



Latest News and Health Information

Our regular newsletter aims to keep you up to date with the latest health news and information from the Southern Health NHS Foundation Trust 0-19 years Children and Family Services Team. Featuring information about Health Visiting, School Nursing, Family Nurse Partnership and School Age Immunisations



School Age Immunisation vaccination update

The School Age Immunisation team are continuing with their Teenage Booster and HPV vaccination programme across Hampshire Schools.

The teams also offer community clinics for children who are electively home educated.

Throughout January and February, the teenage booster vaccines were administered to 6,026 pupils in Year 9 and Year 10 and the HPV vaccination was given to 129 girls and 125 boys. The team will continue to deliver these vaccines within schools between March – July. The HPV vaccinations are part of the restoration programme for those pupils who may have missed it during the first lockdown.

If a parent is concerned their child has not received their vaccinations, please ask them to contact their school for immunisation session dates. Parents can contact their local immunisation team, contact details can be

found: <https://www.hampshirehealthyfamilies.org.uk/school-age-immunisations>

The School Age Immunisation team will be writing to parents of all under immunised children in both reception year (age 4/5) and year 6 (age 10/11), reminding them to make

School Nursing Update

With many children returning to school in March parents, children and young people will be facing new challenges and for some, it may be an anxious time.

The school nurse service works in partnership with schools to provide a menu of support for families. We have our ChatHealth (numbers below) services and the newly launched HHF website: www.hampshirehealthyfamilies.org.uk where you can signpost families for lots of useful information.

The school nurses also offer face to face or video appointments with parents and young people, where they need this level of intervention. If you wish to submit a request for support to the school nurse service and do not have their contact details you can email: childrenscomms@southernhealth.nhs.uk



ChatHealth has been as busy as ever and is a great resource for parents, carer's and young people to text a health professional confidentially.

Knowing Me Knowing You Groups 2020 Annual Report

KMKY is a six-week virtual course that explores thoughts and feelings around anxiety, low mood and wellbeing in a safe environment, allowing mothers to have space and special time with their baby.

From October 2019 twenty additional Knowing Me, Knowing You Facilitators (SCPHN's and Community Nursery Nurses) were trained with the aim of increasing capacity and equity of access to groups across Hampshire.

Then on March 23rd 2020, all face to face groups had to be cancelled and closed.

In response to this change, Knowing Me, Knowing You groups were moved to an online setting and the first 5, online, pilot groups commenced from the 28th April 2020. The pilot

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Throughout 2020 - the KMKY team held 33 groups virtually across Hampshire with 165 mothers and their children participating.

Overall, symptoms of depression and anxiety changed from **moderate to mild** for clients who attended groups.

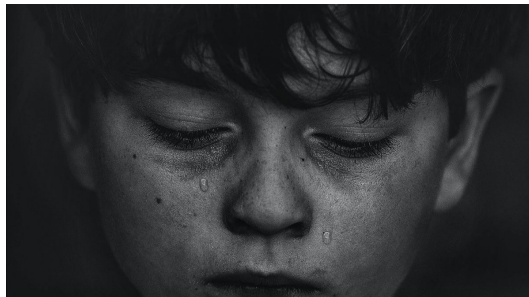
The plan for 2021 is to review and increase the amount the clients per group, the team are also looking at how this group can facilitate the needs of other parents/fathers.

For more information on the Knowing Me Knowing You groups please speak to your health visiting contact. You can hear more from Dawn Brenchley - our Specialist Health Visitor for perinatal and infant mental health here: <https://www.youtube.com/watch?v=agCl1vmXW3g&feature=youtu.be>

Health and Well-Being Packs

Have you downloaded the Covid-19 family well-being packs? You can find all the details on the two packs on our website: www.hampshirehealthyfamilies.org.uk

- [Well-being pack for families of children 0-5](#)
- [Well-being pack for families of school age children](#)



Family Nurse Partnership - Hampshire service

The FNP programme is an intensive service for young parents, aged 19 and under having their first baby and starts in early pregnancy continuing until the child is a minimum of 1 year of age.

FNP aims to help young women have a healthy pregnancy, improve their child's health and wellbeing and plan their future and achieve their aspirations.

To contact the team: email shft.FNPSHFT@nhs.net

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We will be sending out some news over the coming weeks regarding our Child Health Information Service (CHIS). Please lookout for this in your emails.

Hampshire Healthy Families Website

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