

Your School Health Team:

**South and Central Lancashire:**

Virgin Care Preston Hub, Unit 5A, Edward VII Quay,  
Navigation Way, Riversway, Preston, PR2 2YF

For the convenience of children, young people and families using the service and for professionals there is one number to call for all contact with the services: 0300 247 0040 (note: this is a local rate number)  
The caller will be redirected to the appropriate team.



**The School Nursing Team visit school children to:**

Undertake sight tests to children in Reception who have not had a pre-school vision assessment.

Complete Height and Weight measurements for children in Reception and Y6.

We can work with families to help support a variety of health related matters.

We can offer targeted care packages to support you and your child during their school years.

An audiometrician also visits school to undertake hearing examinations / assessments in Y1.

You can self-refer to our service or ask school to support you with this.

Letters informing you of our visits are always sent home prior to our work in schools.

Did you know that children perform better and have better concentration if they have a healthy diet and drink plenty of water? Children should be encouraged to eat at least five portions of fruit and vegetables a day. Breakfast is a particularly important meal as it boosts the metabolism and sets you up for the day ahead. Please ensure that your child eats breakfast before school.



A Healthy diet also helps to ensure good oral health. All children should be registered with and have regular appointments with a dentist. If you are having trouble finding an NHS dentist please call 01772 420150. This service will help to find an NHS dentist.

Children and young people are entitled to free optical appointments and free glasses. Children as well as adults should ensure that they look after their optical health and get their eyes checked regularly.



Immunisations aim to protect children and the community against the spread of infection and disease. Please ensure your child is up to date with their immunisations. A team from Public Health England will inform you of immunisations available through school.

If you require any services from the school Health team please contact the team on the above number.