

Redcar and Cleveland School Nursing Service



*Your School
Nursing service
remains
available for all
families in
Redcar and
Cleveland*

Virtual drop-in for young people, families and carers during the Covid-19 (coronavirus) pandemic

How can I arrange a video/phone call with my School Nurse?

School Nurses provide advice and support to parents, children, young people and schools, in response to any health concerns. Your School Nursing Virtual Drop-in is available between 3pm – 4:30pm, every Tuesday and Thursday.

To request a virtual drop-in:

- Call or email the team to request a call back. A member of our team will call you back as soon as possible within the drop-in times
- Please tell us how you would like the call back (i.e. Skype, FaceTime, WhatsApp, telephone). Please include your contact details so we can call you back

Contact us: 01642 444011

Email: schoolnurses@redcar-cleveland.gov.uk

How can my School Nurse help me and my family?

No problem is too small. We are happy to answer any questions you may have. We can help with a range of concerns and questions including: -

- Keeping healthy and active
- Emotional health
- Coping with life at home
- Nutrition & weight management
- Body changes & puberty
- Staying safe online
- Sleep
- Support with making healthy lifestyle choices
- Relationships & sexual health
- Help to stop smoking
- Continence