

# NEWSLETTER

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## Suffolk's New Virtual School Nursing Service 'ChatHealth'

With more and more of us using hand held mobile devices to administrate our daily lives, The School Nursing service in Suffolk, has introduced a virtual school nurse service as part of their new model which will allow both parents and young people to text message the School Nurse. It was successfully launched to secondary school aged pupils in November 2015 and we are pleased to announce that this service can now be used by parents and carers of school age children to access confidential health advice from school nurses.

Our aim is to provide convenient access to confidential health advice for parents and students in Suffolk. ChatHealth is an easy way to ask for advice on a wide range of issues, or make an appointment with a school nurse. It can also be used as a resource to find out how to access other local services including emotional support. Feedback from pupils in secondary schools have said they like using Chathealth because it is:

- Less embarrassing
- Quick and easy
- Anonymous
- Non-judgemental

Messages sent to the dedicated number **07507333356** are delivered to a secure website, and responded to by the Suffolk School Nursing Team. The service is available Monday to Friday 9am – 4:30pm excluding bank holidays. Texts received Out-of-hours will receive a 'bounce-back' message that explains where to get help if their question is urgent, and when they can expect a response. Texts are replied to within one working day.

This service can advise on a wide range of physical and emotional health issues such as sleep difficulties, toileting, healthy eating and bullying.



**school+nurses**  
YOUR SUFFOLK SCHOOL NURSING SERVICE

**Text your school nurse**  
**07507 333356**

We can support parents and children with all kinds of things like...

**Emotional health & wellbeing** **Growing up**  
**Dental health** **Keeping healthy** **Personal safety**  
**Bullying** **Toileting**  
**Healthy eating**

Contact your school nurse for advice & support  
We offer half termly drop-ins at your local primary school or call us on this number.

[www.suffolk.gov.uk/schoolnursing](http://www.suffolk.gov.uk/schoolnursing)

ChatHealth NHS

# NEWSLETTER

## Let's get sugar smart!

Change4Life has launched a new Sugar Smart app to help families just like you to find out how much sugar is lurking in your food and drink and make healthier choices. We wouldn't let our kids eat sugar straight from the sugar bowl but we tend not to think about the sugar lurking in the other things they eat and drink. The problem is that excess sugar means excess energy, which in turn can lead to stored fat in the body and can be a cause of heart disease, some cancers and type 2 diabetes. Eating too much sugar can also cause tooth decay.



The national Public Health England Change for Life 'Sugar Swaps' campaign encourages children and families to make sensible food and drink swaps to reduce their sugar intake. There is a fantastic website, leaflet and app to help you make swaps for a healthier diet.

The Change4Life Sugar Swaps app is designed to show quickly and easily how much total sugar is in the things you're having. Just scan the barcode and see how much sugar it contains. You can download the app for free from the Apple App Store or Goggle play and start scanning!

For additional support contact the School Nursing service and OneLife Suffolk who can help children and their families understand more about healthy eating and how to build more physical activity into their lives. Anyone looking for support and advice to make these positive changes can contact OneLife Suffolk on 01473 272357

Change for Life 'Sugar Swaps' information and resources can be found here:  
<http://www.nhs.uk/Change4Life/Pages/low-sugar-healthy-snacks.aspx>

## School Nursing Service



In Suffolk, our school nurses are committed to improving outcomes for children and young people by keeping children safe, supporting children to go to school, and ensuring that children and young people maintain good physical health and emotional wellbeing. To find out more about local services please see our website; link below:

[www.suffolk.gov.uk/schoolnursing](http://www.suffolk.gov.uk/schoolnursing)