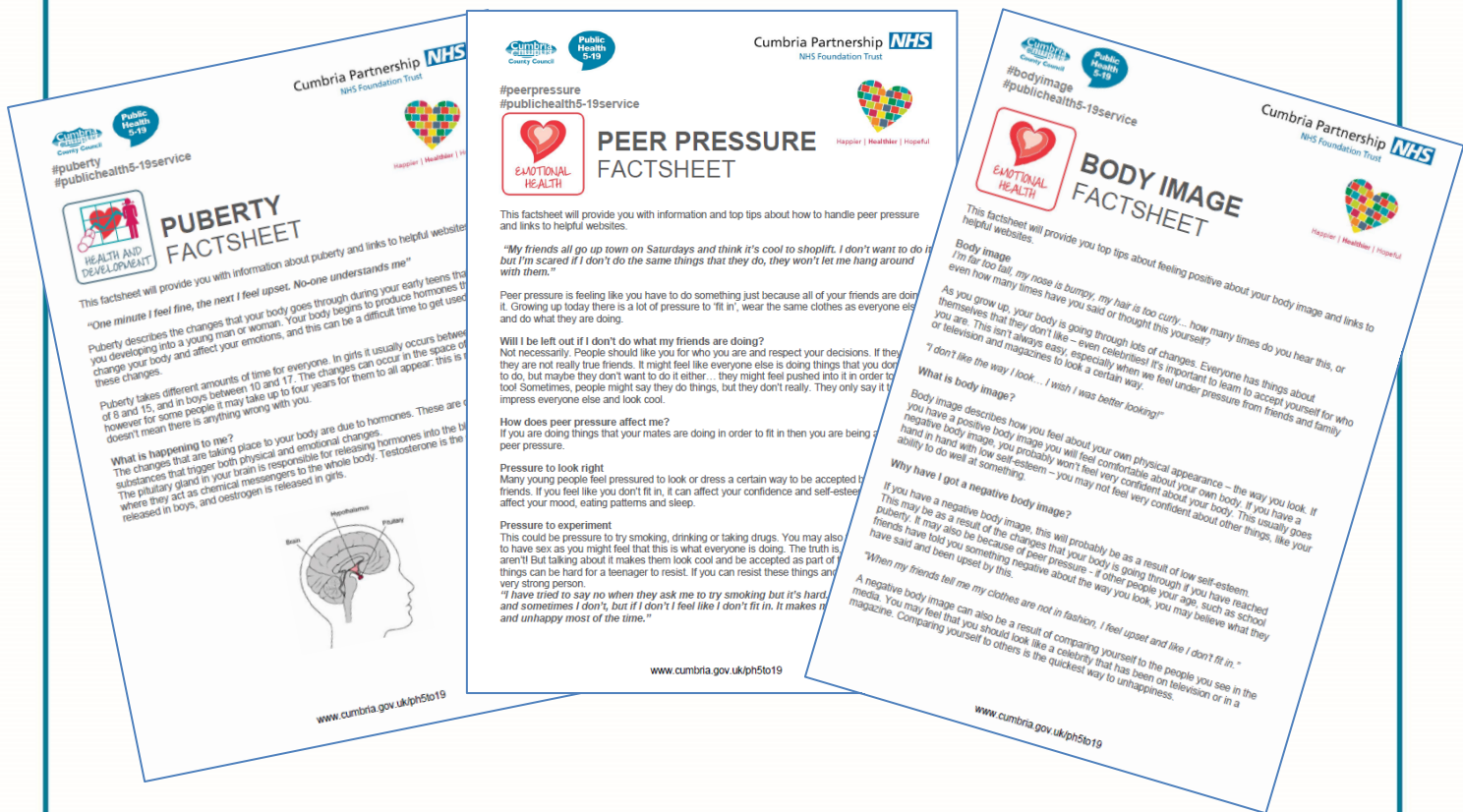
TIME	LEARNING OUTCOME	ACTIVITY	RESOURCES
5 mins	- Introduction to self, & role. - Ground Rules and today's session.	Discuss with pupils and record ground rules on flipchart/ whiteboard. Discuss with class and ask questions to establish their knowledge Show Slide 1 – message sex is best when you're emotionally ready, it's ok to delay	PowerPoint Screen
10 mins	- To understand when it's ok to have sex and why people do	Show slides 2-4 Watch Rise Above Film – on Consent with Emma Blackery Pupils work in pairs to complete task 1 – Dr Ann Pupils feedback, could use flip chart	Dr Ann worksheets/pen Flipchart Rise above film - consent
20 mins	-To learn about types of contraception and emergency contraception	Show slides 5-8 Watch Rise Above Film on Contraception with Hannah Witton Task 2 - pupils to work in pairs & feedback on their types of contraception	Brook contraception cards Sexwise contraception leaflet Rise Above Film - contraception
10 mins	- To understand what is safe or is not	Show slide 9 Pupils work in pairs to complete task 3 & feedback	Task 3 scenario handout
10 mins	- To understand what is safe or is not	Show slide 10 Pupils work in pairs to complete task 4 & feedback	Task 4 scenario handout Brook abortion handout
			Brook contraception leaflet Local services handout



The team also have a few resources that you are more than welcome to borrow to enhance your lessons.

There are more [downloadable teaching sessions](#) on the Teenage Brain, Decision Making, Healthy Choices, and Body Image.

There are also [downloadable factsheets](#) that can be used to support your lessons.



[Cumbria Partnership Trust \(CPFT\) Immunisation Team](#)



The purpose and importance of immunisation and vaccination is part of the Key stage 3 curriculum under the topic of contraception and sexual health education. The CPFT Immunisation Team are available to visit your school to provide an education assembly on the HPV Vaccination. It will also help maximise the uptake of the vaccination in your schools.

Cumbria Partnership
NHS Foundation Trust

North Team: Email: ncm-trNorthschoolagedimmunisationteam@nhs.net

South Team: Email SouthSchoolAgeImmunisationTeam@cumbria.nhs.uk

West Team: Email: Ncm-Tr.WestSchoolimmsteam@nhs.net

[Cumbria Partnership Trust \(CPFT\) Sexual Health Service](#)

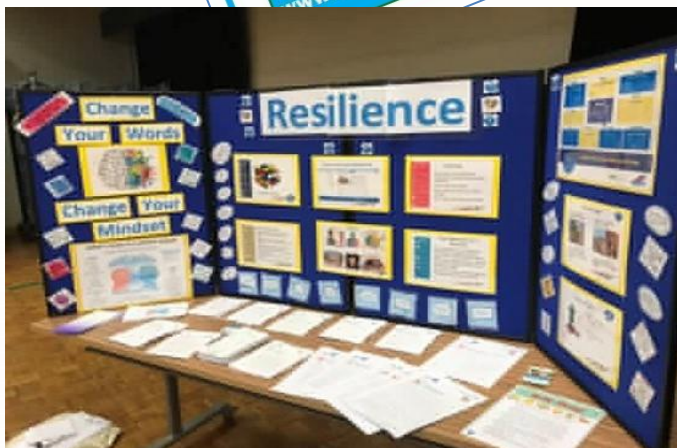
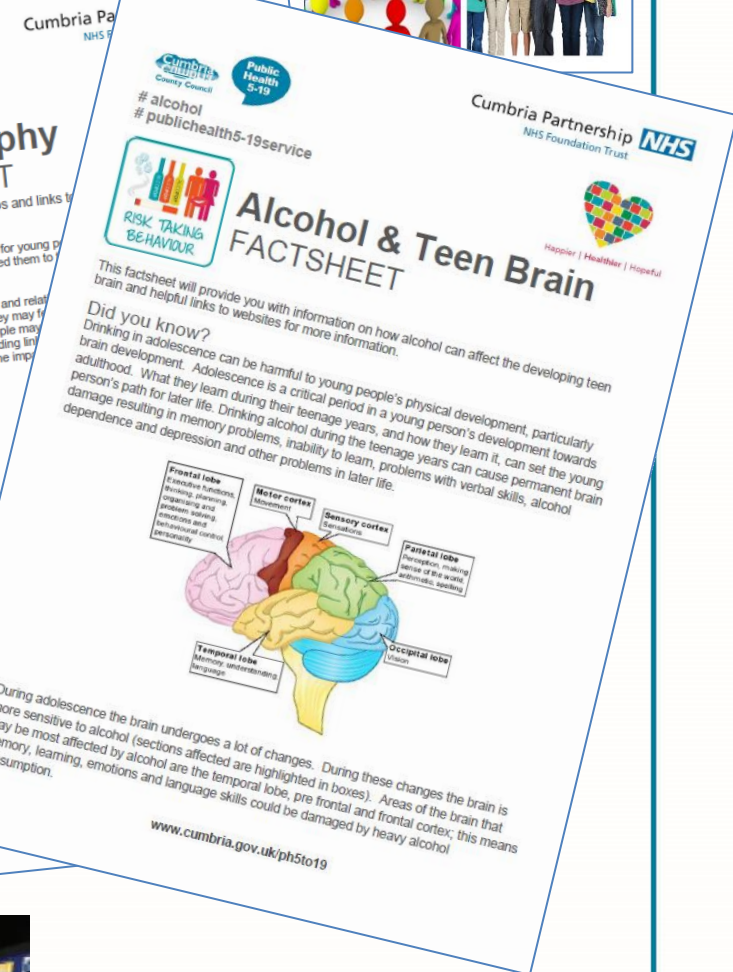
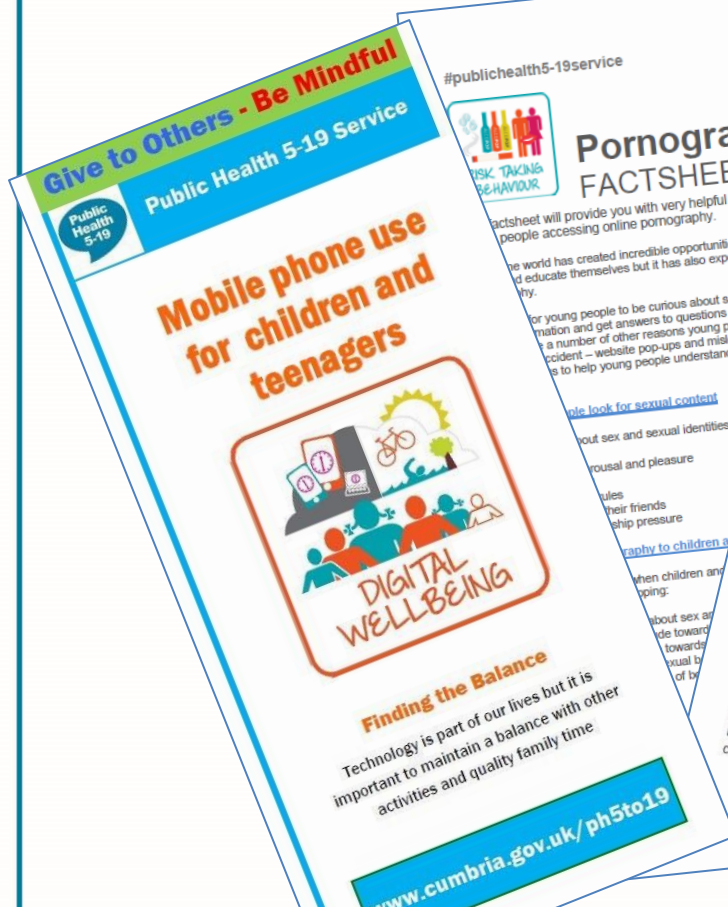
Cumbria Sexual Health are also available to enhance your RSE by delivering assemblies to years 9-13. They provide young people with the knowledge of how and where to access sexual health clinics. And the range of services they offer for contraception, pregnancy, STI's and sexual health emergencies.

South Team: David Morris email: david.morris@cumbria.nhs.uk

Don't forget parents and carers!

Our website has a '[Parent Zone](#)' section for parents and professionals to access useful links, and downloadable information.

There are factsheets that will engage parents with the topic being covered in your curriculum and encourage conversations at home.



The team are also available to come along to parent's evenings or deliver a workshop on a variety of other PSHE topics, such as the Teenage Brain, Children's Mental Health, Digital Wellbeing, and Resilience.

Public Health 5-19 Pathways

If an issue arises within one of your lessons, you can always refer to one of our pathways to provide support and guidance.

We have designed our pathways to promote a whole school approach to support and improving health and wellbeing across the county. They are not designed to be a diagnostic tool but aim to support school staff to access appropriate services for children and young people in a timely way to support their health and mental wellbeing.

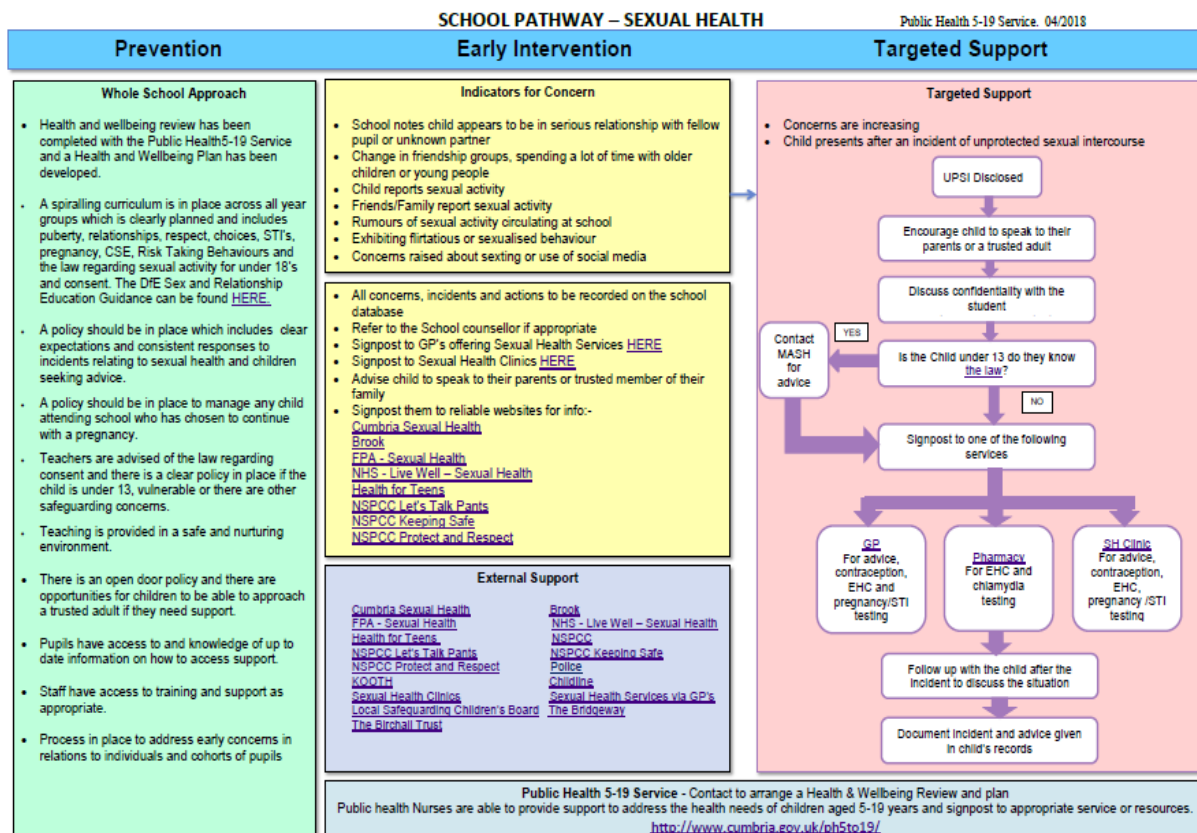
We have 11 pathways in total that are all downloadable: Sexual Health, Digital Wellbeing, Child Sexual Exploitation, Emotional Health, Eating Issues, Healthy Weight, Risk Taking Behaviour, Substance Misuse, Health Conditions, and Asthma.

The pathways are split into 3 sections based on a traffic light system.

The first section is the universal **whole school approach to prevention** (in green) and encompasses all the activities you can do in school to achieve good practice.

The **early intervention** stage (in yellow) is where you will start to see behaviours in pupils that are causing concern. From this there are suggestions of advice you can consider that will support the pupil at this stage.

The **targeted support** (in red) assists when the behaviours are escalating and guidance and links to external support is clearly indicated.



IF CHILD IS ASSESSED TO BE AT IMMEDIATE OR SIGNIFICANT RISK OF HARM REFER TO SAFEGUARDING POLICY OR CONTACT SAFEGUARDING HUB TELEPHONE: 0333 240 1727

This is to guide your response to a child who is presenting with sexual health concerns. Please note this is NOT a diagnostic tool and age appropriate behaviour and safeguarding should always be considered

Healthy Body Healthy Mind Boxes

We have also been working with the library service supporting them with the production of Healthy Body, Healthy Mind boxes. These topic boxes are carefully chosen to support and enhance your PSHE teaching.

Cumbria County Council



**Our new Healthy Body,
Healthy Mind boxes are
now available for you
to borrow!**

**New for
Autumn
2018**



This carefully chosen selection of books will support and enhance your PSHE teaching, covering the following areas:

- Understanding emotions and feelings
- Healthy diet and nutrition
- Exercise
- Staying safe, including digital safety
- Confidence, self-esteem, being 'different'
- Looking after your teeth
- Sleep
- Family and friends

To help you get the most out of the books, guidance and suggestions for discussion are included where appropriate.

Developed by Cumbria LSS staff, in partnership with the Cumbria Public Health 5-19 Team.

(Any boxes borrowed will be included in your usage of your annual topic box entitlement).

**To order a box (EYFS, KS1 or KS2) please contact Library Services for Schools t: 01228 227277
e: library.servicesforschools@cumbria.gov.uk**

Serving the people of Cumbria

cumbria.gov.uk

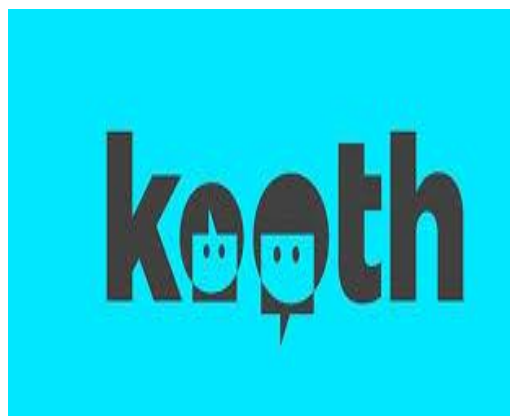
Kooth

Don't forget [Kooth.com](https://www.kooth.com) is available to ALL young people across Cumbria age 11-18 years. It offers free, safe and anonymous online support for young people. Online counsellors are available Monday – Friday 12pm – 10pm, Saturday – Sunday 6pm – 10pm every day of the year!

The site also has forums, articles and chat sessions about lots of issues including relationships, sexuality and health. Promote this service in every PSHE lesson you deliver as a reminder to students.

<https://www.kooth.com/>

If you want support for your schools contact Laura Berry at lberry@xenzone.com

A promotional poster for Kooth. The top half shows a close-up of three young people (two girls and one boy) smiling and looking towards the right. The text "Free, safe and anonymous online counselling and support" is overlaid on the left. A yellow speech bubble contains the quote: "I don't think I could've spoken to someone face-to-face." Below this are three icons with text: a chat bubble icon for "Chat to our friendly counsellors", a document icon for "Read articles written by young people", and a group of people icon for "Join live moderated forums". The bottom of the poster features the Kooth logo and the website address "www.kooth.com".

Free, safe and anonymous online counselling and support

"I don't think I could've spoken to someone face-to-face."

Chat to our friendly counsellors

Read articles written by young people

Join live moderated forums

kooth
www.kooth.com

Download the [poster](#) from our website and display around your school. This can be introduced to year 6 in the summer term as part of your transition work.

We are also on Twitter – follow us [@healthy5to19](https://twitter.com/healthy5to19)

E-School Nurse

E-School Nurse is part of our digital innovation project to improve access to health care for the 5-19 age group.

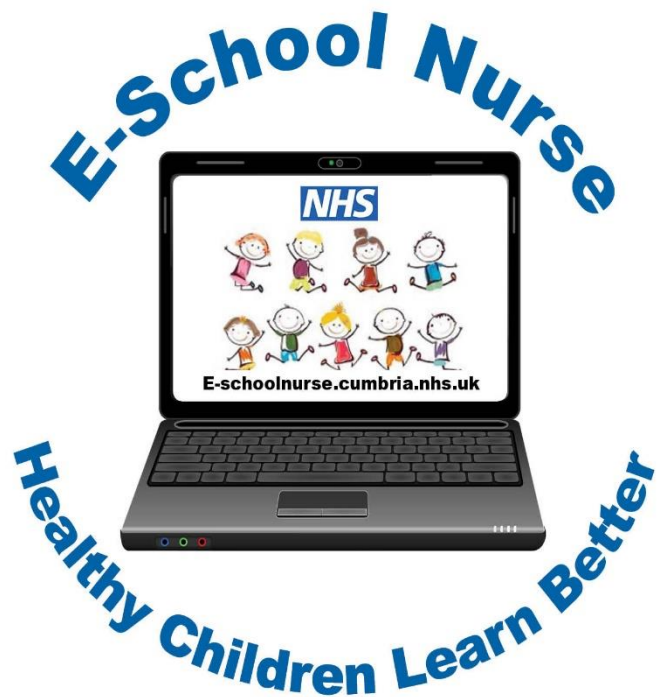
The plan is to initially launch the service in South Lakes as a pilot, with weekly clinics offering professional consultation for teachers and professionals on pastoral issues, low level health problems, referrals and health education.

We would then be opening it up to the whole of the county for professionals in January, along with offering parent/carer consultations in January in South Lakes.

Please display the [E-School Nurse poster](#) and the [education staff service user leaflet](#), in all your staff areas.

Appointments can be made by telephone or email, the first appointment will be available from 12.30 and the last at 4.30pm every Thursday.

Full details can be found on our [website](#).



E-School Nurse Video Clinics Every Thursday afternoon

In order to provide health support and advice for children in your school, we are launching an online E-School Nurse video clinic available every Thursday from 12.30-4.30pm.

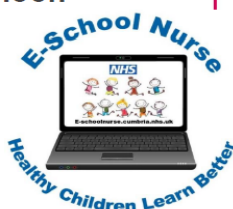
Instead of being face to face, you will talk to the nurse over a live video link that is private and secure.

In consultation with you, the nurse will assess the child's health problems and provide you with support and advice.

For more information on the **E-School Nurse video clinic** please read the information leaflet or visit www.cumbria.gov.uk/ph5to19

To book an appointment ring 01228 608237
Or email choc.north@nhs.net

The link for the video clinic is www.chocld.co.uk/video



Though this is a pilot, we really want it to be successful with a view to the digital clinics being part of the recommissioned 0-19 health service in January 2020. Therefore, it is important that we all promote and use the video clinics as much as possible so we can evaluate the impact.