

# Public Health offer-Supporting health, wellbeing & physical activity for Schools in Southwark

## Physical activity, health & wellbeing and weight management

Option	Service Description	Provider/Supplier	Cost/£
School nursing service	<p>The School Nursing service is a core government service which delivers the Healthy Child Programme for all children and young people aged 5-19 years. School nurses are qualified health promotion experts and play a crucial role in ensuring that children, young people and families receive support and access to appropriate services from a child's transition into school and continuing through their school-aged years.</p> <p>Schools are allocated a link nurse or team. The service is easily accessible via a centralised access point <a href="mailto:gst-tr.SchoolNurseSPE@nhs.net">gst-tr.SchoolNurseSPE@nhs.net</a> / 02030494777.</p> <p>Service Population: All school-aged children attending mainstream and special schools in Southwark. Who can Refer: Child or family; Schools; GPs; Social services; Health professionals</p>	<p>GSTT</p> <p><a href="mailto:gst-tr.SchoolNurseSPE@nhs.net">gst-tr.SchoolNurseSPE@nhs.net</a> / 02030494777</p> <p><a href="mailto:gst-tr.healthyweight@nhs.net">gst-tr.healthyweight@nhs.net</a> or call 02030493994</p>	Free
Oral health promotion team	<p>The oral health promotion (OHP) team at Kings College Hospital provides evidence-based oral health improvement using a common risk factor approach (sugar, alcohol, tobacco). Working largely with primary schools, the OHPT team delivers high fluoride toothpaste and toothbrushes to early years and key stage one children. For all children and young people in early years and school settings, messaging and communications around oral health is available.</p> <p>The OHP team also offers oral health education. Training is available for staff on evidence-based oral health messages and the skills to promote them. Support is available for parents and carers, particularly those with children with complex needs and at-risk families.</p>	<p>Taiwo Oyegunle <a href="mailto:taiwo.oyegunle@nhs.net">taiwo.oyegunle@nhs.net</a></p>	Free
Alive N Kicking	<p>Alive n Kicking is a 12-week, 'Tier 2' weight management service which helps children take positive steps towards a healthier lifestyle. During the programme, families will be:</p> <ul style="list-style-type: none"> <li>• Learning about healthy eating and nutrition</li> <li>• Making small, easy changes to help benefit the whole family's health</li> <li>• Participating in food preparation sessions, including making fruit kebabs, smoothies and healthy wraps</li> <li>• Shopping healthier by learning how to read food labels</li> <li>• Participating in activity sessions: learning that exercise can be fun, play new games, whilst building skills and confidence</li> </ul> <p>Service Population: families with children between ages 4 and 17 years old who have a BMI greater than or equal to the 91<sup>st</sup> centile.</p> <p>Who can refer: anyone can refer to the programme, including teachers and school staff. Families can self-refer too.</p>	<p>Contact Information: Tel: 0333 005 0159</p> <p>Email: <a href="mailto:EH.AliveNKicking-Southwark@nhs.net">EH.AliveNKicking-Southwark@nhs.net</a></p> <p>Or visit: <a href="https://southwark.everyonehealth.co.uk/services/child-weight-management/">https://southwark.everyonehealth.co.uk/services/child-weight-management/</a></p>	Free
Healthy Weight Online Training	<p>Southwark Council, in collaboration with the College of Contemporary Health (CHH), has launched an absolutely free, fully online, CPD accredited Healthy Weight Training for all public facing professionals in Southwark.</p>	<p><a href="http://southwarkhealthyweight.com">http://southwarkhealthyweight.com</a></p>	Free

	<p>Tackling obesity is a key priority for Southwark Council as recent figures show that 43.0% of children in year 6 are classified as obese or overweight.</p> <p>It is essential to ensure that professionals, such as teachers and school nurses have the right tools to help children and parents to manage healthy weight.</p> <p>The course content includes: causes of unhealthy weight, what the latest data tells us and local referral pathways. You will also practice brief intervention techniques when engaging in a sensitive conversation with children and parents.</p> <p>Marie Spreckley, a clinical nutritionist and a mother of two children at school and nursery in Southwark. Watch a video testimonial here: <a href="https://vimeo.com/318166953/77528622a8">https://vimeo.com/318166953/77528622a8</a></p> <p>If you work in Southwark and would like to more confidently talk about unhealthy weight and brush up on giving brief advice and signposting, Sign up here <a href="http://southwarkhealthyweight.com">http://southwarkhealthyweight.com</a>.</p>	<p>For more information, contact <a href="mailto:rachel.isted@southwark.gov.uk">rachel.isted@southwark.gov.uk</a></p>	
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**For further information on any of these initiatives please contact:** [rachel.isted@southwark.gov.uk](mailto:rachel.isted@southwark.gov.uk)