



**Lancashire Health Visiting
and School Nursing**



School Health Newsletter

Edition: October 2026

Welcome Back!

We hope you have all enjoyed a restful and well-deserved summer break. As we begin the new academic year, we are excited to continue working alongside our schools to support the health and wellbeing of children and young people across Lancashire.

This year brings several exciting developments, including the introduction of new digital School Screener Portal for the **National Child Measurement Programme (NCMP)** and **School Health Needs Assessments (SHNAs)**, designed to streamline processes and enhance engagement with families and schools. We are also delivering 4 informative webinars for parents planned throughout the year (details on the **What's New** page), alongside the **Asthma and Anaphylaxis Awareness training**, including awareness of **Benedict's Law**, to help ensure all schools remain confident in supporting pupils with their medical needs.

So, here's to another successful, healthy and productive school year ahead and to our continued collaborations!



Do you need support?

School Nursing Teams work during school holidays **Monday to Friday** excluding public and bank holidays. For general enquiries or to speak with a member of the Duty Team, contact our CCH on **0300 247 0040**, email: vcl.019.singlepointofaccess2@nhs.net, visit our website www.lancschildandfamily.co.uk **OR** scan the QR code and complete a Request for Support form.

Please remember, we're not an emergency service, and if your concern is urgent, please call **999** or **111**.

www.lancschildandfamily.co.uk



0300 247 0040



vcl.019.singlepointofaccess2@nhs.net

SCAN the QR code
to access our
Website for service
information, advice,
resources and
Request for Support
forms



What's New !



Introducing the School Screener Parent Portal

To improve communication and make it easier for parents and carers to access information about their child's health, the School Nursing Team is introducing the **School Screener Parent Portal**. This secure online platform will be used to manage and share information relating to your child's **School Health Needs Assessment (SHNA)** and the **National Child Measurement Programme (NCMP)**.

The Parent Portal provides families with a safe and convenient way to access personalised health information for their child using a mobile phone, tablet, or computer through a single secure login.

What is the Parent Portal?

The School Screener Parent Portal bring all school health information together in one place. It allows parents and carers to complete questionnaires electronically, receive important updates from the School Nursing Team, and view information relating to their child's health and wellbeing without the need for paper forms.

What are the Key Benefits?

- ✓ **24/7 Access** - Download your child's health information at a time that suits you, from any internet-enabled device.
- ✓ **Safe and Secure** - The portal helps protect personal information, reduces the risk of paper forms being lost, and supports GDPR compliant communication.
- ✓ **Improved Communication** - Receive information directly from the School Nursing Team, including SHNA questionnaires, NCMP results, health resources and important service updates.
- ✓ **Quick and Convenient** - Complete health questionnaires and provide consent electronically, reducing paperwork and making the process simpler for both families and schools.
- ✓ **Supports School Health Planning** - Provides School Nursing Teams with an overview of the health needs within individual schools, enabling them to identify trends, understand population health needs and plan targeted health promotion and wellbeing interventions in partnership with schools.
- ✓ **Environmentally Friendly** - Reduces the use of paper forms and contributes to more sustainable working practices.

What Happens Next?

When it is time for your school's **School Health Needs Assessment (SHNA)** or **National Child Measurement Programme (NCMP)** activity, the School Nursing Team will contact the school directly and provide all relevant information, resources and links **to** access the Parent Portal. Guidance will be shared with parents and carers to support account set-up, completion of questionnaires and **access to their child's health information through the platform.**

We look forward to working with schools, parents and carers through this new platform to support the health and wellbeing of children and young people.

Follow us on FACEBOOK

Don't miss out and join our 6.6k followers on Facebook. You'll see regular service updates, advice, support and practical tips to help professionals, parents, carers, children/young people and families.

SCAN the QR code to access our Website for service information, advice, resources and Request for Support forms



What's New !

Have you heard about our FREE Parent Webinars ?

We are pleased to offer a series of **FREE monthly online webinars** for parents and carers commencing **October 2026**, providing practical advice and support on a range of children's health and wellbeing topics:

- **Sleep** – Tips for establishing healthy sleep routines and managing common sleep difficulties.
- **Continence** – Information and support to help children develop healthy bladder and bowel habits. * If a child has symptoms such as pain when using the toilet, blood in their urine or poo, repeated infections, unexplained weight loss, severe constipation please seek advice from your GP before joining the webinar.
- **Healthy Lifestyles** – Advice on nutrition, physical activity, screen time, and building healthy habits for the whole family.
- **Behaviour and Emotional Health** – Understanding behaviour, supporting emotional wellbeing, and helping children build resilience.

All webinars are delivered online by members of the School Nursing Team and are free to attend. **No referral is required.** Parents and carers can book directly onto any webinar using the registration links available on our website

To book a place, visit: <https://lancschildandfamily.co.uk/>

Or Scan the QR Code



0300 247 0040



vcl.019.singlepointofaccess2@nhs.net

www.lancschildandfamily.co.uk

Asthma and Anaphylaxis Awareness Webinars

Following the success of the webinar sessions held in September, the School Nursing Team will be continuing to deliver the **Asthma and Anaphylaxis Awareness webinars** monthly from October 2026 to July 2027. The links to attend one of these sessions are available **below** and on the school portal.

These sessions will meet the requirements of **Benedict's Law** and staff are welcome to join individually or access the sessions as a group via a shared screen.

Simply click your preferred session link and completing the registration form. You will then receive the joining link via email. **If you are attending as a group, only one person needs to register. A booking reminder will be sent to you an hour before the session is about to start.**

8th October 2026 – 13.30-15.15

[Asthma & Anaphylaxis Awareness Session | Join meeting in Teams | Microsoft Teams](#)

10th November 2026 – 10.00-11.45

[Asthma & Anaphylaxis Awareness Session | Join meeting in Teams | Microsoft Teams](#)

9th December 2026 – 15.15-17:00

[Asthma & Anaphylaxis Awareness Session | Join meeting in Teams | Microsoft Teams](#)

4th January 2027 – 10.00-11.45

[Asthma & Anaphylaxis Awareness Session | Join meeting in Teams | Microsoft Teams](#)

11th February 2027 – 14.00-15.45

[Asthma & Anaphylaxis Awareness Session | Join meeting in Teams | Microsoft Teams](#)

12th March 2027 – 12.00-13.45

[Asthma & Anaphylaxis Awareness Session | Join meeting in Teams | Microsoft Teams](#)

21st April 2027 – 10.00-11.45

[Asthma & Anaphylaxis Awareness Session | Join meeting in Teams | Microsoft Teams](#)

10th May 2027 – 15.15-17:00

[Asthma & Anaphylaxis Awareness Session | Join meeting in Teams | Microsoft Teams](#)

17th June 2027 – 10.00-11.45

[Asthma & Anaphylaxis Awareness Session | Join meeting in Teams | Microsoft Teams](#)

6th July 2027 – 12.00-13.45

[Asthma & Anaphylaxis Awareness Session | Join meeting in Teams | Microsoft Teams](#)

Service Information



HORIZON

**Where care meets connection - and every child belongs.
United for wellbeing. Powered by youth.**

CANW and HCRG Horizon is a youth powered wellbeing initiative that puts emotional health, cultural identity and community connection at its heart. Horizon offers early support to children and young people aged 5-19 years (25yrs SEND). Support that's safe, inclusive and rooted in real life experiences. Together, we're building a future where every child feels seen, heard and supported, no matter where they come from or what they're facing

Our Children and Young People's Wellbeing Practitioners (CYWPs) offer low intensity, evidence based mental health support for children and young people experiencing mild to moderate emotional and psychological difficulties. Their work is grounded in Cognitive Behavioural Therapy (CBT) principles and delivered in accessible formats.

Who can we support?

We work with children and young people aged between 5 – 19 years (25 SEND) who are experiencing low to moderate mental health difficulties, as well as families and carers seeking early support before problems escalate.

Our practitioners are trained to identify, assess and support young people suffering from a range of common mental health problems, such as:

- Anxiety and worry
- Depression and low mood
- Specific phobias
- Low self-esteem
- Sleep problems

CYWPs can support when:

Self-harm is historical.

The young person is not actively suicidal and has a safety plan in place.

The focus is on preventing escalation, building coping strategies and improving emotional regulation.

They work alongside parents/carers or other professionals to create a safe support network.

CYWPs will refer on when:

The young person is currently self-harming.

The young person expresses suicidal ideation, intent or plans.

There are complex underlying issues such as trauma, eating disorders or severe depression.

The case requires specialist or multidisciplinary input such as CAMHS or crisis services.

**For more information contact 01772 756384 or
Email: HCRG@canw.org.uk**

SEND – Things you need to know

❖ Section 19 Health Information Contacts

When considering a Section 19 application, it may be necessary to gather information from a range of health professionals. To support this process, LSCFT have provided key contact details and referral routes for several local health services listed below.

Where health information is required to complete an application, education settings are encouraged to contact the relevant service directly, in line with local information-sharing and consent arrangements.

The child or young person **must** already be known to the service. The contacts listed below are for information gathering to support a Section 19 application ONLY and should not be used for referrals. **Referral pathways are available on the services websites.**

❖ Enquires for Lancashire Health Visiting and School Nursing Service - **HCRG Care Group**

Requests for health information to support a Section 19 application should be made by completing a **Request for Support Form (RfS)**, available via the Lancashire Health Visiting and School Nursing Service website or by clicking [here](#)

Health Services Directory

Enquiries for CYP Known to Children and Young People's Mental Health Services (CYPMHS)

AREA	CONTACT
Chorley & South Ribble (please title email "For the Attention of Shawbrook")	CAMHSCPS.Central@lscft.nhs.uk
Preston	CAMHS.AdminEllen@lscft.nhs.uk
West Lancashire (Ormskirk and Skelmersdale)	CAMHS.AdminWestgate@lscft.nhs.uk
Lancaster and Morecambe	CAMHSCPS&ADHDSservice@lscft.nhs.uk
Fylde and Wyre	CAMHSCPS.F&W@lscft.nhs.uk
Hyndburn, Rossendale and Ribble Valley	CYPMHEast.Referrals@lscft.nhs.uk
Burnley and Pendle	CYPMHEast.Referrals@lscft.nhs.uk
Blackburn with Darwen	CYPMHEast.Referrals@lscft.nhs.uk

Enquiries for CYP Known to Children's Therapy Services (CTS)

Occupational Therapy and Speech and Language Therapy

Physiotherapy for these areas is provided by East Lancashire Hospitals NHS Trust <https://elht.nhs.uk>

AREA	CONTACT
Blackburn with Darwen	CTS.BwD@lscft.nhs.uk
Burnley and Pendle	CTS.BP@lscft.nhs.uk
Hyndburn, Ribble Valley and Rossendale	CTS.HRVR@lscft.nhs.uk

Occupational Therapy, Speech and Language Therapy and Physiotherapy - LSCFT

AREA	CONTACT
West Lancashire	CTS.WL@lscft.nhs.uk
Greater Preston	CTS.GP@lscft.nhs.uk
Chorley and South Ribble	CTS.CSR@lscft.nhs.uk

Enquiries for CYP Known to Learning Disability Services - LSCFT

Learning Disability Service	LDReferralHub@lscft.nhs.uk
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Service Information

You Asked - We Did

In our last newsletter we added a feedback form and invite you all to have your say on the newsletter format, topics, campaigns or support with specific advice or health needs.

We want to say a massive **THANK YOU** to the schools that have shared their thoughts. Feedback is essential and enables our School Nursing teams shape our service, encourage communications and deliver the best possible outcomes for our schools, children and young people. These are a few questions schools have asked....

“Information surrounding required absence for sickness”

[Public health exclusion periods in children and young people's settings - GOV.UK](#)



[Allergy safety in schools - GOV.UK](#)



[Home - Lancashire LGBT - Happier, healthier and better connected](#)



“LGBTQ support for pupils and parent”

Follow us on FACEBOOK

Don't miss out and join our 6.6k followers on Facebook. You'll see regular service updates, advice, support and practical tips to help professionals, parents, carers, children/young people and families.

We Want To Hear From You

To help us ensure our newsletters are filled with information which is relevant to your school, please complete the online feedback form [here](#)

Service Information

Don't forget to download the Health App !

Parents/carers and young people in Lancashire can access trusted health and wellbeing advice through new digital tools. The Lancashire Child and Family Health app is available to download on the **Apple App Store** and **Google Play Store**. The app provides expert information on child development from before birth to age 19 (SEND 25), including breastfeeding, healthy eating, sleep, vaccinations and support for dads. The Young People tile is full of advice and support for 11-16 & 16-19 yrs relating to emotional health, exam stress, sleep, relationships and lots more. Download the app and search for Lancashire Child and Family OR scan the QR Code



What We Do?

School Nursing Teams are responsible for delivering the Department of Health recommended Healthy Child Programme (HCP) to 5-19 years. This includes:

Promoting the health, wellbeing and protection of all children/young people of school age (up to 19yrs)
Work with education colleagues and the wider multi-agency teams and help to improve public health outcomes for children/young people and families
School Health Needs Assessments (SHNA's) in Reception, Yr6 & Yr9

We also offer support with:

- Sleep
- Continence
- Changes to your body (puberty)
- Emotional health and wellbeing
- Managing behaviour
- Hygiene
- Sexual Health and much, much more



What's On?

Stoptober 2026

Quit smoking in 28 Days!

October is QUIT SMOKING month, and the NHS provides guidance to quit in just 28 days. If you're struggling to STOP smoking, go to the NHS web

<https://www.nhs.uk/better-health/quit-smoking>

Breast Cancer Awareness Month

October 1st – October 31st

(BCAM) The 2026 campaign theme, **Every Story is Unique, Every Journey Matters**, reflects the reality that breast cancer touches every person differently. The theme encourages listening to personal stories, reducing stigma, and building community among those affected – whether as patients, survivors, carers or supporters.

<https://breastcancernow.org/get-involved/breast-cancer-awareness-month>



OCTOBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November

Supporting Men's Health 💙 This November, we're recognising Movember, a global movement focused on improving men's health, including mental health, suicide prevention, prostate cancer and testicular cancer awareness. Movember is a great opportunity to start conversations, check in on friends and colleagues, and encourage men to seek support when they need it. Whether you grow a moustache, take on a challenge, or simply help raise awareness, every action can make a difference. Together, let's help break the stigma and support better health outcomes for men. 💙

<https://movember.com>



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Partnerships & Engagement

Improving Immunisations Uptake Team 0-5 years

Sara and Elliot from the *Lancashire 0-5 Improving Immunisations Uptake Team* have been busy in the local communities promoting the importance of immunising babies and children from 0-5 years of age. Their role is commissioned by the UK Health Security Agency (NHSE) and is hosted by HCRG Care Group Lancashire Child Health Information Service (CHIS), currently on a pilot project.

Vaccines are a simple and effective way to help protect against harmful diseases and the Improving Immunisation teams aim is to enable parents/carers to make informed decisions about vaccinating their children.

Recent changes to the childhood vaccination schedule might prompt some conversations or questions...

- ❖ Often referred to as 'baby immunisations' or 'pre-school immunisations', parents/carers will receive letters from CHIS for any outstanding/overdue vaccinations up to their child's 6th birthday.
- ❖ From 1st Jan 2026 MMR vaccines (measles, mumps rubella) were replaced with MMRV, which is the addition of chicken pox (varicella). Chicken pox has been vaccinated against in other countries for over 20 years.
- ❖ From 1 November 2026 to 31 March 2028 there will be a single dose selective MMRV catch-up programme for older children who have not yet had chickenpox infection or 2 doses of varicella vaccination.

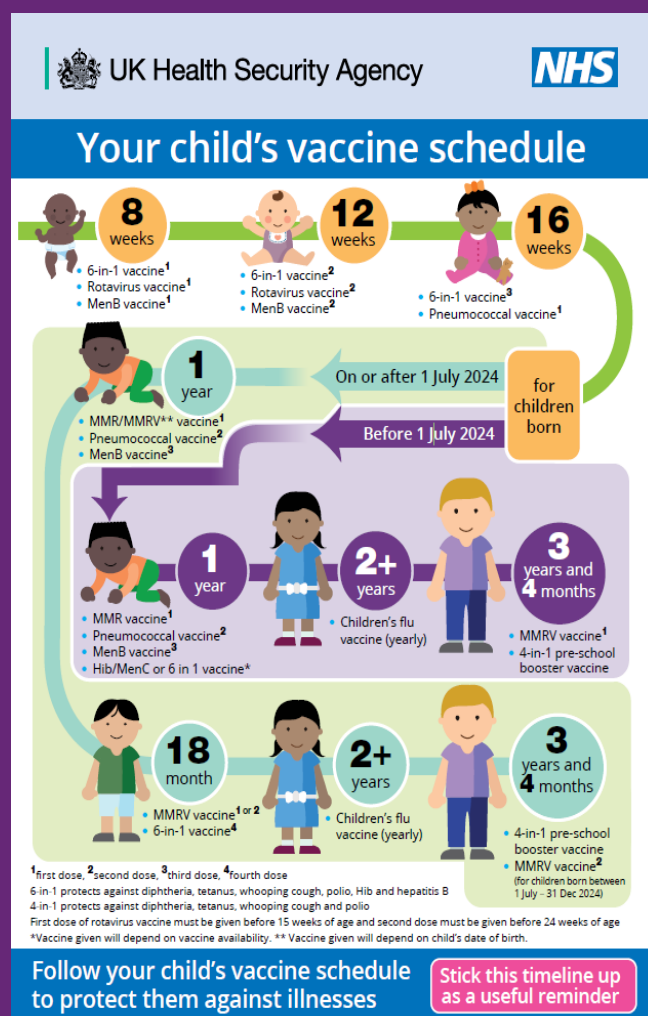
If you work with children under the age of 6 years old, the Improving Immunisation Uptake Team can work to support with this message by providing access to reliable information or appropriate signposting.

Please email us:

hcrv.vcl.lancashire.improvingimmsuptake@nhs.net

THANK YOU

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