

Our service explained For parents/carers

Connect for Health is a school nurse-led service that supports children, young people and parents/carers. Warwickshire families with a school age child (aged 5-19, or up to 25 for people with SEND) can get in touch with any concerns related to health and wellbeing.

The support we offer includes one-to-one advice, parent/carer workshops on key topics such as sleep and continence, resilience workshops for children, a healthy lifestyles programme, and specialist support such as healthcare plans for children with medical conditions that affect their school day.

Our team also carry out the National Child Measurement Programme and Health Needs Assessments in schools; you'll receive a full description of these initiatives if your child is invited to take part.



What can Connect for Health help with?

- Continence.
- Sleep.
- Behaviour.
- Healthy eating & physical activity.
- Oral health.
- Friendships and relationships.
- Bullying.
- Changing school.
- Parenting.
- Mental health & emotional wellbeing.
- Many other health & wellbeing topics.



If you would like help with any of these topics, please don't hesitate to get in touch using the details below. Our office hours are Monday - Thursday 9 am - 5 pm and 9 - 4.30 on a Friday. If your child is age 11-19, please pass on the details of our ChatHealth text messaging service which they can access for friendly advice from a nurse.

Learn more on our website & download our referral form - scan here or visit compass-uk.org/c4h



Text Parentline (parents/carers): **07520 619 376**

Text ChatHealth (young people 11-19): **07507 331 525**

Call us: **03300 245 204**

Email us: connectforhealth@compass-uk.org



@schoolhealthC4H



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@c4hwarwickshire

