

# 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.**

## School Health provides...

Staff nurses and school nurses offer confidential weekly drop-in sessions in Waltham Forest Secondary Schools. Our drop-ins mean you can receive support and advice on many topics. You can talk about your health and get emotional support, for example, or if you have problems at home or with your friends. The school nurse can refer you to somebody else who can help you, like a sexual health nurse.

### Want to talk about...

- Problems with friends or family?
- Alcohol and smoking?
- Feeling angry and sad?
- Bullying?
- Relationships?
- Changes to your body?
- Your eating habits?

### We can also support with:

- Health awareness and healthy lifestyle advice
- Emotional, mental health and wellbeing advice
- Weight management advice and support
- Relationships and sexual education advice
- Complex medical and health needs in school
- Safeguarding support and advice.

**If you would like to see a school nurse, 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)**

