

Evelina London School Nursing
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Dear Parent/Carer,

Introducing The Lancaster Model health questionnaire

We wanted to let you know about the free help available through the Evelina London school nursing team to support the health and wellbeing of your child. The service is led by specialist nurses and supports all school-aged children, including those who are fit and well.

The Evelina London school nursing team is passionate about enabling young people to tell us how they feel about their health, what worries them the most and what they want to find out more about as they navigate into adulthood.

This year we are introducing a new way to support young people by giving them the opportunity to complete an online questionnaire to tell us more about their health needs.

Although it's new to your school, The Lancaster Model has been tried and tested in other areas of the country and we will be using it with children and young people in schools across Lambeth and Southwark.

We will be attending your child's school this academic year to guide all Year 9 pupils through completing the questionnaire. All personal information collected will be treated as confidential, although anonymous information may be shared with other agencies to improve services.

If you wish to discuss the questionnaire, please contact the team using the details contained in this letter. You can also find more information on The Lancaster Model website: www.thelancastermodel.co.uk/parents-and-guardians

Kind regards,

The Evelina London School Nursing Team

www.evelinalondon.nhs.uk/school-nursing

How you can get in touch with us

If you are worried about your child's health and emotional wellbeing, you can get in touch with the school nursing team using our texting service ChatHealth.

(These are **text numbers only** and cannot receive phone calls)

ParentLine: t: 07520 631 130 www.evelinalondon.nhs.uk/parentline

Young People (11-19 years): t: 07507 332 150
www.evelinalondon.nhs.uk/chathealth

Reasons you may want to contact the school nursing service

Does your child require information and/or support with emotional health needs?

If **yes**, you can contact the school nursing team, or your child can see their GP. Useful advice is available at w: www.youngminds.org.uk

Does your child wet the bed or soil their pants during the day/night?

If **yes**, you can contact the school nursing service for a referral to the Bladder and Bowel clinic. Or your child can see their GP. Useful advice is available at ERIC, w: www.eric.org.uk and w: www.bladderandboweluk.co.uk/children-young-people

Are you or your child concerned about their diet, growth, height or weight?

If **yes**, you can contact the school nursing team, or your child can see their GP for advice or to request a referral to a dietitian. Useful advice is available at w: [Healthier Families - Home - NHS \(www.nhs.uk\)](http://www.nhs.uk/HealthierFamilies-Home)

Are your child's immunisations up to date?

If **no**, this information can be checked by asking at your GP surgery. If needed you can make an appointment with your surgery for their immunisations to be brought up to date. Information on what immunisations your child needs can be found at w: [NHS vaccinations and when to have them - NHS \(www.nhs.uk\)](http://www.nhs.uk/vaccinations-and-when-to-have-them)

Free health check

Parents/Carers with children 0-15 years old, diagnosed with **asthma, constipation or eczema** and registered with a Lambeth or Southwark GP Practice can complete the free health check to receive a tailored health support pack from w: [CYPHP Questionnaires \(ihtl.net\)](http://www.cypht.org.uk/questionnaires)