

Annual Report

Academic Year 2023/2024

Compass



Contents

Forewords	2
Introduction	4
Service Priorities: Have we met our objectives?	5
National Recognition	8
Safeguarding	10
Referrals	13
Universal Contacts	14
Interventions in Schools	24
How the Service is Making a Broader Difference	26
Priorities for Next Year	32
Useful Contacts	33

Forewords

Foreword from Public Health

The School Health and Wellbeing Service has been providing a high quality, visible, accessible, and confidential offer, focused on improving health and wellbeing and reducing health inequalities for school aged children and young people in Warwickshire for nine years.

Connect for Health maintain strong relationships with schools and professionals whilst continuously reviewing how services can be delivered most effectively, ensuring public health messages are fully embedded into their day-to-day activity and engagement with young people and their families.

As Warwickshire County Council's new commissioner for School Health and Wellbeing Services, I have been impressed by the work Connect for Health does to support the children and young people in Warwickshire schools. The positive and proactive culture can be seen throughout the organisation, and this shows in their ongoing approach to finding ways to support children and young people when demand is constantly increasing and continuing to improve to reach not only the Key Performance Indicators, but also the additional objectives that are set each year.

We would like to thank all the staff at Connect for Health for their hard work and commitment to maintaining a high-quality service for children and young people in Warwickshire.

Helen Earp

*Sexual Health & School Health
and Wellbeing Commissioner -
Public Health*



Forewords

Foreword from Compass

The positive impact that the School Health & Wellbeing Service continues to have on the lives of children, young people, families, schools and communities is evident. In its ninth year, the service shows no let-up in its desire to improve what it delivers and how it can deliver it with greater impact. The team always reflect on the data generated from its public health activities and the processes to undertake them, to identify different approaches and solutions to better respond to identified needs and release more time to care.

Demand for the service remained high; a testament to the partnerships and networks forged by the team with schools and communities. Using their knowledge and experience, leaders and staff sought to deliver universal screening in different ways that would increase uptake and also find efficiencies resulting in more time to support more families referred into the service. These positive changes led us to fully deliver on the three HNA programmes (Reception, Year 6, Year 9) in slightly different ways, such as anonymising the Year 6 questionnaire, with real success.

The team engaged with schools on the adapted approaches, gathered the data, analysed it, met with them to discuss the findings, and co-produced and delivered on their action plans. The outcome was that the service wasn't interrupted by Covid or overrun with responding to flags generated by the questionnaires. As we plan for the 24/25 academic year, it feels like the team has reached a 'balance' between gathering meaningful data, analysing it, and getting back out and delivering the interventions in response to the needs identified. It has been quite simply another fantastic team effort.

Rachel Bundock

Chief Executive, Compass



Compass

01. Introduction

Connect for Health Service Review 2023/24

We are pleased to present the annual report for the academic year 2023/24. This report illustrates the range of services we have provided to children, young people and families across Warwickshire. It describes some of our high quality, evidence based, targeted interventions as well as our universal Public Health delivery.

This year's report features our work with Warwickshire's Gypsy, Roma and Traveller community, as well as our developments with children with additional needs. In addition, we bring you an update with how our RSHE professional network continues to grow and flourish.

We are proud that we have once again, delivered a preventative Public Health service which supports families to have better health outcomes.



02. Service Priorities

Have we met our objectives?

Connect for Health has successfully met the four strategic priorities outlined in the previous annual report. These are linked to Warwickshire County Council's Outcome for Children and the National School Health Service Outcomes.

Improve health behaviours and reduce risk-taking

We said we would - "Further provide advisory relationship, sex and health education (RSHE) support to all Warwickshire schools".

The relationship, sex and health education (RSHE) programme of support to Warwickshire's schools has been going from strength to strength. We have held 10 network meetings across the county and have covered topics such as respectful relationships, the law, misogyny and online safety. Also attending the network meetings are practitioners from a range of different agencies such as Targeted Youth, Police and Integrated Sexual Health Services. This engagement helps to support multi-agency working and a consistent approach to RSHE across the county.

We said we would - "Design and deliver a condom distribution scheme for the county".

We have extensively listened to the voice of young people to learn what they wanted from a condom distribution and pregnancy testing service. They named the service PROTECT and supported with the creation of the service branding. PROTECT training has been piloted and sites have been established in key locations. This means that young people have greater access to sexual health information, advice and support.



10 RSHE network meetings took place this academic year



Multi-agency working continued to establish a consistent approach to RSHE



Established the new PROTECT service in key locations

Supporting healthy lifestyles

We said we would - “Expand our public health resources so that parents/carers are aware of the lessons we are delivering in schools”.

This year we launched our Marvellous Minds Parent/Carer Pack. This pack introduces parents/carers to the Marvellous Minds programme we deliver in schools. It explains what mental health and wellbeing topics their child will be exploring during the 3 week programme and makes suggestions for how they can support their child at home.

We said we would - “Ensure we share health education resources and learning content with schools ahead of delivery”.

Over the course of the year, Connect for Health have shared health education resources with schools prior to delivery. This has given education staff the opportunity to view the content and confirm it's appropriateness ahead of delivery. We have also encouraged schools to share the health education resources with parents/carers so that they have a clear understanding of what is being delivered by C4H.



Parent/carer document creation



Document review and approval



Distribution to schools and parents/carers

Supporting vulnerable young people and improving health inequalities

We said we would - “Specialist Community Public Health Nurse student project to build on lessons learned and to explore how we can better engage with members of our Gypsy, Roma and Traveller (GRT) community”.

This year we have had extensive engagement with members of our Gypsy, Roma and Traveller (GRT) community. Our SCPHN student has been an active member of the Warwickshire GRT Engagement Group and through this has continued to build links with community members and site managers. This resulted in us being invited to co-deliver health promotion activities at a GRT site. The interactive oral health and healthy eating activities went down very well with the children and parents, and we have been invited back to do further health promotion and early intervention work in the future.

We said we would - “Ensure meaningful engagement with children, young people, and families from vulnerable and/or marginalised groups such as home-educated and refugees/asylum-seekers”.

In June we held an education event at Claremont Children's Centre for children and young people who were home educated in the Rugby area. We held the event in conjunction with Change Makers and the lead of Education Otherwise, Wendy Charles-Warner, and during the day we offered a variety of activities including fruit kebab building, sports day style games and the creation of “emotion cups”. Following this innovative event, we plan to broaden our programme of delivery to other areas of the county. In addition, we have been regular contributors to the Asylum seeking and refugee maternity/HV and School Nursing group. This group explores how health agencies can best support this vulnerable group.



Strengthen partnership working

We said we would - “Continue to contribute to integrated working around Warwickshire's Core 20+5 priorities”.

Over the course of the year we actively participated in the Asthma Core 20+5 working group. Through working with the Warwickshire Asthma Nurses, we jointly reviewed and made improvements to Connect for Health's asthma training videos for school staff. We consulted with schools around their appetite to work towards an Asthma Friendly Schools Award if such an award were to be designed. There was interest in this initiative and this may lead to further collaboration work with the Asthma Nurses in the future.

We said we would - “Support partnership working around priority schools

During the year we have co-ordinated and delivered several sexual health roadshows across the county. We invited representatives from the Police, Barnardos, Integrated Sexual Health service, Safeline and Refuge to join us at the roadshows and this provided a good forum for partnership working to take place. The roadshows were very well received by schools, colleges and young people alike, and more are planned for 2024/25. In addition, Change Makers worked alongside Connect for Health to deliver health interventions to schools with the greatest level of need.



03. National Recognition

SAPHNA Podcasts: School Nursing Uncovered

This year, Connect for Health were invited to participate in a series of podcasts created for School Nurses, by School Nurses. The series was a collaboration between the Digital Health Transformation Service (DHTS) at Leicestershire Partnership (LPT) NHS Trust and the School and Public Health Nurses Association (SAPHNA).

The School Nursing Uncovered podcast featured School Nurses from around the country discussing the challenges and issues affecting children, young people and families. Discussion topics included mental health, vaping, gender identity, safeguarding and healthy lifestyles. In addition, the role of the School Nurse was explored with the overarching outcome being that School Nurses are advocates for children and young people. Hannah Roberts, Specialist Community Public Health Nurse student, and Anne Tomkinson, Practice Educator, contributed their professional viewpoints to the discussion topics and showcased the work which Connect for Health delivers on a daily basis. They were both proud that School Nurses complimented the work Connect for Health was undertaking.

The School Nursing Uncovered podcasts are nationally available and data from SAPHNA and LPT indicates that the various podcasts have been listened to 3,300 times! This illustrates that the podcasts are a valuable learning tool for other School Nurses across the country.


3,300
 Listens



SAPHNA Conference: September 2023

Karen Cornick, Service Manager, attended and presented at the SAPHNA annual conference in September 2023. Using Connect for Health as her example, she exhibited how the use of a skill-mix team can elevate a service and have a positive impact on children, young people and families and the support they receive.



With the analogy of 'being in a team is a bit like baking a cake – every member (ingredient) has a vital part to play', she expressed how combining and blending a range of different individuals' abilities, knowledge, training, education and experiences, can create a team which is equipped to provide the best possible support for service users.

Karen detailed how Connect for Health has implemented both Standard Operating Guidance and Preceptorship Packs to communicate to every staff member the overview of each role within the service, and outlines the expectations of how their particular role works alongside others, emphasising the importance of each contribution.

"I feel it is important to create teams where staff feel competent and confident in their role and understand how their vital work contributes to the overall service delivery. I am a true believer that we need the right people, with the right skills, in the right place, at the right time".

Karen Cornick, Service Manager, C4H



**Looking to a positive future:
strengthen | prevent | promote |
protect**

04. Safeguarding

Multi-agency working



Connect for Health is one piece of the jigsaw in a multi-agency approach to safeguard vulnerable children and young people in Warwickshire. Our service works closely with the established Children in Care and Child Exploitation teams, along with other dedicated professionals across the safeguarding partnership. This collaboration allows us to provide the most effective support for our vulnerable children and young people.

Supporting Children

Review Health Assessments (RHAs) have continued to be completed by Connect for Health for children in care (CIC). These assessments create the opportunity for children and young people to express any worries or concerns they may have. From the assessment, we're then able to create a personalised healthcare plan. The high quality of the assessments and action plans completed by nurses has been complemented upon by the CiC team.

Connect for Health has seen a startling rise in our involvement with children's safeguarding over the last academic year. Our attendance at safeguarding meetings and the completion of holistic health assessments have all dramatically risen. This indicates a greater level of need from the school nursing service in the protection of children.

C4H involvement in safeguarding processes and meetings

Activity	2022/23	2023/24	Year on year % increase
Review Health Assessments	175	176	0.5%
Holistic Health Assessments	409	494	21%
Initial Child Protection Conference	222	336	51%
Core Groups	574	638	11%
Review Child Protection Conference	131	140	7%
Child In Need Meetings	143	148	3.5%
Strategy Meeting	166	190	14.5%
Early Help Meeting	150	193	29%

Holistic Health Assessments (HHAs)

The Holistic Health Assessments are an informed way of assessing a child or young person's health against the expected child development milestones. Following on from an assessment, the Connect for Health nurse will determine whether their development is considered 'age appropriate' using their professional judgement. During this academic year, 494 HHAs were completed, allowing the service to identify and provide support for those who needed it. The detailed assessment is shared with the child/young person themselves along with the relevant family members and safeguarding partners. Collectively, it is decided which service would be the most appropriate to support the identified health needs of the individual.

Case Study: Primary School Referral

A primary school referred into C4H for Marvellous Minds group work due to some Year 6 children having specific friendship difficulties and requiring emotional resilience support.

C4H met with the group initially to know a bit about each child and to understand what were the main issues within their friendship group. We did this through open, safe discussion, icebreaker games and an 'All About Me' worksheet. Over the weeks we then explored emotional literacy where we used the emotions wheel to discuss how each person in the group had been feeling over the last few days. For this group specifically we were able to include some specific, healthy friendship and positive mindset discussion and information sheets to include in their pack to take home. During week 2 we covered Thoughts, Feelings and Behaviours and then in week 3, we covered resilience building and coping strategies.

We discussed what resilience is and discussed how to feel good about ourselves completing worksheets to aid this. A pack was given to each child with their completed worksheets together with takeaway "top tips" information.

After a rocky start where there were tears, arguments, and silence among the pupils, the group ended the Marvellous Minds programme, happy and supportive around each other. They reported feeling like a proper, healthy friendship group. Which made them feel happier and more positive in themselves.

"You listened to us and helped our friendships re-connect".

Student feedback



Case Study: Secondary School Referral

A young person who had historically experienced sexual abuse was referred to Connect for Health due to current concerns regarding their levels of anxiety and self-harming behaviours.

During my first two sessions with the young person I got to know them and started to explore their mood and coping strategies. On the third session, I broached the issue of the historical sexual abuse and although they were initially guarded, they did open up and share some of the details around what they had been through. I explained how previous traumas can affect how we manage our emotions in the future during times of stress.

Following this intervention with Connect for Health, the young person agreed for a referral to be made for the necessary therapeutic intervention. The young person shared with me that they had only discussed the previous abuse, as they had built a relationship with me and felt safe and believed.

The outcome of the intervention is that the young person is now receiving the appropriate therapeutic intervention which will support their overall physical and emotional health and wellbeing.

**The young person felt
"safe and believed"
which allowed them to
open up to a Connect for
Health staff member
and receive the support
which they needed.**

Student feedback

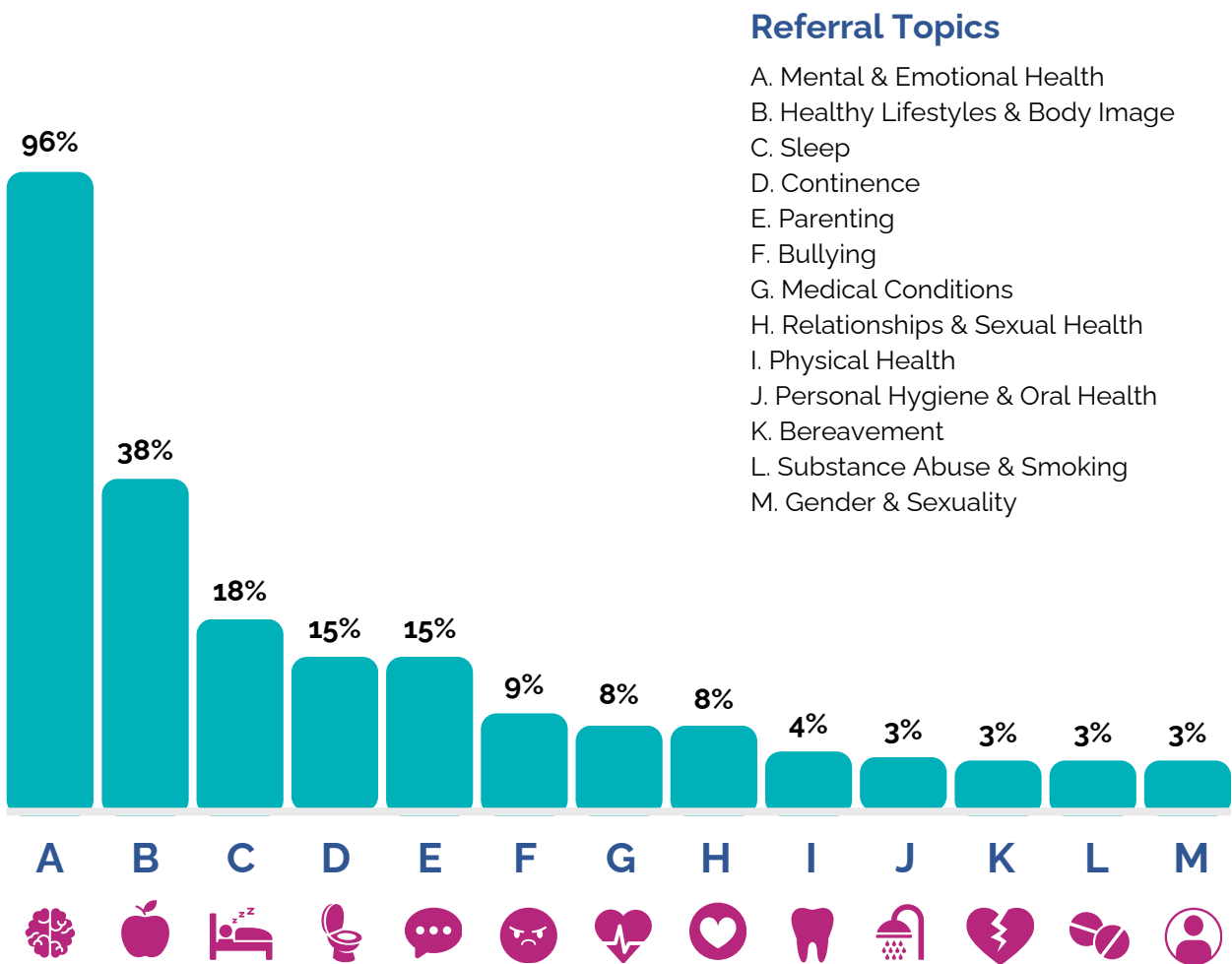


05. Referrals

Referral Topic Data

This chart demonstrates the support topics provided, as a percentage of the overall number of referrals received in 2023/2024. Once again we can see that mental and emotional health is the overarching concern for children and young people who are referred into the service.

Connect for Health has a variety of different evidence based, mental health interventions that we can provide to children and young people. These programmes help to strengthen their resilience and support them to navigate life's ups and downs. As part of these programmes, we also share general healthy lifestyles advice so that we are giving them the tools to be fit and healthy and reach their full educational potential.



06. Universal Contacts

Health Needs Assessments

This year we changed how we responded to some of the questionnaires. With the School Readiness Health Questionnaire, we provided parents with information, advice and signposting throughout the questionnaire. Based on their responses, they were encouraged to contact Connect for Health independently for additional support and guidance if needed.

New for this year was the anonymisation of the Year 6 questionnaire. This was put into place so that the service could respond more efficiently with school health promotion activities rather than providing interventions to individuals.

For the Year 9 HNA we kept the questionnaire identifiable and provided a mixture of individual and group interventions. For those where the completed questionnaire indicated a higher level of need, students were supported individually. However, for those who indicated a lower level of need, they were supported via group interventions. The group interventions included the General Health and Worthless Worries workshops.

HNA Feedback: Information Sharing Meeting

Following the Year 6 pupils undertaking the Health Needs Assessment Questionnaire in a primary school within North Warwickshire, the data identified that sleep was the top priority within the school. 81% of Year 6 pupils reported that they have problems falling asleep at bedtime, 44% reported they wake up in the night and 63% reported that they go to bed after 9pm.

Following the HNA data being shared with school they took action and made all staff aware that "sleep" had been identified as a concern.

The school is quite unique as it provides each pupil with an iPad which they can use throughout the time that they are at the school. Following the school being made aware of the concerns around sleep, they programmed all of the iPads to turn off at 20.00hr to support in promoting a healthy sleep routine.



Case Study: Year 9 HNA

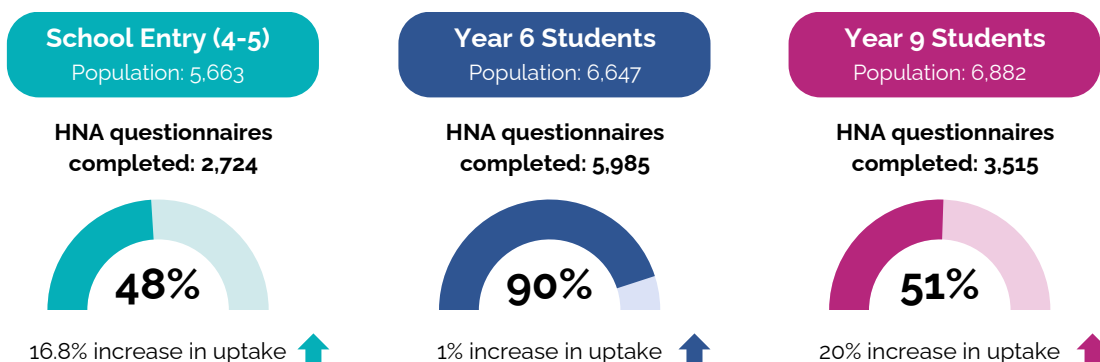
Following the Year 9 HNA, we delivered a General Health workshop to some of the young people who had completed the questionnaire. The session went well and the young people actively participated in the workshop. The next day, one of the young people asked their head of pastoral care if they could meet with me privately. I met with them in school and thanked them for coming. I could tell that they were clearly anxious and I told them how brave they had been to reach out for support.

Gradually the young person opened up to me as they shared their concerns around their eating and exercise routines. They said that they avoided eating certain foods, they now felt differently about food and they no longer enjoyed eating. They also said that they weighed themselves every day and exercised repeatedly, never feeling like they were fit enough. They didn't like the shape of their body and they also reported having arguments with friends and family about food.

It was very apparent that this young person was not eating a full, balanced diet and was exercising excessively. I was concerned for their physical and mental wellbeing, but was pleased that the young person recognised the issues and was seeking support. Following consultation with a family member who was going to support the young person, I referred on to specialist eating disorders support.

Through the young person completing the health questionnaire, they had been able to recognise that their eating and exercise pattern was abnormal and they sought help. This intervention and onward referral supported the young person with their health need and prevented the problem from escalating further.

HNA completion by year group

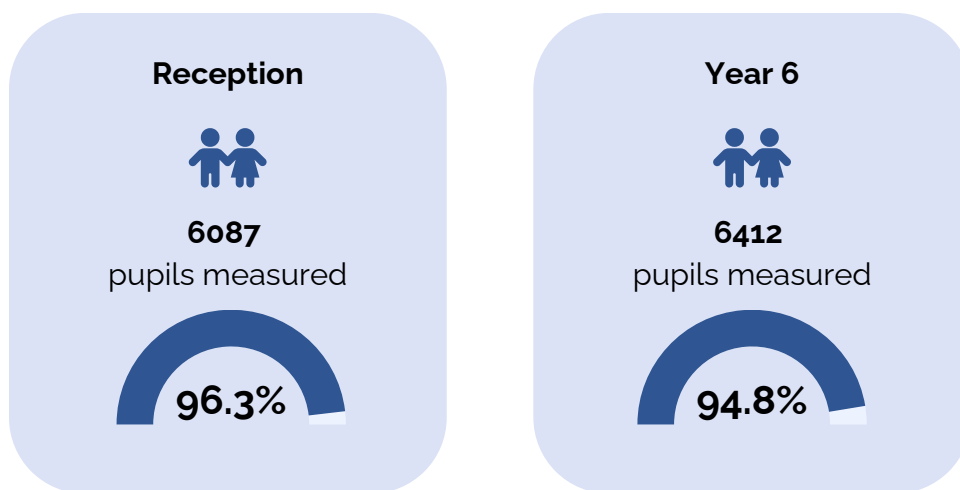


National Child Measurement Programme (NCMP)

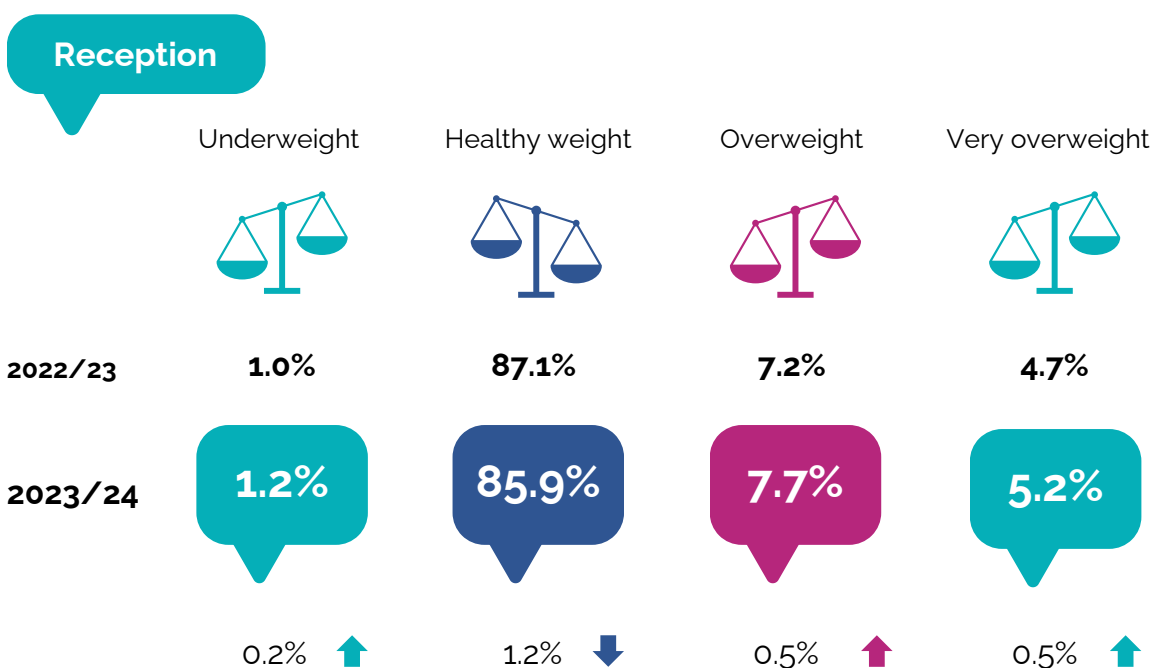
The National Child Measurement Programme is a mandated annual programme delivered by Connect for Health on behalf of Warwickshire County Council. It involves measuring the height and weight of all school children in Reception and Year 6.

NCMP data was uploaded onto the NHS Digital platform on a monthly basis. These regular data uploads, allowed those children who had been recorded as having an extreme BMI to be contacted by Change Makers, so that interventions to support them could commence sooner.

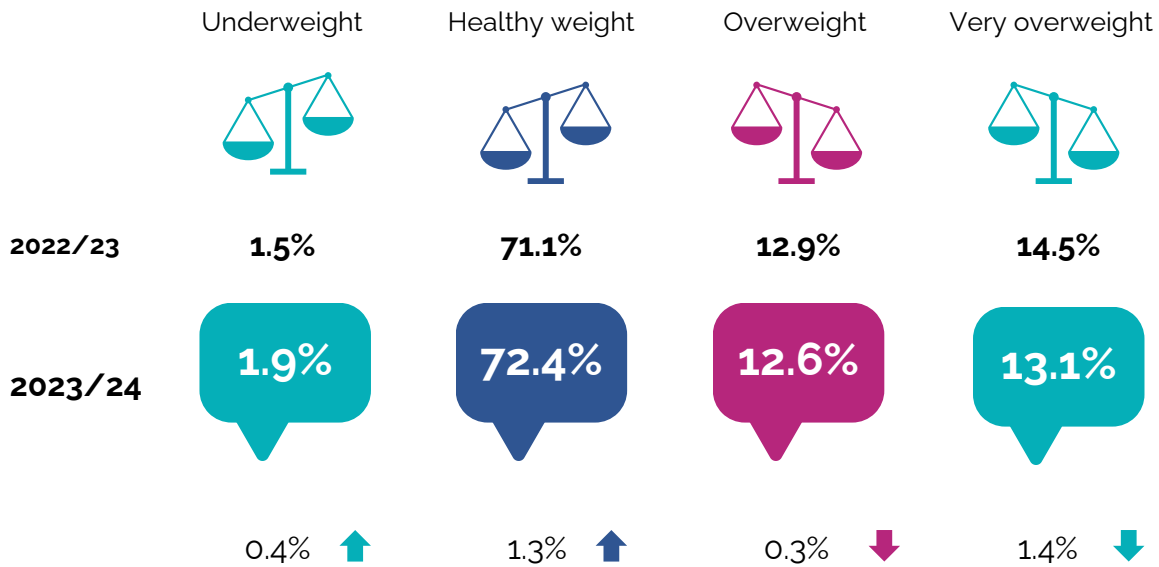
NCMP Completion Rate



Year-on-year comparison of all children weighed



Year 6



HNA population-level data

5% of school readiness pupils never sleep in their own bed at bedtime. 13% of Year 6 pupils always have problems falling asleep at bedtime. 25% of Year 9 pupils say they do not get 7-8 hours of sleep a night.



Less than 1% of school readiness pupils are sometimes or never generally happy. 27% of Year 6 pupils and 22% of Year 9 pupils said they sometimes or never feel happy.

27% of Year 6 pupils and 38% of Year 9 pupils said they sometimes or never like their body.



22% of Year 6 pupils and 6% of Year 9 pupils said they do not know how to report inappropriate messages or images on social media.

Change Makers: Healthy Lifestyles Services



Change Makers work alongside Connect for Health and deliver their healthy lifestyle service to children, young people, families and schools across the county.

The service offers a 7 week programme designed around the concept of behaviour change and helping to inspire individuals and families to adopt a healthier lifestyle. Change Makers also conducts 'Fussy Eating' parent/carer workshops to provide tips and strategies to encourage children to eat a wider variety of foods when they have a limited diet.

Within education, they work with primary and secondary schools to offer workshops which cover both nutrition and physical activity.



286

children completed the 7-week family programme

24 primary schools and 2 secondary schools hosted the 7-week programme

126

parents/carers attended the fussy eating workshops

"The children have absolutely loved the games. We've learned so much more about healthy eating".

Feedback from a parent/carer following the Healthy Lifestyle Programme

"He's tried loads of new foods. He's loved the snacks and eaten things he would never usually try".

Feedback from a parent/carer following the Fussy Eating Workshop



Case Study: Secondary School Programme Bilton High School - Rugby

Six young people were referred to the Change Makers 7-week programme which was running in Bilton Secondary School. The young people reported that they regularly ate takeaways and drank large volumes of fizzy drinks.

During the programme the young people learnt about portion size, food labelling, and hydration, as well as being reminded of the importance of oral health and physical activity. They also explored the cost of takeaway food compared to quick, easy to prepare meals which could be made at home.

The group particularly enjoyed making pitta pizzas, healthy wraps and the salsa and guacamole to go with the homemade nachos. At the end of the session they were encourage to set personal goals around what they wanted to achieve over the next week. Progress towards these goals was discussed at the next session and the young people enjoyed sharing their achievements with others. Most of the group were now reporting that they were eating a larger volume of salad or vegetables, and had reduced their consumption of takeaway meals.

The feedback received from the young people on the 7-week programme was very positive with them reporting that they are now more knowledgeable about healthy meals and healthy choices.

"Seeing them cooking, trying new foods and sharing those experiences with peers was amazing".

Feedback from a member of staff following the Healthy Lifestyle Programme



Special Educational Needs & Disabilities (SEND) Support

Our experienced Learning Disability Practitioner holds a caseload of children and young people who have the most significant learning needs. This includes children and young people with a variety of different neurological and developmental conditions. Our practitioner is able to provide bespoke, supportive, one-to-one interventions which is person centred. Such support could take the form of providing practical strategies for children and young people with emotional regulation difficulties.

Our Learning Disability Practitioner attends education meetings and networking events to both promote the service, and offer SEND specific support and guidance to staff. In addition, they provide regular updates and training sessions with Connect for Health staff to further enhance their SEND knowledge and skills.

**Warwickshire
children and young
with SEND**



16,217
in total

**Warwickshire
children and young
with an EHCP**

6,054
in total

**this data does not include those
with an EHCP**

**Connect
for Health**
Your school nursing service

**HELLO! I'M
KIERA**

ABOUT ME :
Hi, I'm Kiera - I work with Connect
for Health.

My favourite things:

- Food: Pizza
- TV Show/Movie: Game of Thrones
- Hobby: Building Lego
- Animal: My dog, Freddie!

I'M LOOKING FORWARD TO WORKING WITH YOU!

Case Study: SEND Support

A referral was received for a child presenting with severe anxiety, changes in behaviour and sporadic school avoidance. Due to the nature of the needs, being a diagnosis of Autism, Developmental Delay and having an Education Health Care Plan – the referral was allocated to our Learning Disability Practitioner. Both school staff and parents were seeking advice and support on how best to manage the child's anxiety and behaviours. They also thought it would be beneficial for the child to develop strategies for regulation and anxiety management.

I arranged an initial intervention with the child where I was able to identify the key areas of anxiety. As a result of this, it became evident that the child was anxious around the upcoming transition to high school.

In order to successfully address this, it was first appropriate to focus on supporting the presenting anxiety and management of this. Over three sessions, we completed work around the Zones of Regulation and practical strategies such as breathing techniques and grounding.

Following this, the child showed a decrease in general anxiety, as well as an improvement in school attendance. We were then able to begin work focusing on transition, and the child successfully completed a transition booklet which was later shared with family for use at home.

Following this intervention the child had an increase in school attendance, presented with a decrease in anxiety, and was able to clearly articulate her thoughts and feelings with those around her. Feedback from school staff was that following the interventions, "the child has shown a lot more confidence in sharing their needs with staff".

As a result of the care provided, there has been positive long-term impacts for the child with them now having a stronger sense of self-confidence and an improved ability to advocate for themselves and their needs.



"the child has shown a lot more confidence in sharing their needs with staff".

Feedback from a member of staff following the interventions

Continence Workshops and Support

Connect for Health continued to offer continence workshops for parents and carers to access information, support and advice surrounding their child's continence, delivered by our Family Brief Intervention Workers (FBIWs). This year, all workshops have been held online via Zoom to provide flexible access for families to attend. We held a total of 24 workshops with 202 parents/carers attending and engaging with our service.

The presentation is always followed by a Q&A session where parents and carers have the opportunity to express their concerns and put forward questions about their own child and individual situation. This enables our service to provide tailored advice which is then followed up at the 8-week contact point after the session.

In addition to the workshops, our FBIWs also carried out one-to-one support for continence issues with individual families who had referred into the service.

513
Referrals for
continence support

We held 12
mainstream and 12
SEND continence
parent and carer
workshops

202
Parents/carers
attended the
workshops in total

"During the follow-up call, parents and carers will share that the workshops are supportive and give relevant support and advice in an informal way".

Feedback from a Family Brief Intervention Worker at C4H

Case Study: Continence Support

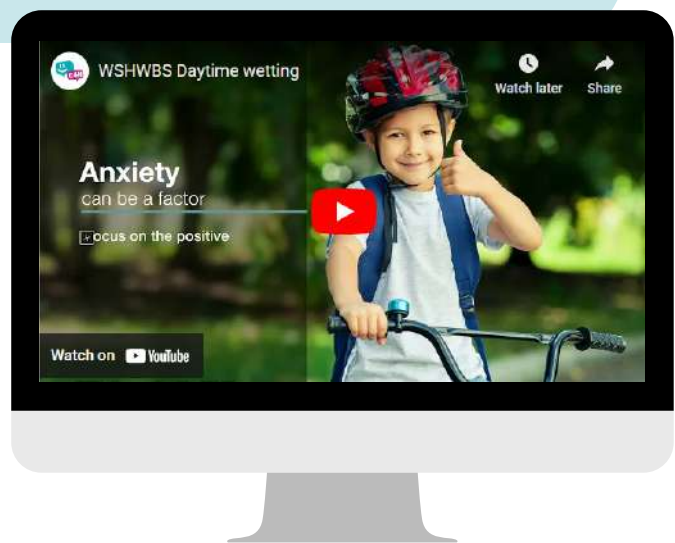
A 5 year old boy was referred into our service for toileting issues and soiling in school. mother had previously accessed our SEND Continence Workshops, however the issues surrounding the toileting had not been resolved and further 1:1 support was required.

The mother's first language was Albanian and we therefore transcribed the Connect for Health continence videos into Albanian using specialist software on the Compass website. When we met with mother she was given the Albanian transcript to follow whilst the continence videos were playing. This greatly improved her level of understanding.

A follow-up appointment was arranged to co-design a toileting plan which could be used at school and home. This included a regular toileting routine together with the use of prescription medication from the GP. Connect for Health continued to support mother and liaised with the school SENCO regarding the toileting plan, and both the school and the mother were pleased that the child started going to the toilet properly.

Throughout this intervention we were able to effectively adapt and communicate the health information required to support the child with their toileting issues. This has given mother the knowledge, understanding and confidence to support her child's toileting needs.

This had a positive effect on the child's school life due to them being more comfortable and having less toileting accidents. This has allowed him to settle more within his peer group and have a positive long-term effect on his physical health, as well as his emotional wellbeing.



07 • Interventions in Schools

Primary and Secondary Interventions

Connect for Health is proud that delivering public health interventions to schools and communities remains a strong focus for the service. Once again, we have been out delivering a range of workshops, assemblies, group activities and one-to-one sessions.

We worked collaboratively with schools to share Public Health messages through assemblies, workshops, display board resources and signposting information.

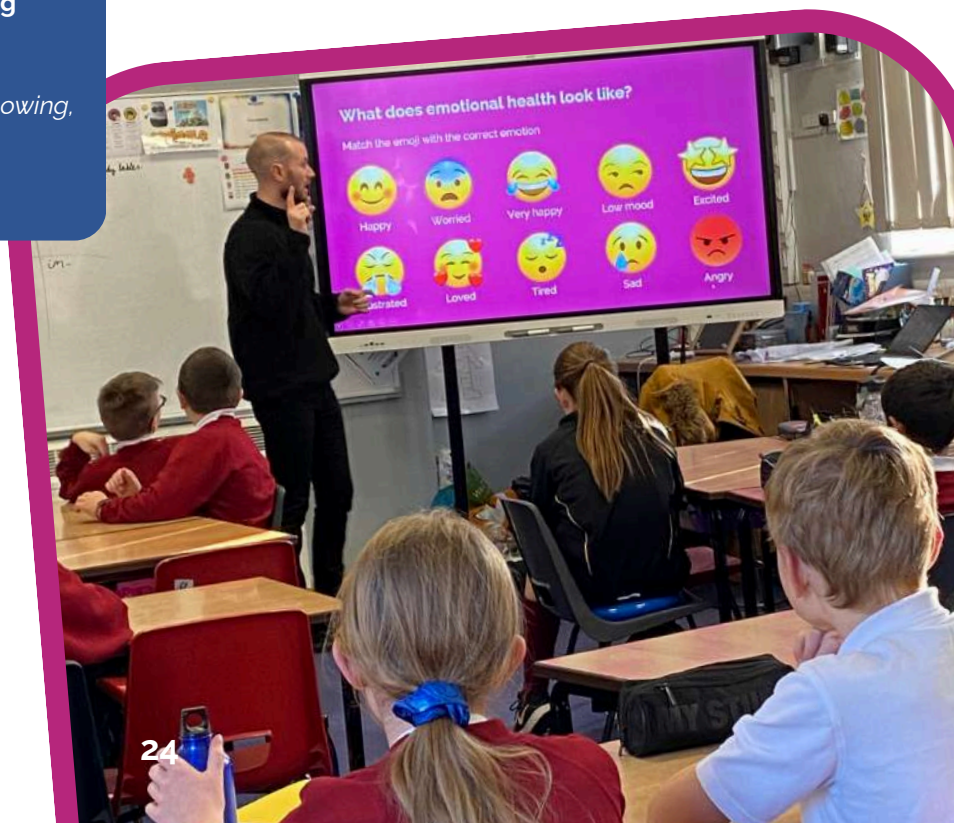
Assemblies and workshops were delivered on many health and wellbeing topics, some of these included general health, sleep, handwashing, oral health, emotional health, resilience, friendships, puberty, periods, personal hygiene and more.

We worked with our colleagues at Change Makers who delivered healthy eating and physical activity workshops and programmes at schools where support was required.

Interventions were delivered based on evidence collated from questionnaires completed by parents and pupils. We also responded to requests from schools that had identified areas of support for health and wellbeing needs.

"There were a range of activities to keep the children engaged including discussions and quizzes".

Feedback from the school teacher following, St Gabriels Primary School: Emotional health workshop for year 6 pupils





08. How the service is making a broader difference

How we are nationally, regionally and locally connected

We have continued to maintain our connections with strategic school nursing leaders, national bodies and educational establishments, and are proud to be active members of national special interest and practice development groups.

We are pleased to have a long-standing association with the School and Public Health Nurses Association (SAPHNA) which is the national organisation for nursing. This year we have established strong links with the bladder and bowel stakeholder group and have supported with the development of multi-agency care pathways for CYP who have continence difficulties.

Who we are connected with:

<p>Queen's Nurse Institute</p> <p>Publicising the school nurse role on a national platform</p>	<p>School and Public Health Nurses Association (SAPHNA)</p> <p>Corporate membership</p>	<p>Wolverhampton University</p> <p>Practice progress meetings</p>	<p>Warwickshire Resettlement Scheme Meeting</p> <p>Supporting refugees and asylum-seeking families</p>
<p>Coventry University</p> <p>Nursing Associate practice placement group</p>	<p>Warwickshire's Child Exploitation Group</p> <p>Supporting a multi-agency approach</p>	<p>SAPHNA</p> <p>SEND special interest group and safeguarding webinars</p>	<p>Warwickshire's Early Years and School Effectiveness, SEND/Quality and Impact service and School Improvement Team</p>
<p>SAPHNA</p> <p>Practice Educator special interest group</p>	<p>Warwickshire's Child in Care Team</p> <p>Supporting a multi-agency approach</p>	<p>Wolverhampton University Working Group</p> <p>Implementation of revised SCPHN standards</p>	<p>Warwickshire's Safeguarding and Children in Care Assurance Forum</p> <p>Ensuring a multi-agency approach</p>
<p>Warwickshire's Early Help Network Meetings</p> <p>Ensuring a multi-agency approach</p>	<p>SAPHNA</p> <p>Leadership team safeguarding supervision</p>	<p>Warwickshire's Cross Borders Meetings</p> <p>Working with Public Health leads across the West Midlands</p>	<p>ChatHealth</p> <p>National clinical call</p>



SCPHN Student Project 2023-24: Hannah Roberts Gypsy, Roma and Traveller Community Outreach

Tackling Health Inequalities Through School Nurse Led Public Health Interventions

"Gypsy, Roma and Traveller (GRT) communities have some of the poorest health outcomes, stemming from significant health inequalities". (The House of Commons, 2019)

With a well-established condition of health inequalities amongst the GRT community, it has been identified that the role of the School Nurse is vital for providing health education to children, young people and families to help tackle this issue. The aim of the project was to work collaboratively with communities and partners to deliver health education and improve health outcomes for GRT school-aged children across Warwickshire.

To accomplish this, we adapted our service practice to work collaboratively with the Warwickshire GRT Engagement Group; consisting of multi-agency professionals working together to improve outcomes for GRT communities, to search for specific health needs which we could provide support for.

By listening to the voice of the local GRT communities, community advocates, professional research and networking with existing trusted professionals, we were able to determine the best methods of how to provide health support and advice to the GRT community. Our approach was influenced by the notion that to build trusting and positive relationships, we needed to be 'giving to children' and to take our service to them rather than waiting for them to come to us.

"This is the best engagement the community has had with a health service".

Feedback from a LA Site Manager

"It's fantastic that you've taken the time to prepare valuable activities for the children".

Feedback from a LA Site Manager

Oral health, healthy lifestyles, and emotional wellbeing were identified as key health needs for the school-aged population and beyond. We conducted multi-agency working to facilitate School Nurse led public health interventions delivered on a Local Authority Traveller site.

01. An initial meet and greet was arranged to promote the service and gift sponsored Aston Villa footballs along with colouring books featuring key public health messages, crayons, and healthy snacks.

02. We conducted an oral health session where the children in the community learnt through interactive games and activities. Connect for Health staff were able to communicate important health information, promote dental services and provide them with free toothbrushes and toothpaste.

03. Our third intervention focused on healthy eating and physical activity with the support of Change Makers. The children experienced different methods of exercise and had the opportunity to make fruit kebabs and explore the Eatwell guide plate through games.

To make the experience positive and accessible for all children in the community, we adapted existing school-based interventions to meet the needs of the GRT children by including more interactive games, group discussions and pictorial information.

The feedback has been extremely positive from the Local Authority Site Manager and the GRT community, with Connect for Health being invited back for further engagement to advise and support the families with their health and wellbeing needs.



“Now I know about your service, I would use it if I needed to”.

Feedback from a parent within the GRT community

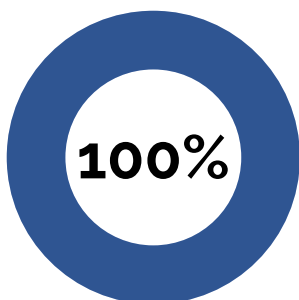
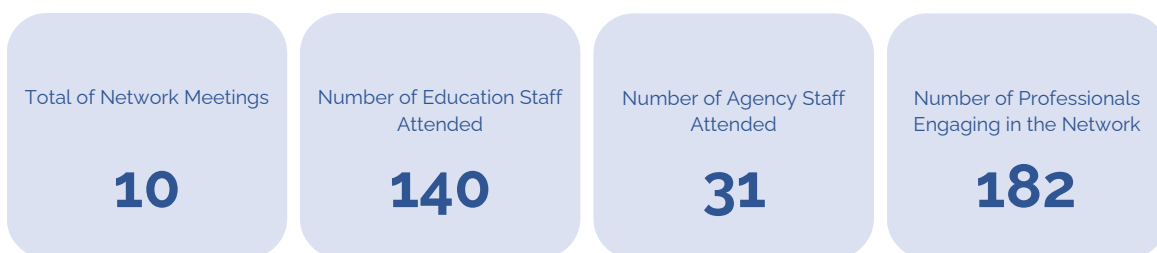
“Can you come here every week?”.

Feedback from a child within the GRT community



Relationships, Sex and Health Education (RSHE) Network

The RSHE Network has shown consistent growth in attendance to meetings, engagement and positive feedback. Throughout the year we have held 10 different Network meetings including those specifically for professionals working with young people with SEND. A highlight was organised in response to concerns raised by schools regarding the INCEL community, misogyny, and the influence of certain online figures. This event, titled "Misogyny and Influencers," took place in November and featured a leading expert from Everyone's Invited. The expert provided valuable training to educational professionals and other agencies working with young people, significantly enhancing their knowledge on these critical issues. Representatives from 66 different schools and agencies registered for the event.



RSHE Network Feedback

- Was this session useful?
- Was the information clear and understandable?
- The information provided will improve my role
- Did the sessions meet your expectations?
- Would you attend a similar event in the future?



"The network provides a great opportunity to meet up with colleagues from other settings who have a deeper understanding of the key difficulties within developing and delivering an effective and appropriate RSHE curriculum, as well as keeping up to date with relevant updates from both the local and national level. Together we are able to discuss some of the trickier issues and work collectively to come up with possible solutions to barriers. Since Covid, in my experience networking opportunities have been more limited, and I have found these meetings an invaluable way of developing my own CPD in collaboration with other colleagues".

Kelly Higgs | Evergreen School



Sexual Health Roadshows

As part of our ongoing initiative to enhance RSHE throughout Warwickshire, we have successfully coordinated three Sexual Health Roadshows. The "Healthy Relationships and Sexual Health Roadshow" is a multi-agency project aimed at fostering healthy relationships and promoting positive sexual health among young people in Warwickshire.

This collaborative effort involves the participation of Sexual Health Nurses, PROTECT, Barnardo's, Refuge, Youth Justice, CYP-DAS and Warwickshire Police. To date, the roadshow has reached 560 students.

In addition we delivered relationship education at The Warwickshire Youth Conference for young LGBTQ+ individuals. Over two sessions, 16 students participated and we received overwhelmingly positive feedback. These initiatives underscore our commitment to providing comprehensive, inclusive and supportive RSHE programmes that address the needs of all young people in Warwickshire.

PROTECT

Following extensive research and evidence gathering, the Condom Distribution and Pregnancy Testing service, PROTECT, was launched. Central to the development of this programme was the input from the young people of Warwickshire; 118 young individuals were consulted to ensure the program met their needs and expectations.

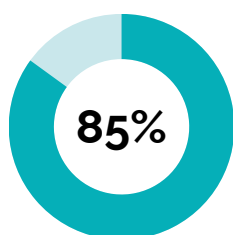
The completed PROTECT training programme equips professionals with the knowledge and skills to educate them on making informed choices, using condoms correctly, and providing a safe space to discuss relationships. So far we have delivered four training days, reaching 34 professionals.

Feedback is gathered from attendees following the training sessions, and the results are as follows:

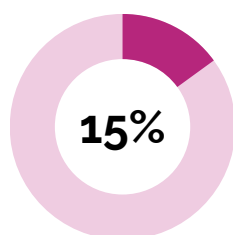


Quality of overall training

"Excellent"



"Good"



Connect for Health Digital Communications

This year Connect for Health has continued to create and distribute health and wellbeing content in the form of a monthly newsletter. This information is sent to all primary, secondary, and special schools which are subscribed across Warwickshire, which can then share the material with their parents and carers. We adopt a strong focus on key public health messages and awareness days, along with local support and information from our service.

The service has a consistent digital presence on social platforms which allows us to share key messages and advice directly to service users without service working hour limitations. This allows us to continually raise awareness about the service and the type of support which we can offer, which increases our overall profile across the county. This academic year, our social media posts have included relevant Public Health messages surrounding the measles virus, scarlet fever and family vaccinations.

Also highlighted on our platforms were key health and wellbeing messages focused on topics such as seasonal safety, healthy eating, emotional health and continence support. Our purpose is to utilise these platforms to promote preventative and reactive health messages to help educate, inform, inspire and signpost, whilst consistently raising awareness about our service and the support we offer.

Facebook

Reach breakdown

1st September 2023 - 18th August 2024

Total post reach

13,023 ↑ 38.6%

From followers

269 ↑ 22.3%

From non-followers

12,777 ↑ 37.9%



09. Our Priorities for 2024/25

01. Improve health behaviours and reduce risk taking

- a. Embed Public Health interventions delivery to the GRT community
- b. Further provide PROTECT training to partner agencies across Warwickshire

02. Supporting healthy lifestyles

- a. Design and deliver a Health Literacy intervention for schools which aligns with the PSHE curriculum
- b. Expand range of group work interventions

03. Supporting vulnerable CYP and improving health inequalities

- a. Ensure meaningful engagement with CYP who are home schooled
- b. Design and deliver parent workshops

04. Strengthen partnership working

- a. SCPHN student project to create a Parent Forum
- b. Provide enhanced Public Health interventions into priority schools



Useful Contacts

Service Manager: Karen Cornick
Clinical Operations Manager: Isabel Main
Address: 1 Allerton Road, Rugby, CV23 0PA

Secure emails: connectforhealth@compass-uk.org (secure using an Egress account)
COMPASS.Connectforhealth@nhs.net (secure from NHS or gov.uk emails)
Connectforhealth@welearn365.com (secure from welearn365.com or gov.uk emails)

Locality hubs:

Central hub - covering schools in Rugby, Leamington Spa and Southam.

South hub - covering schools in Stratford, Kenilworth, Warwick, Alcester, Shipston, Studley, Henley-in-Arden and Kineton.

North hub - covering schools in Nuneaton, Bedworth, Atherstone, Coleshill, Polesworth and Keresley.

Acknowledgements:

Connect for Health staff have contributed to the development and production of this report. The Service Manager would like to thank them and formally acknowledge their efforts.

[Access our previous annual reports here.](#)

Main Service Telephone Number: 03300 245 204

www.compass-uk.org/services/c4h/