



## Live chat

Young people can access our service themselves using the live chat function on our website. This provides them with an opportunity to chat online with a member of the School Nursing team and a webpage will display frequently asked questions and responses.

## Further information

Our website provides a wealth of information with links to other useful websites and apps. If you can't find the information you're looking for, just get in touch with us on **0300 330 5777** or use the live chat function on our website: **[bexley0to19.co.uk](https://bexley0to19.co.uk)**.

**Bromley  
Healthcare**  
better together

The Bexley 0 to 19 Children's Public Health Service is provided by Bromley Healthcare, an award-winning social enterprise providing a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 99% of our patients would recommend our services to their friends and family.

Working with **NHS**

## Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Bromley Healthcare CIC Ltd  
Global House  
10 Station Approach  
Hayes  
Kent BR2 7EH  
[contact@bromleyhealthcare-cic.nhs.uk](mailto:contact@bromleyhealthcare-cic.nhs.uk)  
[www.bromleyhealthcare.org.uk](https://www.bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
Company no: 06815987 Registered in England  
Registered office: Global House, 10 Station Approach, Hayes, Kent BR2 7EH



**Bexley 5 to 19**  
**Children's Public Health Service**

# Bexley 0 to 19

## Children's Public Health Service

The service supports parents and carers to give their babies, children and young people the best possible start in life. We will provide a series of 10 health checks starting with an antenatal contact, and you will be given advice and support about your child's development and growth, healthy eating, physical activity, emotional wellbeing and immunisations.

We'll support you to become confident in looking after the health and development needs of your child from when they are born to when they transition into adulthood. We will also provide support to children and young people as they grow and develop, offering information and advice as and when needed.

# Bexley 5 to 10

## Getting ready for starting school

Our Health Visitors will support you in getting your child ready for primary school. They will provide guidance on arranging pre-school immunisations and advice about healthy eating, toileting, hand washing, etc. At five years your child moves to the care of our School Nurses.

## School Nurses

School Nurses are qualified Nurses or Midwives who have completed further training. Every school has a named School Nurse who provides advice to children about healthy living and supports them in their choices. They are approachable and non-judgemental and their aim is to enable children and young people to improve their health and wellbeing and reach their full potential.

## Primary School

The School Nurse will complete the following checks, during which they will also review appropriate interventions for any physical, emotional or developmental problems that may have been missed or not addressed. Parental consent will always be obtained in advance.



## Height and Weight Measurements

In Reception and Year 6, your child's height and weight will be measured by the School Nurse in line with the National Child Measurement Programme to assess whether they are the most suitable weight for their height.

## Eyesight and Hearing Checks

When in Reception the School Nurse will also check your child's eyesight and hearing. The School Nurse will inform you of the results, along with further information on who to contact, if appropriate.

# Bexley 11 to 19

## Secondary school/college

The School Nurse is available to speak to young people on a range of health topics and is responsible for general health promotion. Support and guidance will be offered on topics such as relationships, contraception and mental wellbeing.



## Year 7

Your child will be asked to complete a confidential, online questionnaire that covers a range of topics, including healthy eating, body image, emotional wellbeing, healthy relationships, bullying and road safety.

The School Nurse will assess which topics the children are most concerned about and offer group work to provide appropriate advice and information.

## Year 11

Your child will be given an information pack with further advice and information about some of the topics covered when they were in Year 7, plus others such as sexual health, alcohol and substance misuse, and registering with a GP and dentist.