

How to contact us:

A School Nurse will be available Monday to Friday 8.30 – 5pm

Telephone: **03000 031 918**

Email: spoc.hdftgateshead@nhs.net

You can also contact us via **our app**

Download our children's services app at:



What does the School Nursing Team offer?

We can provide support, advice and intervention with many aspects of school age children and young people's health and wellbeing

- Emotional health, resilience and wellbeing
 - Friendship and bullying
 - Behaviour issues
 - Puberty sessions
- Healthy eating, growth and development
 - Bladder and Bowel
 - Dental health
 - Sleep
 - Health promotion in schools
 - Transitions sessions
- Stop smoking service for age 14+
 - Sexual health
 - Alcohol/drug misuse
- Support for children and young people who are Looked After
 - Safeguarding of children and young people



We've got a local Gateshead team page on Facebook where we share information and general health advice.

You can find our page at

www.facebook.com/GrowingHealthyGateshead