

## 0-19 Service

# Healthy Child Programme

We are a 0-19 Service, which delivers the Waltham Forest Healthy Child Programme. We provide public health interventions for children, young people (aged 0-19 years) and families, to enable them to reach their full potential.

### An allocated School nurse for every primary school

Your school nurse can support with the following and much more...

- Long term health conditions e.g., asthma, diabetes, epilepsy, and allergies
- Supporting with health care plans
- Disability and complex health needs
- Transition to secondary school and preparing for adulthood
- Promoting positive mental health, school attendance and attainment
- Referrals to and liaison with other services as required.

### Nursery Nurse offer monthly drop-in sessions in primary schools

Your nursery nurse can support with the following and much more...

- Healthy eating
- Height and weight management
- Sleep routine
- Hygiene
- Day or night-time wetting
- Hearing and vision
- Child development
- Advice and support for parents.

If you would like further support or to book an appointment, please inform reception staff or you can contact our Single Point of Access on:  
**0300 033 6200 or email: [thgpcg.wf0-19spa1@nhs.net](mailto:thgpcg.wf0-19spa1@nhs.net)**

