

School nurses

West Berkshire

Emotional health

Service model

All schools in West Berkshire are allocated a School Nurse (specialist practitioner) although the School Nurses focus mainly on secondary provisions. Staff Nurses support the School Nurses and will often carry out work in the primary schools, however the team triage every referral and will ensure that a practitioner with appropriate experience and qualifications is allocated depending on the vulnerabilities and complexities of each case.

School Nurses offer confidential one to one appointments in schools and will also carry out home visits where necessary. Referrals are accepted directly from young people (a text service is available), parents/carers and any other agency/service (other agencies, including schools, are required to complete a referral form to ensure that we have consent from the parent/young person; we do not see any child for whom we do not have consent to see). However, parents and young people need only to make a call or speak to the school nursing service directly to request support using the telephone number and email on the Berkshire Healthcare website and on all communications that we send out.

While one to one appointments are delivered in every secondary provision (dependant on referrals) a drop in service (no appointment necessary) is only available in a few secondary schools where there is a local agreement and there has been good use of the resource.

School Nurses work collaboratively with other agencies and Berkshire Healthcare services (such as therapy and mental health services) to advocate on behalf of our young people and support a holistic approach to improving their health and wellbeing.

Emotional health offer

School Nurses work closely with the Emotional Health Academy in West Berkshire both in making referrals into them and accepting referrals from them. School nurses routinely attend and participate in the weekly emotional health triage (during term time only)

Support regarding emotional health is offered by the school nursing team in one to one confidential appointments following a referral received regarding emotional health, or following identification of emotional health/mental health issues while carrying out a care package for other reasons.

School Nurses are trained to deliver short care packages around common mental/emotional health problems such as self-harm, anxiety and low mood but will assess emotional health at every appointment and refer on to the emotional health academy or other specialist service as necessary.

In West Berkshire, because of the presence of the Emotional Health Academy, which coordinates multi-agency emotional health triage for West Berkshire in partnership with public and voluntary sector services, a conversation will usually occur with schools referring directly to us for emotional health to clarify why the referral is coming directly to us and not through the Emotional Health Academy.

How to contact us

If you need to contact us or require further information...

Phone: **01635 273384**

Email: csnwestberks@berkshire.nhs.uk



<https://cypf.berkshirehealthcare.nhs.uk>