

# Redcar and Cleveland School Nursing Service



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*Your School  
Nursing service  
remains  
available for all  
families in  
Redcar and  
Cleveland*

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Virtual drop-in for young people, families and carers during the Covid-19 (coronavirus) pandemic

## How can I arrange a video/phone call with my School Nurse?

School Nurses provide advice and support to parents, children, young people and schools, in response to any health concerns. Your School Nursing Virtual Drop-in is available between 3pm – 4.30pm, every Tuesday and Thursday.

To request a virtual drop-in:

- Call or email the team to request a call back. A member of our team will call you back as soon as possible within the drop-in times
- Please tell us how you would like the call back (i.e. Skype, WhatsApp, telephone). Please include your contact details so we can call you back

Contact us: 01642 444011

Email: [schoolnurses@redcar-cleveland.gov.uk](mailto:schoolnurses@redcar-cleveland.gov.uk)

## How can my School Nurse help me and my family?

No problem is too small. We are happy to answer any questions you may have. We can help with a range of concerns and questions including: -

- Keeping healthy and active
- Emotional health
- Coping with life at home
- Nutrition & weight management
- Body changes & puberty
- Staying safe online
- Sleep
- Support with making healthy lifestyle choices
- Relationships & sexual health
- Help to stop smoking
- Continence