

*North Huyton Primary Care Resource
Centre
Woolfall Heath Avenue
Liverpool
L36 2TN
Tel 0151 5142666
www.wchc.nhs.uk*

Dear Parent / Carer,

The School Nursing Service provides health and wellbeing support to children and young people in Knowsley schools.

During year nine, we offer the opportunity for them to complete a short questionnaire about their health and wellbeing.

This can be done on a laptop/computer via a secure weblink or on a smartphone via this link <https://www.wchc.nhs.uk/services/school-nursing-knowsley/health-and-wellbeing-questionnaire-for-year-9-pupils/>

The questionnaire is private and confidential, and responses will be sent to the school nursing team via a secure email. All responses will then be triaged to identify any health and wellbeing concerns.

Following this, the team may contact you or arrange to see your child if they have requested to see a school nurse. In addition, any emerging themes from the questionnaires will be used to develop an individual public health plan for your child's school. The plan will support the delivery of health and wellbeing sessions.

Your child will be provided with the QR code and the list of websites below that they may find useful in relation to accessing free health and wellbeing support.

If you have any questions or are concerned about your child, please contact the team on 0151 514 2666. If you require further information or do not wish your child to take part in the questionnaire, please let the team know within ten days of receiving this letter.

- Think Knowsley – health advice and support for teenagers across the borough www.thinkknowsley.co.uk
- Health for Teens - advice and support for teenagers www.healthforteens.co.uk
- Eat well (NHS) - information and guidance about eating a healthy, balanced diet www.nhs.uk (search eat well)

- Teenage Sleep Hub – information, advice, hints and tips to help you get a better night's sleep www.teensleephub.org.uk
- Smokefree Knowsley - support to stop smoking www.smokefreeknowsley.org.uk
- Engage Knowsley - a confidential service for support with drug and alcohol issues www.changegrowlive.org/engage-knowsley
- Zuntold - mental health support www.zuntold.com
- The Lee Cooper Foundation - mental health support for young people aged 11-24 in Knowsley (1-1 and group support) www.theleecooperfoundation.co.uk
- Young Minds - mental wellbeing support www.youngminds.org.uk
- Anna Freud - practical ways to look after your mental health www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/
- Axxess Sexual Health - sexual health and contraception support www.axess.clinic
- Brook Sexual health – information and resources on relationships and sexual health www.brook.org.uk
- Anti-bullying alliance – information and support about bullying www.anti-bullyingalliance.org.uk/tools-information
- Safety, including online safety:
 - www.childline.org.uk (search 'online and mobile safety')
 - www.crimestoppers-uk.org (search 'keeping safe')
 - www.canalrivertrust.org.uk - water safety

We take the confidentiality of our patients and their carers very seriously and will only share person-identifiable information outside the Trust with the person's explicit consent unless, there is a legal reason to share without it.

The Trust's legal basis for collecting, using and storing information is to enable it to perform its public task in providing direct health care to its patients (and their carers where applicable).

If you would like further information on how the Trust handles and uses the information it collects, please see the Trust website ([Wirral Community Health and Care NHS Foundation Trust](http://www.wirralnhs.uk)).

Yours faithfully



**Wirral Community Health and Care
NHS Foundation Trust**
Chair: Professor Michael Brown CBE DL
Chief Executive: Karen Howell

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Wirral Community Health and Care NHS Foundation Trust



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