



Dear Parents & Carers

We are very fortunate to have a wonderful school nurse service in Walsall. They recently visited our school and told us about the range of services they can offer to help support our children and families in school.

They run a range of online workshops that parents/ carers, with children ages from 4 to 19 years of age, can book and complete. They are also free !!

The workshops that are on offer are:

- **Common toileting problems in school age children-** parents/ carers- 1 session
- **Toileting workshop-** parents/ carers- 1 session
- **Fun Friends-** groups for children and young people to help improve self-esteem and confidence (4-7 years of age)- runs for 8 weeks
- **Friends for life-** groups for children and young people to help improve self-esteem and confidence (7-12 years of age)- runs for 8 weeks
- **Anger management group-** for children and young people to help them understand their anger so they can make healthy and successful choices – runs for 6 weeks
- **Sleep awareness-** parents/ carers- 1 session
- **Adult resilience-** Strong not tough- to help adults to deal with challenges that may lead to feelings of stress and anxiety- runs for 5 weeks
- **Cygnets Parenting-** Specialist programme designed for parents/ carers of children/ young people with a diagnosis of Autistic Spectrum Disorder (ASD)- runs for 7 weeks.
- **Understanding your child's emotions workshop-** emotional health and well-being
- **Understanding your child's behaviour-** recognising parenting is hard and how to understand why your child is behaving in that way
- **Understanding your child's behaviour The Solihull approach-** Helps parents develop a way of relating to their child that promotes healthy child development and effective behaviour management- runs for 9 weeks each session approx. 2 hours

If you would like to enquire about any of the above sessions, please speak to Mrs Graham, who can give you the information leaflet on the courses and the number to contact to book on the workshops.

They also offer advice and support for parents and young people and I have copied the link below for your information.

Thank you

Mrs J Graham

Useful information for parents, carers, children and young people

Single Point of Access

Parent/carers can contact the SPA directly for advice and support. We will take referrals from parents/carers via the phone. All of interventions can be accessed by parents/carers and do not require a referral from a professional.

Harden Health Centre, Harden Road, Walsall. WS3 1ET

Email: schoolnursingduty.walsall@nhs.net

Telephone: 01922 423349

ChatHealth Text Services

We operate text services for young people (11 years plus) and for parents/carers. All texts will be answered by a qualified nurse who can provide confidential advice on a range of health topics.

- Parents/carers: Mobile 07520 634 909
- Young People: Mobile 07480 635 363

Websites

We operate websites for children, young people, parents/carers and professionals which provide local and national information on a range of topics. The children and young people's websites have a range of games, activities and blogs.

Teenagers: www.healthforteens.co.uk

Children: www.healthforkids.co.uk