Central and North West London
NHS Foundation Trust

5-19 Team
Primary School Resources

School Nursing Contact Details:

Single Point of Access - 01908 725100
Mon-Fri 9.30am -12.30pm and 1.30pm - 4.30pm

CNWL- Milton Keynes 0-19 Team Website:

https://www.mkchildrenshealth.cnwl.nhs.uk/

CNWL- Milton Keynes Facebook Page:

Follow us@ Milton Keynes Health Visiting and School Nursing Service

Resources:

Bullying

https://www.bullying.co.uk/ Tel: 0808 800 2222

Behaviour

Our Place – from Solihull parenting.
Courses for parents (some free downloads, courses may incur a fee)
https://solihullapproachparenting.com/ourplace/

Incredible Year Parenting Course – through the children centres
https://www.milton-keynes.gov.uk/children-young-people-families/early-years-and-childcare/children-s-centres

Chat Health Milton Keynes
Anonymous text messaging service for children age 11-19 managed by the 0-19 Team Text 07480635517

Continence - information on bowel and bladder problems (including bed wetting, day and night time)

https://www.eric.org.uk/

Domestic Abuse

https://loverespect.co.uk/

https://thehideout.org.uk/

Emotional well-being

Kooth Free, safe and anonymous online support for young people-
https://www.kooth.com/

Directly related to Covid-19 but also general mood/download app)
https://www.healios.org.uk/services/thinkninja1

www.youngminds.org.uk

www.childline.org.uk

https://www.samaritans.org/ / Tel: 116 123 (24 hours)

Helping children cope with stress - https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

Covid 19 guidance on supporting children and young people's mental health and wellbeing (updated 30 March 2020)

https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-

https://carersmiltonkeynes.org/

Young People's Mental Health - https://www.mkyis.org.uk

Exercise and Weight Management

NHS Start 4 Life – 10 minute shake up
https://www.nhs.uk/10-minute-shake-up/shake-ups

Morelife – Healthy lifestyle programme – self referral via the website
https://www.more-life.co.uk/what-we-do/our-services/in-your-area/bedford/

Healthy Eating

First Steps Nutrition: Portion sizes and recipes
https://www.firststepsnutrition.org/eating-well-resources

NHS Start 4 Life – a range of information on healthy, sugar swaps and healthier snacks.
https://www.nhs.uk/change4life
https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids

Sleep Council

https://sleepcouncil.org.uk/

Special Educational Needs & Disability (SEND)

National Autistic Society
https://www.autism.org.uk/

Local Council information
https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer

Tell us, we're still listening:

Things are a little bit different from what you are used to, but we still want to hear from you and what you have to say about our services.
Your feedback will help us continually provide the best possible experience to everyone that we care for.
We welcome your feedback through the Friends and Family Test, to access the survey, please use the camera on your phone to scan the below QR code. If you have any trouble with accessing the survey, please speak to a member of our staff or alternatively, you can use this short link: **https://buff.ly/33Fbz6s**

Scan the below image using your phone's camera to access the survey or use the above short link in blue.