

Parent-Friendly Guide:

West Berkshire School Nursing Service

The West Berkshire School Nursing Service provides essential health and well-being support for children, young people, and families.

The service is designed to help with health concerns, developmental needs, and emotional well-being, ensuring children receive the right care at the right time.

This guide outlines available services and how to access them.

Universal Offer (Available to All Children and Families)

- **Hearing Screening** – For Reception Year (Yr R) children.
- **National Child Measurement Programme (NCMP)** – For Reception Year and Year 6 children.
- **Health Promotion Advice** – Support on mental health, obesity, sexual health, and general well-being.
- **Medical Conditions Training** – Training for school staff to help manage conditions such as asthma, diabetes, and epilepsy.
- **Online Health Resources** – A variety of digital tools and resources are available for families to support children's health.



Additional Support Services

Some children may need extra support through targeted or specialist services, including:

- **Enuresis Clinics** – Support for children experiencing night-time bedwetting.
- **Short-Term Support Plans** – Help with sleep issues, healthy weight, emotional well-being, and developmental concerns.
- **Special Medical Needs Support** – Development of care plans, liaison with schools and health professionals, and support for children managing medical conditions.
- **Vulnerable Groups Support** – Additional help for children with disabilities, young carers, and those with long-term health conditions.
- **Emotional Well-being Support** – Assistance for children struggling with anxiety, stress, or low mood.



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How to Access Support

If you are concerned about your child's health or well-being, you can access school nursing services through the following channels:

- **Speak to your child's school** – School staff can help refer you to the School Nursing Service.
- **Contact the School Nursing Service directly** – Parents can request support for their child.
- **Request a referral through your GP or other healthcare professionals** – If your child has medical or developmental concerns, your GP can provide a referral.
- **Use online health resources**– The NHS and local council websites provide useful information and support.

Contact Information

- Visit the West Berkshire School Nursing Service webpage: [West Berkshire School Nursing Service] www.berkshirehealthcare.nhs.uk
- Advice by text message for teens If you're aged 11-19 and need some advice, you can text a school nurse in total confidence, and they will help you. Text them on 07312 263 266 and we'll text you back to chat.
- Advice by text message for parents and carers If you're a parent or carer of a 5-19 year old and have worries about any of the issues above about your child, we're here to support you too.
- Text them on 07312 263 194
- Call the service: 0118 904 7325
- Email the school nursing team: csnwestberks@berkshire.nhs.uk