



**North West  
Boroughs Healthcare**  
NHS Foundation Trust

Children's Community Care Service  
School Health Team Kirkby  
Tel: 0151 244 3066  
[NWBH.kirkby0-19@nhs.net](mailto:NWBH.kirkby0-19@nhs.net)

Dear Parent/Guardian,

We are writing to introduce the School Health service, and to remind everyone of the available support with in Knowsley.

We have a termly drop in session for parents at each of the primary schools, and a weekly drop in all secondary schools is available for the children of the school to attend.

Should you require any additional information please do not hesitate to contact us via the above email address or telephone number. Please remember that the service is available via telephone and e mail during the school holidays.

Yours Sincerely

Knowsley School Health Teams  
<https://www.nwbh.nhs.uk/School-Nurses-Knowsley>

Follow us on Twitter: @NWBoroughsNHS / @NWBH\_Childrens 5597

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Chairman: Helen Bellairs    Chief Executive: Simon Barber  
Trust Headquarters, Hollins Park House, Hollins Lane, Winwick, Warrington, WA2 8WA  
Switchboard: 01925 664000



### List of Support Services/Resources

<b>Advanced Solutions</b>	Support for Parents and Children with Neurodevelopmental conditions (Autistic Spectrum Disorders/ADHD)	<a href="http://www.advancedsolutions.co.uk">www.advancedsolutions.co.uk</a>
<b>Barnardo's</b>	Children's charity that protects and supports the most vulnerable children and young people. Online therapy and self-help provided	<a href="https://www.barnardos.org.uk">https://www.barnardos.org.uk</a>
<b>B-eat</b> Eating disorder advice	Leading charity supporting anyone affected by eating disorders, bulimia, anorexia, EDNOS or any difficulties with food/weight/shape	<a href="https://www.beateatingdisorders.org.uk">https://www.beateatingdisorders.org.uk</a> 0345 634 7650 Mon-Wed 1pm-4pm <b>Support forums</b> 7 days a week <b>Email:</b> <a href="mailto:fyp@b-eat.co.uk">fyp@b-eat.co.uk</a>
<b>Bullybusters</b>	Support for Children and Parents experiencing issues with bullying	<a href="http://www.bullybusters.org.uk/">http://www.bullybusters.org.uk/</a>
<b>CALM</b> Campaign Against Living Miserably	Leading movement against male suicide, the single biggest killer of men under 45 in the UK. Get the tools you need for action	<a href="https://www.thecalmzone.net">https://www.thecalmzone.net</a> 0800 585858 Nationwide 5pm-midnight 365 days a year
<b>CGL</b> Change, Grow, Live	Alcohol and drugs advice service based in Knowsley	<a href="http://www.changegrowlive.org">http://www.changegrowlive.org</a> 08458734462 <a href="mailto:Knowsley@cgl.org.uk">Knowsley@cgl.org.uk</a>
<b>Change for Life</b> Physical Activity	Useful ideas and resources to help keep younger children active and achieve advised 60 minutes of exercise daily	<a href="https://www.nhs.uk/change4life-beta/activities">https://www.nhs.uk/change4life-beta/activities</a>
<b>Cruse</b> Bereavement Care	Advice to anyone who has been affected by a death, including bereaved military families	0808 808 1677 <a href="mailto:help@cruse.org.uk">help@cruse.org.uk</a>
<b>ERIC</b> Continence Support	Children's Bowel & Bladder Charity has been dedicated for over 30 years to improving the lives of all children and teenagers in the UK facing continence challenges.	<a href="https://www.eric.org.uk">https://www.eric.org.uk</a>
<b>FRANK</b> Honest information about drugs and addiction	Drug education, help and treatments for drug and alcohol addiction. Topics include: Drugs and Alcohol, Young People's Experiences	<a href="https://www.talktofrank.com">https://www.talktofrank.com</a> 0300 1236600 <b>Text:</b> 82111 <b>Email:</b> <a href="mailto:frank@talktofrank.com">frank@talktofrank.com</a> 24hrs live chat
<b>Health for Kids</b> age 5-11 years	Find top tips and advice on all aspects of children's emotional and physical health, keeping active, eating well, building confidence & equipping them to cope with specific health issues.	<a href="http://www.healthforkids.co.uk">www.healthforkids.co.uk</a>

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<b>Health for Teens</b>	Help and support for teenagers and all aspects of physical and mental health and current issues affecting teenagers.	<a href="http://www.healthforteens.co.uk">www.healthforteens.co.uk</a>
<b>KOOTH</b> age 11-25 years	Online Counselling and Support	<a href="http://www.kooth.com">www.kooth.com</a>
<b>Lifecentre</b> Rape and sexual abuse	Supports male and female survivors of rape, sexual abuse of all ages and anyone supporting them. Offers a national helpline and a counselling team	<a href="https://lifecentre.uk.com">https://lifecentre.uk.com</a> <b>Free phone:</b> 0808 802 0808 <b>Text:</b> 07717 989 022
<b>Moodjuice</b> Self-help resource site	For those experiencing troublesome thoughts, feelings, actions and post traumatic stress disorders. Has additional self-help guides and links	<a href="http://www.moodjuice.scot.nhs.co.uk">www.moodjuice.scot.nhs.co.uk</a>
<b>Papyrus</b> Prevention of Young Suicide	If you or a young person you know is not coping with life you can gain confidential suicide prevention advice and help. Bereavement advice and support.	HopelineUK: 0800 068 4141 <b>Text:</b> 0778 620 9697 Mon-Fri 10am-10pm Sat, Sun Bank holidays 2pm-10pm <b>Email:</b> <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a> <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
<b>Puberty</b>	NHS Resource that provides age appropriate resources to help children and parents to understand changes during puberty	<a href="https://www.nhs.uk/LiveWell/puberty/Pages/puberty-signs.aspx">https://www.nhs.uk/LiveWell/puberty/Pages/puberty-signs.aspx</a>
<b>RASA</b>	RASA offers support for anyone who has been sexually abused or raped, or who has been affected by sexual violence at any time in their lives. They have particular experience in working with adults who have been sexually abused as children.	<a href="http://www.rasamerseyside.org">www.rasamerseyside.org</a>
<b>Refuge</b>	Advice on dealing with domestic violence	<a href="http://www.refuge.org.uk">www.refuge.org.uk</a> 0808 2000 247 24 hour helpline
<b>Relate</b>	Counselling services for every type of relationship. Providing advice on marriage, LGBT issues, divorce and Parenting.	<a href="https://www.relate.org.uk">https://www.relate.org.uk</a>
<b>Samaritans</b> Mental Health	Anxious, Confused, Down, Lonely, Upset or Suicidal? 24/7 Confidential Support, including for carers / relatives	<a href="https://www.samaritans.org">https://www.samaritans.org</a> <b>Free phone</b> 116 123
<b>SOBS</b> Survivors of	A self-help, voluntary organisation which aims to meet the needs and	0300 111 5065 <a href="https://uksobs.org">https://uksobs.org</a>

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Bereavement by Suicide	break the isolation of those bereaved by the suicide of a close relative/friend	Mon-Fri 9am-9pm
<b>Victim Support</b>	VS help anyone affected by crime. You can talk to them whether or not you've reported the crime to the police. They can support you without the involvement of the criminal justice system and they won't contact them about you unless they feel you or someone else is at risk.	<a href="http://www.victimsupport.org">www.victimsupport.org</a> 0808 168 9111 24 hour helpline
<b>Weight Management</b>	NHS resources to help with weight management	<a href="https://www.nhs.uk/change4life-beta/your-childs-weight/home">https://www.nhs.uk/change4life-beta/your-childs-weight/home</a>
<b>Young Minds</b> Mental Health	Crisis and support teams promoting the views and needs of people with mental health problems	<a href="https://youngminds.org.uk">https://youngminds.org.uk</a> 0300 123 3393 Mon-Fri 9am-6pm <b>Crisis text line:</b> text YM to 85258

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