



# EOTAS (Education Other Than at School) Service Tower Hamlets

School Nursing Health and  
Wellbeing Service for  
electively home educated  
children and young people

## How to contact us?

We offer flexible appointments. Contact the service via:

**Telephone** 020 4551 1414

**Email:** [thgpcg.schoolnurses@nhs.net](mailto:thgpcg.schoolnurses@nhs.net)

**Website:** [www.gpcaregroup.org](http://www.gpcaregroup.org)

### Social media

Follow us: [f](#) [X](#) [@](#) @THGPCareGroup

### Managing your data

We manage your personal and sensitive information legally, securely, efficiently, and effectively in order to deliver the best possible healthcare and services. Visit our website for more information.

We welcome your feedback on our services. Follow the QR code to submit a compliment or complaint.

Submit  
feedback



October 2024





## What we do

We offer health assessments either at home or in community settings including health centres. These assessments offer early detection of health concerns, enabling access to resources and support, giving you peace of mind knowing your child's wellbeing is looked after.

We ensure electively home educated children and young people are offered an equal service as children at school. Our provision includes children and young people who are fit and well and those with additional needs, who may require an onward referral to get the help they need.



## Who we are

**We are specialist public health nurses, and we are working with children and young people aged between 5 and 19 years old and parents, who live in Tower Hamlets and people who are home educated to support their health & wellbeing. Our service is delivered at schools and in the community.**

Children and Young people educated at home are also entitled to our service. If you are worried about your child's health or just need some advice, then we are here to support you.

## How we can help you

If you have any questions or have a health concern for your child that you would like support with or would like your child to be seen for a confidential health assessment, please contact us to book an appointment.

Our service offer includes support with general health:

- Growth, hearing & vision screening for 4-5 year olds
- Staying health
- Weight management
- Bedwetting
- Sleep
- Emotional wellbeing
- Dental health
- Puberty
- Friendships.

## Additional support

In addition, for older children we share information on the following topics:

- around consent
- managing stress
- healthy relationships
- sexual health
- online safety
- substance misuse.

