

Redcar and Cleveland School Nursing Service

Information for young people, families and carers on how School Nurses can help your family during the Covid-19 (coronavirus) pandemic

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

How can I get in touch with my School Nurse?

School Nurses provide advice and support to parents, children, young people and schools, in response to any health concerns.

Contact us: 01642 444011

Email: schoolnurses@redcar-cleveland.gov.uk

Your School Nursing Service is available between 8.30am and 4.30pm, Monday to Thursday and 8.30am to 4.00pm on Fridays, to provide information and respond to any enquiries. Due to the pandemic, we are generally supporting young people and families by telephone, video call (i.e. Skype, WhatsApp) and school email.

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 (dealing with life's 'ups and downs', including problems with relationships, friendships, bullying, self-harm and eating disorders)
- Coping with life at home
- Staying safe online
- Nutrition & weight management
- Support with making healthy lifestyle choices
- Relationships & sexual health
- Help to stop smoking
- Continence
- Sleep
- Body changes & puberty.