

LA's Public Health offer - supporting physical activity, health and wellbeing for schools across Southwark, including weight management, oral health and school nursing

Activity	Supplier	Contact	Cost
<p>School nursing service</p>	<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 gst-tr.SchoolNurseSPE@nhs.net / 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 gst-tr.SchoolNurseSPE@nhs.net / 02030494777 gst-tr.healthyweight@nhs.net or call 02030493994</p>	<p>Free</p>

<p>Oral health promotion team</p>	<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 taiwo.oyegunle@nhs.net</p>	<p>Free</p>
<p>Alive N Kicking</p>	<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"> <input type="checkbox"/> Learning about healthy eating and nutrition <input type="checkbox"/> Making small, easy changes to help benefit the whole family's health 	<p>Contact Information: Tel: 0333 005 0159 Email: EH.AliveNKicking-Southwark@nhs.net Or visit: https://southwark.everyonehealth.co.uk/services/child-weight-management/</p>	<p>Free</p>

	<ul style="list-style-type: none"> <input type="checkbox"/> Participating in food preparation sessions, including making fruit kebabs, smoothies and healthy wraps <input type="checkbox"/> Shopping healthier by learning how to read food labels <input type="checkbox"/> Participating in activity sessions: learning that exercise can be fun, play new games, whilst building skills and confidence <p>Service Population: families with children between ages 4 and 17 years old who have a BMI greater than or equal to the 91st centile. Who can refer: anyone can refer to the programme, including teachers and school staff. Families can self-refer too.</p>		
Healthy Weight Online Training	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.	http://southwarkhealthyweight.com	Free
Preventing Suicides	<p>Help prevent suicides in Southwark</p> <p>Suicide prevention is everyone's business. We want to hear from people who live, work, access education or volunteer in the borough. You can get advice on supporting your mental health and wellbeing. If you need someone to talk to right away, you can call the Samaritans 24 hours a day,</p>	Paul.hudson@southwark.gov.uk	Free

	<p>365 days a year on 116 123 (free from any phone).</p> <p>>> Complete the survey about preventing suicide by 20 August 2023</p>		
<p>Summer of Food and Fun</p>	<p>The programme helps local families to get free, healthy food and fun activities. These are aimed at children and young people aged between 4-16 years who receive benefits-related free school meals.</p> <p>Each programme will provide:</p> <ul style="list-style-type: none"> - free, nutritious and tasty food - fun physical activity sessions - a wide range of other exciting activities to suit different ages and personalities - opportunities to learn more about food and nutrition for children and their families. <p>The summer of food and fun will run from 24 July to 25 August 2023</p> <p>Please use the link below to see all our Holiday Activity Club providers this summer.</p> <p>www.southwark.gov.uk/foodandfun</p>	<p>haf@southwark.gov.uk</p>	<p>Free</p>

