

## **Haltemprice School Nurse and Health Visiting team (ISPHNs).**

My name is Claire Douce. I am a Public Health Nurse working within the Haltemprice School Nurse and Health Visiting team (ISPHNs). As a team we are available for all children aged 0-19years. We wanted to inform all of our Schools in the Haltemprice area that we are still accessible for phone/virtual advice and support at this difficult time, for pupils, their parents/families/carers.

I have attempted to contact as many Schools as I can this afternoon and left messages where possible to share the following information regarding our service.

Our office contact number is **01482 335010**. We are able to remotely access any messages left for the team Monday to Friday 9-5, adhering to data protection guidance and maintaining confidentiality at all times.

We have a [Facebook](#) page – [East Riding Health Visitors & School Nurses-ISPHNs](#). This page is frequently updated with useful information by our Health Visiting and School Nursing social media team.

We also have a recently launched website. On here children and their families can find lots of very useful information on various topics, with hyperlinks to trusted websites for further advice. Our website covers ages 0-19 years. The website address is <https://humberisphn.nhs.uk/>

Also available to Secondary school children we have our CHAT HEALTH service. This is a confidential texting service available to students aged 11-19 years. As Nurses we can provide advice and support via text, the young person does not need to give us any personal information should they wish to remain anonymous.

Some of our young people are aware of this service but we would like to let them know that it is still available Monday to Friday 9-5 even though they are not in School. We can discuss things such as; self-harm, emotional health and wellbeing, gender identity, healthy eating, drugs, alcohol, sexual health or anything else they have concerns/worries about. The **CHAT HEALTH** number is **07507 332891**.