



**Academic Year 2022/2023**

**Compass**



## Contents

Forewords	2
Introduction	4
Priorities – have we met our objectives?	5
National recognition	7
Safeguarding	8
Referrals	10
Universal contacts	12
Interventions in schools	21
How the service is making a broader difference	23
Priorities for next year	29
Previous annual reports	30
Contact details	31

# Forewords

## Foreword from Public Health

The academic year 2022/23 has again shown Connect for Health to be a proactive, responsive, and engaged partner for public health in Warwickshire.

The service has worked collaboratively to find solutions to pressures, and has continued to improve multi-agency working with refreshed links with key partners. We have also seen some excellent results in terms of service performance, in spite of a sustained increase in demand compared with the pre-pandemic period.

One particular highlight this year was the successful roll out of the new RSHE (Relationship, Sex and Health Education) professional network, which has had high levels of take-up and engagement across schools and partner organisations. Connect for Health also reached an impressive 88% of Year 6 children for the universal Health Needs Assessment (HNA) programme, which is the largest cohort coverage of any HNA phase to date.

The service continues to show commitment to the full spectrum of the Healthy Child Programme, from supporting schools and communities with local health campaigns, to significant contributions for Child Protection and Children in Care. Given the national safeguarding and workforce pressures on public health nursing, we are proud that Connect for Health have maintained a strong universal offer for Warwickshire children and young people.

**Amy Burnwyn**  
Family Wellbeing  
Commissioner

As School Health and Wellbeing Commissioner, it continues to be a pleasure to work with Connect for Health and to develop our positive working relationship further. I am confident that the service will continue to respond enthusiastically and conscientiously to requests for support, both at child and family level, and across the system.



# Forewords

## Foreword from Compass

Whilst reflecting on this year's annual report achievements, I remind myself of how much this service has evolved over its 8 years. Its journey has been remarkable and a testament to the incredible hard work, commitment and skills of the whole staff team. This year's report demonstrates their tireless efforts to keep on improving, innovating and reaching children, young people and families - who are seldom heard - to make sure they get the service and support they are entitled to.

What is both inspiring and reassuring is the importance given to the value of their public health role in helping to give children and young people the best start in life. Whilst facing increasing demands, the team always find a way to become even more efficient and effective and the feedback speaks for itself. This annual report shows once again the real value of this service and the positive impacts that it has on so many children and young people, families, partners and stakeholders. It is truly embedded within the fabric of the Warwickshire systems, partnerships and communities.

**Rachel Bundock**  
Chief Executive, Compass

Compass



# 1. Introduction

## CONNECT FOR HEALTH SERVICE REVIEW 2021/22

We are pleased to present the annual report for the academic year 2022/23. This report illustrates the wide range of services we have provided to children, young people, and families across Warwickshire. New for this year, our relationships, sex and health education (RSHE) lead shares how she has created an RSHE professionals network, which enables national information and evidence based resources to be shared.

The report also describes some of our targeted interventions as well as our universal public health delivery. We are proud that we have once again, delivered a preventative public health service which supports families. The Connect for Health team have continued to provide high quality, evidence-based interventions throughout the year, which has led to positive outcomes for children and young people.



## 2. Priorities

### have we met our objectives?

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

#### 1. Increase provision of our service offer to vulnerable and/or harder-to-reach groups

- The SCPHN student nurse created connections with partners already linked with Gypsy, Roma and Traveller (GRT) communities and through this work, the service is now a member of the GRT Engagement Group. In addition, they worked directly with Wolvey Primary School to survey parents regarding future school nursing service delivery. This work will spearhead future outreach programmes to these marginalised groups.
- We have continued to undertake holistic health assessments with refugee and asylum-seeking families. This has involved us providing direct support to individuals and signposting to the most relevant health professional. We have contributed to strategic multi-agency refugee and asylum-seeking family meetings. Through these meetings, we have shared the overall health and wellbeing needs of this vulnerable group.

#### 2. Provide evidence-based, mental health and wellbeing support

- We have developed and rolled out two interactive emotional health workshops. 'Fears and Worries' supports pupils in key stage 2, and 'Worthless Worries' is for key stage 3 pupils. Both programmes have been fully evaluated by pupils and their feedback has been resoundingly positive. Many have given the programmes a 5 star rating.
- Mental Health restorative clinical supervision has been provided to practitioners on a scheduled and ad hoc basis throughout the year. Supervision takes place both individually and in groups and feedback indicates that they value the support it give them.
- The mental health assessment tool has been ratified by Connect for Health's clinical governance group and has been well evaluated by practitioners. The tool can be used if practitioners wish to make an onward referral to specialist children and adolescent mental health services.



### 3. Build community capacity and improve health behaviours

- Following the completion of the health needs assessments (HNA), partners from Warwickshire's children and young people's substance misuse service join with Connect For Health staff to attend information sharing meetings with head teachers. This has led to joint substance misuse and mental health and wellbeing delivery in schools.
- RSHE lead has been trained by sexual health services in delivering the C-Card Scheme. This enhanced knowledge will support the further development of a larger condom distribution service for Warwickshire.
- The RSHE professional network meetings have been established. These have been held half-termly throughout the county and have had good attendance from schools and multi-agency partners. RSHE professional network attendees have been instrumental in shaping what they would like to explore at subsequent meetings.

### 4. Strengthen partnership working

- We attend Warwickshire Local Mental Health in Schools Team Operational Group meetings and have convened locality meetings to explore joint ways of working.
- All completed holistic health assessments for children and young people are now shared with their family's GP. This sharing of information supports the direct care provided by colleagues in other areas of the health sector.
- We attend Early Help network meetings, so that we can work with others to address community problems at the earliest opportunity. By doing so we are helping to prevent problems from escalating.
- Connect for Health supports refugee and asylum-seeking partnership working through the Health Sub-Committee Meeting.

### 5. Continue to grow online presence

- Public health messages have been shared on Compass's approved social media platforms throughout the year. We analyse click tracking data to better understand which public health messages are being explored by service users, and therefore what types of articles appeal to them most.
- New for this year we have used a software package called Hootsuite. This enables us to simultaneously post messages across all our social media platforms. This saves time and is a more efficient way of working.

# 3. National recognition

## Safeguarding Star

In April, Practice Educator Anne Tomkinson was awarded a Safeguarding Star for her work with an asylum-seeking family. Anne was nominated by Sharon White, Chief Executive of the School and Public Health Nurses Association and the nomination was approved by Kenny Gibson, Deputy Director for NHS Safeguarding. Anne received the safeguarding star for 'going above and beyond' to ensure that a family at risk of honour based violence were protected. This work required Anne to be professionally curious, so that she could fully understand the situation, and through doing so she heard the fears and worries of the children. Anne acted immediately, raised the concern and galvanised others to take action to protect the family. Through this work, the family was relocated and are now safe.



Safeguarding Star

## Queen's Nurse

Autumn saw the Service Manager, Karen Cornick presented with the Queen's Nurse award at a ceremony in London. The award is given when an experienced community nurse demonstrates a level of clinical skill, leadership and a desire to expand the knowledge and skill of others. All of these components are key to the service being able to deliver high quality care to children, young people and families. Through being a member of the Queen's Nurse Institute, Karen is able to access and contribute to discussion forums, development programmes and networking events. This helps Karen talk about Connect for Health, and share good practice, at a regional and national level.



Queen's Nurse



# 4. Safeguarding



## Multi-agency working

Connect for Health is one organisation in a coordinated approach to safeguarding vulnerable children and young people. We work closely with the dedicated Children in Care and Child Exploitation teams, together with our colleagues across the safeguarding partnership. This joint working helps us to best support our vulnerable children and young people.

## Supporting Children in Care

Connect for Health staff have continued to complete Review Health Assessments (RHAs) for children in care (CiC). These assessments allow children and young people to talk to us about any worries or concerns they have. We also talk broadly about their health and cover topics such as dental care, sexual health and healthy eating. Once the assessment is complete, a personalised healthcare plan is written for the child. This is then shared with those who can support the health and wellbeing needs of the child. Connect for Health remains committed to meeting the health and wellbeing needs of children in care.

RHAs were carried out in easily accessible venues such as schools and family homes and RHA clinics were set up in children and family centres during school holidays. This allowed children and young people to be seen earlier and have their health needs addressed more quickly.

## C4H involvement in safeguarding processes and meetings

Theme	2022/2023
Review health assessment	175
Holistic health assessment	358
Initial child protection conference	222
Core group	574
Review child protection conference	131
Child in need	143
Strategy meeting	166
Early Help	150
Total	1,919

## Holistic Health Assessments (HHA)

The health assessment is a robust way of assessing a child or young person's health against expected child developmental milestones. Following the completion of the assessment the nurse will make a professional judgement as to whether a child/young person's development is considered to be 'age appropriate'. This will then aid the nurse's analysis of the overall health and wellbeing of a child or young person. During this academic year, 358 holistic health assessments were completed. The detailed information from the completed holistic health assessment is shared with the child/young person themselves and with relevant family members and safeguarding partners. Collectively, a decision is made as to which service is best placed to support the identified health needs of the individual.

### The value of HHA – case study

During an initial child protection conference (ICPC) it was shared that a 10-year-old boy was displaying sexualised behaviours. As part of the safeguarding process, Connect for Health were requested to complete a holistic health assessment to explore the health and emotional needs of the child. During the assessment, the boy shared that he frequently talked with 16-year-olds whilst playing online games. He said that he didn't know these boys, but he talks to them frequently.

At the ICPC, there had been no mention of the boy's gaming. Internet safety and frequent communication with much older children had not been discussed and therefore had not formed part of the child protection plan. The engagement between the nurse and the child had uncovered new information which could potentially be one of the causes of his displaying sexualised behaviours.

The nurse appropriately shared the information with relevant professionals at the core group meeting. The social worker acted on the information and made arrangements to amend the child protection plan to include internet safety work for both the child and parent.

Through completing the HHA, the voice of the child was heard, and new information came to light. This enabled the child protection plan to be strengthened to protect the child.

# 5. Referrals

## Referral sources

Main referral source	Total
Schools	1,111
Children & family services	652
Health professionals	468
Relatives	428
Children in Care team	188
NCMP	160
Other	98
Total	3105

92% of parent/ carers would recommend us to another family

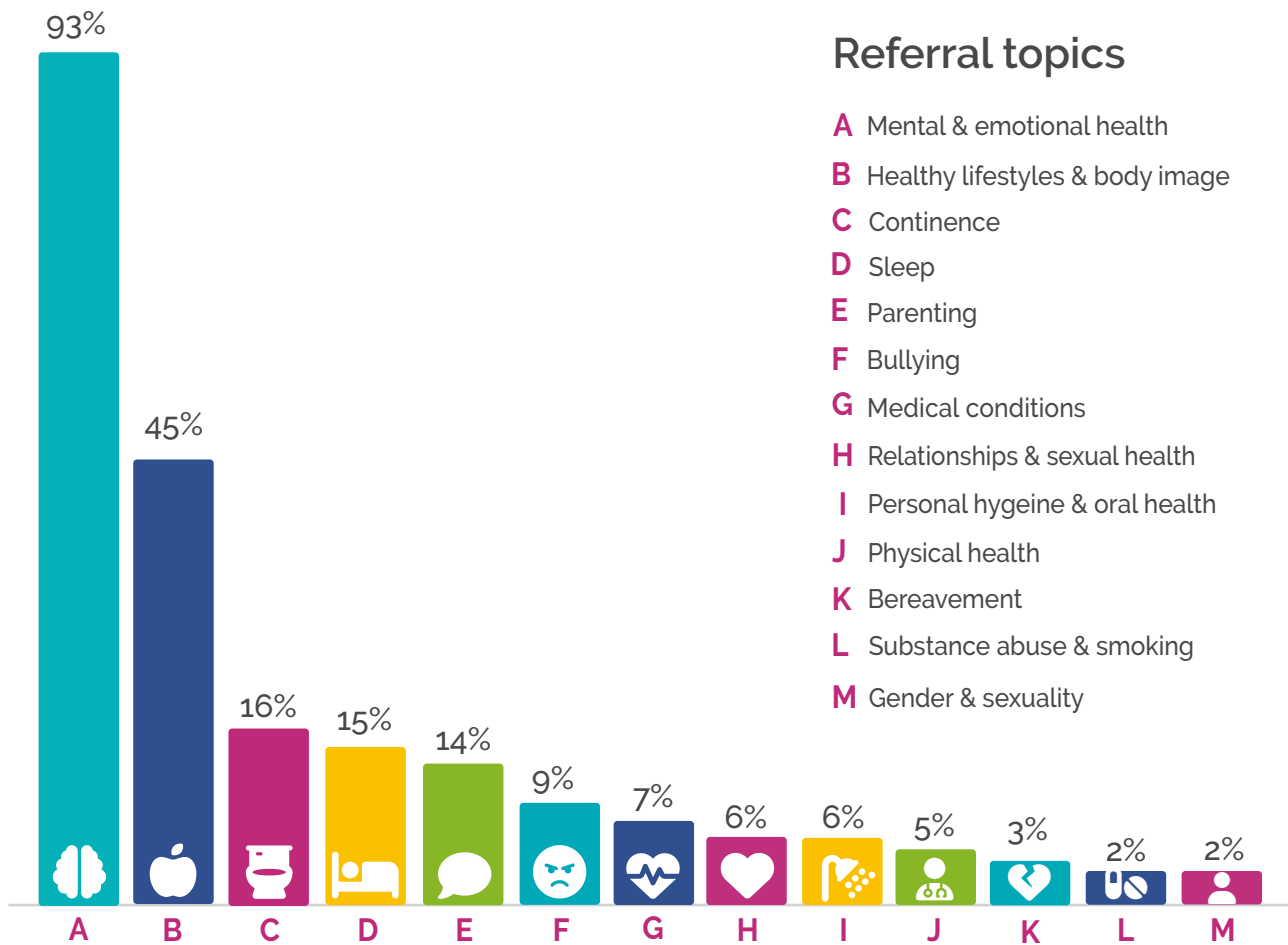
“Very supportive, clear advise given and next steps suggestions” – feedback from parent/carer

### Primary school aged referral - case study

A 10 year old boy was referred to the service with a newly developed fear around dogs which was causing him anxiety. This fear was negatively impacting on his social development as it was stopping him from mixing with friends. A Family Brief Intervention Worker completed some interventions with the child around emotional resilience and managing worries and fears. At the end of the session the parents reported that they had seen a noticeable difference in their child. They said that their son had recently gone to a house where his friend had a dog. Using the management strategies, he enjoyed the visit.

## Referral topics

Chart demonstrates the support topics provided, as a percentage of the overall number of referrals received



### Interventions with teenagers

Connect for Health supports young people with a variety of health-related issues including concerns over healthy eating, relationships, bereavement and mental health and wellbeing concerns.

One teenage girl we supported presented with concerns about her body. When meeting with her, she told the nurse that she didn't really like the way she looked. The nurse observed that the young person rarely made eye contact and the nurse felt that the teenager had low self-esteem and lacked confidence.

The nurse met with her over a series of 4 sessions. During these sessions they explored the positive role models in the girl's life, the peer support network she had around her and what she liked about herself. They also practiced giving and receiving compliments.

The young person engaged well with the sessions and reported that she was feeling much better in herself. She was no longer concerned about how her body looked and was visibly more relaxed.

# 6. Universal Contacts

Connect for Health actively reaches out to individuals, families and communities through our universal programme of delivery. We seek contact with children and families through our health needs assessment programme and National Child Measurement Programme. We provide a personalised response including group or individual support or a referral to our specialist Change Makers, Healthy Lifestyles team.

## Health Needs Assessment

Connect for Health have continued to deliver the successful health needs assessments (HNA) to children and young people across Warwickshire. The HNA is an online questionnaire that aims to gather data about the health needs of children and young people. The health questionnaire is available for completion by the parent/carer at school entry and by pupils in year 6 and year 9.

In the summer, Connect for Health promoted the completion of the School Readiness health questionnaire at schools, community events, and on our social media platforms. These activities enabled us to engage with parents/carers and encouraged their participation in completing the health questionnaire.

Via HNA sessions in schools, our year 6 and year 9 pupils were encouraged to complete the questionnaire themselves during the school day. The sessions in schools were delivered by Connect for Health, and practitioners took the opportunity to make every contact count and promote public health messages whilst they were with the children. Following the analysis of the questionnaire data, Connect for Health met with each school to co-develop a school health plan which outlined the health interventions we could provide.

### School Readiness health needs assessment

A parent indicated on the School Readiness health needs assessment that their child had epilepsy. Upon reviewing the completed questionnaire, the nurse contacted the parent to discuss how Connect for Health could best support the child and family. It was agreed that the parent would feel reassured if they knew that the school staff could promptly administer emergency epilepsy medication if their child had a seizure.

The nurse worked in partnership with the school and delivered Epilepsy awareness and Buccal Midazolam administration training to over 30 members of school staff. This reduced the parent's anxiety and aided the child's smooth transition into school.

"When completing the School Readiness health questionnaire there was a message which popped up which reminded me to take my daughter for an eye test. When I took her to the opticians it was found that she had very poor eye sight, we never knew. She now wears glasses and has become much more confident around other children".

## Year 6 health needs assessment - case study

An 11-year-old boy indicated on his health questionnaire that he wanted emotional support as he was being bullied in school. Having liaised with the child, the child's guardian and the school, it was found that there was some periodic teasing from peers that was upsetting the boy. Actions were taken at school to ensure that the teasing stopped but the child's guardian felt that the boy would benefit from some mental health and wellbeing support.

Connect for Health supported the child to build his confidence and self-esteem. Through this direct work, sessions were used to explore how to recognise feelings and emotions, to practice some breathing exercises and discuss coping strategies.

Feedback from the child was positive, as he said he found the sessions useful and had used some of the learnt techniques during his secondary school induction day.

1422 year 6 pupils gave us feedback on the questionnaire.

84% of them gave the questionnaire a 4 or 5 star rating

"I liked that the questionnaire gave you tips – it would say – "playing on electronics might be fun but remember to take a break"" – feedback from a year 6 pupil

## HNA completion by year group



**School Entry (4-5)**  
Population: 6,238

**HNA questionnaires completed: 2,333**

**41% completion rate**

**11% increase in uptake**



**Year 6**  
Population: 6,731

**HNA questionnaires completed: 5,948**

**88% completion rate**

**46.6% increase in uptake**



**Year 9**  
Population: 6,860

**HNA questionnaires completed: 2,928**

**43% completion rate**

**126% increase in uptake**

## Year 9 HNA - case study

A young person was referred to Connect for Health by the school who requested support for family issues and eating problems. The school shared that the young person was anxious about food and didn't appear to enjoy eating.

When meeting with the pupil the nurse gently explored their thoughts around food and this resulted in the young person sharing that they ate a very restricted diet. The pupil spoke negatively about food and felt that they needed "be skinnier".

Through facilitated conversations the nurse and the young person co-designed a personalised plan which enabled the student to actively participate in what happened next. The young person then expressed a desire for their parents to be informed and a referral to be made to child and adolescent mental health services (CAMHS) so that they could receive the specialist help that they needed. The young person was empowered to address their health need. Whilst Connect for Health were unable to solve the problem, the nurse ensured that the relevant referrals were made and the young person was then able to access the appropriate health service.

"I liked that I could share my actual thoughts about my life"

Feedback from a year 9 pupil

"I'm happy the school nurses are looking out for young people like us, and can provide help if we are struggling."

Feedback from a year 9 pupil

413 year 9 pupils gave us feedback on the questionnaire.  
69% of them gave the questionnaire a 4 or 5 star rating.

## Population-level data

### Top flag categories for primary school (school entry and year 6)



1.



Lifestyles\*

2.



General Health

3.



Emotional health

### Top flag categories for secondary school (year 9)



1.



Friendships & relationships

2.



General Health

3.



Lifestyles

\*Lifestyles topic includes questions on healthy eating, physical activity, sleep and substance misuse, along with questions which may indicate the pupil is supporting members of their family.

## Key HNA data points

4% of school readiness pupils never sleep in their own bed at bedtime.  
12% of year 6 pupils always have problems falling asleep at bedtime.  
25% of year 9 pupils said they do not get 7-8 hours of sleep a night.



1% of school readiness pupils are sometimes or never generally happy. 26% of year 6 pupils and 24% of year 9 pupils said they sometimes or never feel happy.



29% of year 6 pupils and 40% of year 9 pupils said they sometimes or never like their body.



16% 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.

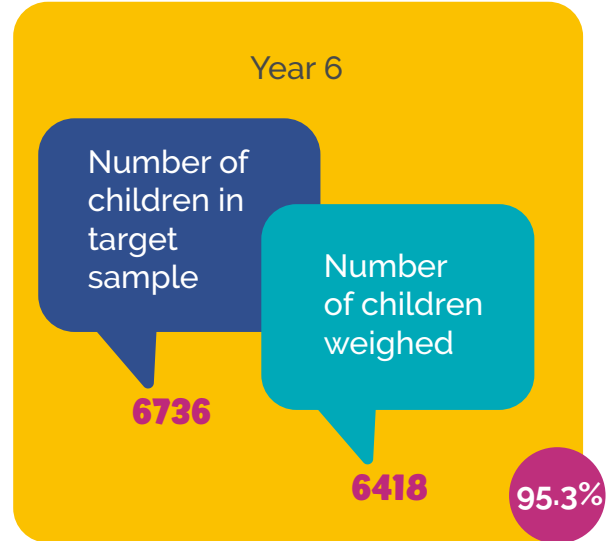
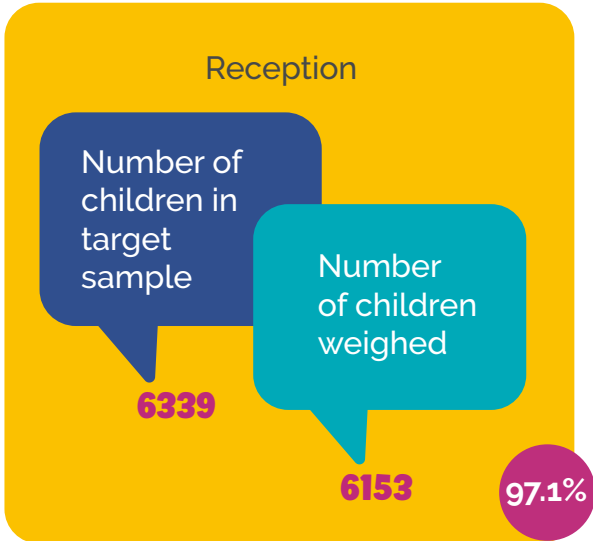




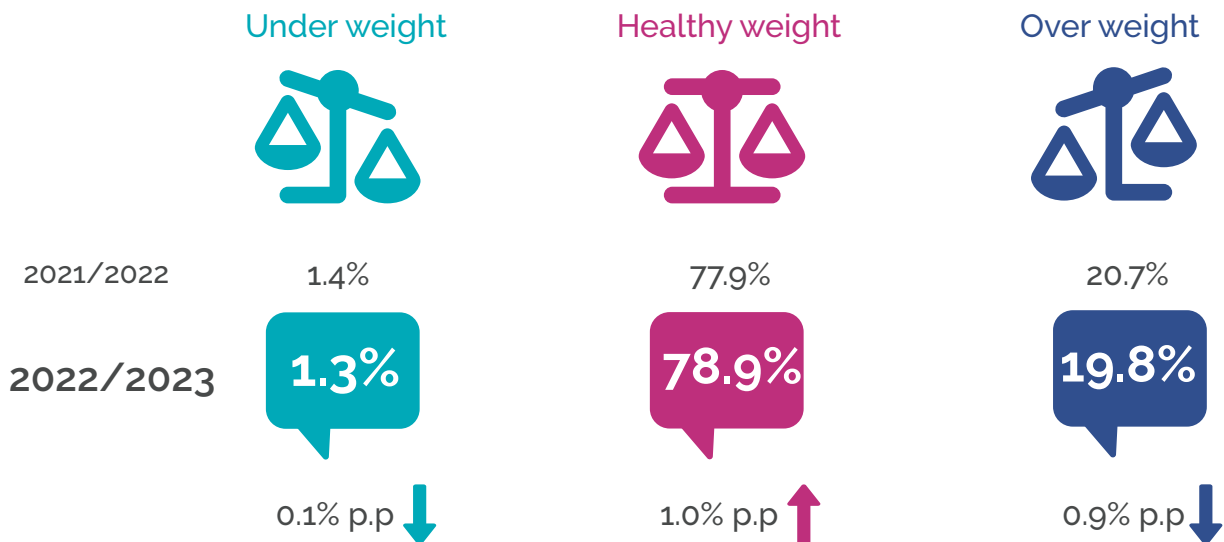
## National Child Measurement Programme (NCMP)

The National Child Measurement Programme (NCMP), is a mandated annual programme delivered by Connect of Health on behalf of Warwickshire County Council. It involves measuring the height and weight of all school children in reception and year 6.

### NCMP Completion Rate



### Year-on-year comparison of all children weighed



# Change Makers report

Change Makers deliver the targeted healthy lifestyles offer for Connect for Health. They run educational activities, parent/carer workshops and a 7-week family programme, which covers healthy eating and physical activity. The interventions are designed to encourage behavioural change and are underpinned by evidence and best practice.



The 7-week family programme encompasses a series of focused topics each week. Families get the opportunity to learn about how to lead a healthy lifestyle by trying new foods, cooking together, and playing family games.



**92 children (74%)**  
completed the 7-week  
family programme

**21 schools** have hosted  
the 7-week programme

**42 parent/carers**  
attended our Fussy  
Eating workshop

## Child and family who completed the 7-week programme – case study

A child was referred to Change Makers as they were eating a very limited diet and were reluctant to try new foods.

During the first two sessions, they looked at the importance of each of the food groups and information was shared with their mother about how to introduce different food groups.

This was then followed up with four practical cooking sessions, where each week the child would prepare and cook new snacks and meals. They made a variety of things including healthy oven baked nachos, and cornflake chicken nuggets. At all times the child was engaged in the programme and they were encouraged to participate and try new food groups.

At the end of the programme, the mother shared that their child was now routinely trying different foods, they were more relaxed about eating and they were enjoying helping to prepare family meals. Consequently, they were eating a more balanced, healthier diet.



**12,291** children and young people heard healthy lifestyle messages  
Total number of healthy lifestyle interventions delivered in schools and communities – 175

**56** schools received healthy lifestyle interventions

**12,291** children and young people heard healthy lifestyle messages

“Katie was brilliant, she pitched it brilliantly to my son. He really listened and took it on board. A week on from finishing he is still focusing on eating more healthily”.

Feedback from parent



## Interventions in schools

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 and about delivering a range of workshops, assemblies, group activities and one-to-one sessions. These have been undertaken in schools, children and family centres, libraries, community cafes, parks and green spaces, and at holiday playschemes.

## Special educational needs and disabilities (SEND) special school lesson

The Connect For Health team has continued to work with children and young people with SEND, to support their health and wellbeing. This has included one-to-one support for children, young people, and parents and carers on topics such as emotional regulation and sleep.

In addition, Connect for Health delivered some themed public health lessons in special schools. We supported the national public health campaign for National Fitness Day on 20th September and also promoted a Healthy Lifestyle in March.

Both lessons utilised engaging activities to encourage pupil conversation and to be interactive and fun. We used a "Mystery Box" to encourage pupils to guess what the hidden object inside the box was. Pupils were delighted to find a toothbrush, can of fizzy drink, or stress ball. All props linked to health discussions which helped to expand pupils' knowledge.



Mystery Box

"Great session, thank you. Very engaging. Even the anxious learners fully engaged and enjoyed the session."

Feedback from the school teacher assisting with the national Fitness Day lesson

All 3 teachers strongly agreed that they would recommend the lesson to another school. "The C4H staff were engaging and adapted the session to suit the needs of the pupils."

Feedback from teaching staff assisting with Healthy Lifestyles session.

## Mental wellbeing workshops

These workshops equipped young people to recognise possible triggers of self-harming behaviour and gave them strategies to support and manage their emotions. This interactive session was very well received by young people and they felt that they got a lot out of the sessions. Schools have requested that further workshops are delivered next year.

We received many invitations from schools for us to deliver themed health assemblies, on subjects such as healthy eating, resilience, internet safety and many more. On occasions, we were able to work with our colleagues in other services such as Change Makers and Warwickshire Children and Young People's Drug and Alcohol Service. Their specialist topic expertise added to the richness of the information we shared with children, young people, school staff, and families.



C4H Healthy Lifestyles Coordinator delivering a workshop

# 7. Public Health interventions in schools

"this was REALLY AWESOME!"  
Feedback from year 6 pupil

Public Health interventions were delivered in over 100 schools across Warwickshire

Assemblies covered sleep hygiene, puberty, body image, hygiene and emotional health and resilience

116  
Classroom lessons delivered to 3149 pupils

36 group conversations had with 1881 pupils

"Excelelent! Really friendly"

"We always enjoy a visit from Connect for Health – the staff are really informative – thank you"  
Feedback from member of school staff

"I was able to share my ideas, it was fun"  
Feedback from year 6 pupil

"staff were really lovely, kind and caring"  
Feedback from member of school staff

19 parental engagement events attended

34 assemblies delivered to 6830 pupils

88 interventions delivered to year 6 pupils

"Thank you for your sessions yesterday, the pupils and staff were very impressed with the information delivered"  
Feedback from member of school staff

## Supporting a school to improve attendance rates of children with Asthma - case study

Connect for Health attended a school in the north of the county where there were concerns regarding the attendance of pupils with Asthma. School requested support in reassuring parents/carers that school staff knew how to support children with Asthma.

Connect for Health provided Asthma training to all school staff. They then delivered an Asthma awareness session to parents/carers where they shared the emergency procedures school staff will be taking if an Asthma attack were to occur. The nurse supported to ensure that Asthma care plans were in place for each child and emergency medication was available with the correct administration equipment.

Parents/carers positively engaged with the session and the feedback from them was that they felt assured that school staff could deal with an Asthma attack if one was to occur.

Connect for Health are proud to have supported the school to address a health issue they were struggling with. The service offered advice and guidance to school and parents/carers to ensure they were well informed to support children with Asthma. This will contribute to improving school attendance and ensure that all children have access to their education despite their Asthma condition.



"I found the information helpful"

Feedback from teaching staff assisting with Healthy Lifestyles session.



# 8. How the service is making a broader difference

## How we are nationally, regionally and locally connected

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

We are pleased to have a long-standing association with School and Public Health Nurses Association (SAPHNA) which is the national organisation for school nursing.

## 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 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>



## Specialist Community Public Health Nurse (SCPHN) project

As part of the SCPHN course, our student, Zelah, conducted a project aiming to establish connections with agencies who work with Gypsy, Roma Traveller (GRT) communities. Through this work, she wanted to raise the profile of school nursing services and achieve effective partnership working to support a reduction in child health inequalities.

The project was split into two phases

**Phase 1** – Establishing links with agencies who work with GRT communities.

**Phase 2** – To gain an understanding of what the GRT community needs are and learn how they would like to engage with Connect for Health.

Through attending Warwickshire's GRT Engagement Group meetings, Zelah developed positive links with partners who predominately worked with the GRT community. This led to greater engagement with particular primary schools that have a high prevalence of GRT pupils within the school population. Through this engagement, professional relationships were strengthened and links began to form with some members of the GRT community.

Through these links, it was found that the GRT communities would be happy to complete a survey about how they would like to engage with school nursing services. Though the survey was small in scale the results conclusively informed us that members of the GRT community were happy to receive health information from us via email and they are comfortable being signposted to health websites. It also informed us that if there was a need for one-to-one support, they would like to receive this contact in person rather than using video calling methods.

This information has now given us a solid foundation on which to build. Our next SCPHN student will actively look to embed those links and will explore how best to provide school nursing services to GRT communities.



## Relationships, sex and health education (RSHE)

This year, Connect for Health services expanded to incorporate the development of an RSHE Lead post. The role was created to provide advisory support to all Warwickshire schools, which will ultimately improve the quality and consistency of RSHE provision.

In just a few short months our RSHE Lead, Cath engaged with schools and community groups to understand underlying needs. She then successfully launched the RSHE professionals network to provide advisory support, guidance, and best practice examples to educational colleagues and other practitioners whose role incorporates RSHE.

Topics covered at the RSHE professional network include

- RSHE statutory guidance
- Ofsted inspections - what they look for in RSHE
- How to use local data to curate your curriculum
- Impact of pornography on sexual behaviour among young people
- Local data on child exploitation and crimes linked to abuse in teenage relationships



RSHE Lead

### RSHE Professional network

Over 95% of people said they would attend future network events

102 dedicated individuals, have attended

Representation from 19 secondary schools and 63 primary schools

Representation from over 20 different universal and targeted services

"Vital information presented in an engaging way"  
Feedback from the RSHE professionals network

"Updates and recommendations were very useful".  
Feedback from RSHE professionals network

Over 86% of people said that attending the network event would enhance their work with young people

## Health Champions

Health Champion work has continued across Warwickshire. The aim of the Health Champions is to engage with children and empower them to have a voice and an opportunity to share good health messages amongst their peers, school, and community.

Connect for Health staff attended schools and met with Health Champions. They worked with groups discussing key health issues and supporting them to create school promotion activities around a specific health and wellbeing topic.

The Health Champion groups promoted their chosen health and wellbeing topic in any way they liked. Often deciding to create display posters or information they could share at school assemblies.

Some Health Champion groups supported Mental Health Week in February where they encouraged their peers to “get connected” by making meaningful connections with others to reduce feelings of isolation and loneliness.

Other topics that Health Champions supported were:

- Oral health
- Sun safety
- Healthy eating and hydration
- Handwashing
- Physical activity

66 children took part in Health Champion work



# Public Health Campaigns and Newsletters

Connect for Health continues to support national public health campaigns.



September –  
National Fitness Day



October –  
World Mental Health Day



November – Anti-bullying Week.

The theme this year was "Reach Out", and this encouraged children to talk to someone they trusted if they or someone else was being bullied



December –  
National Grief  
Awareness Week



February –  
Children's Mental  
Health Week

## May – World Hand Hygiene Day



Compass **Connect for Health**  
Your school nursing service

### Family health & wellbeing!

May 2022 Update

**in this issue...**

- Mental Health Awareness Week [Page 2](#)
- Sun Awareness Week & Scarlet Fever [Page 3](#)
- Local services & events [Page 4](#)
- Useful contacts [Page 5](#)

Want to make sure you don't miss health & wellbeing updates from your school nurse team? [Sign up here!](#)



Compass **Connect for Health**  
Your school nursing service

### Family health & wellbeing!

November 2022 Update

**in this issue...**

- Bonfire night fun and firework safety [Page 2](#)
- Stress awareness week and health eating fact of the month [Page 3](#)
- Useful contacts [Page 4](#)

Want to make sure you don't miss health & wellbeing updates from your school nurse team? [Sign up here!](#)

## June – Healthy Eating Week.

The campaign is all about supporting and promoting healthy lifestyles.

## April – Stress Awareness Month



Compass **Connect for Health**  
Your school nursing service

### Family health & wellbeing!

March 2023 Update

**in this issue...**

- Nutrition and Hydration Week [Page 2](#)
- Child Exploitation Awareness Day [Page 3](#)
- Sign Language Week [Page 3](#)
- Useful contacts [Page 4](#)

Want to make sure you don't miss health & wellbeing updates from your school nurse team? [Sign up here!](#)



Compass **Connect for Health**  
Your school nursing service

### Family health & wellbeing!

April 2023 Update

**in this issue...**

- Celebrations of Gratitude [Page 2 & 3](#)
- World Health Day [Page 3](#)
- Useful contacts [Page 4](#)

Want to make sure you don't miss health & wellbeing updates from your school nurse team? [Sign up here!](#)

## March – Oral Health Day.

An opportunity to educate children about what good oral health is and what they can do to look after their teeth and mouth.

[Click here to view all newsletters](#)

# 9. The priorities for 2023/24

We are delighted to present our service priorities for the next academic year. Our focus is on improving health and wellbeing, supporting behaviour change, and reducing health inequalities. We will do this by:

- Delivering a condom distribution programme that will reduce vulnerabilities
- Strengthening our communication with parents/carers so they can support their children to adopt a healthy lifestyle
- Build on our engagement with marginalised groups and priority schools to reduce vulnerabilities and support self-care

## 1. Improve health behaviours and reduce risk-taking

- a. Further provide advisory relationships, sex and health education (RSHE) support to all Warwickshire schools
- b. Design and deliver a condom distribution scheme for the county

## 2. Supporting healthy lifestyles

- a. Expand our public health resources so that parents/carers are aware of the lessons we are delivering in schools.
- b. Ensure we share health education resources and learning content with schools ahead of delivery

## 3. Supporting vulnerable young people and improving health inequalities

- a. SCPHN student project to build on lessons learned and to explore how we can better engage with members of our Gypsy, Roma and Traveller community
- b. Ensure meaningful engagement with children, young people, and families from vulnerable and/or marginalised groups such as home-educated and refugees/asylum-seekers

## 4. Strengthen partnership working

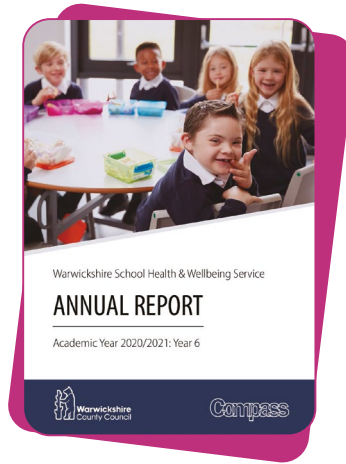
- a. Continue to contribute to integrated working around Warwickshire's Core 20 + 5 priorities
- b. Support partnership working around priority schools

# 10. Previous annual reports

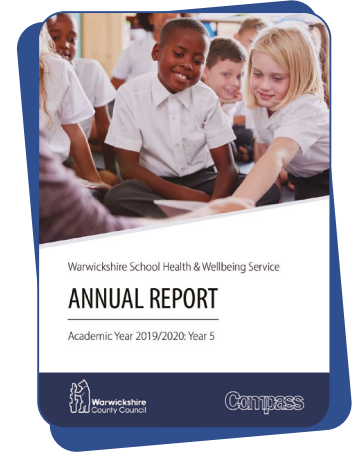
Connect for Health is committed to sharing service developments and achievements via an annual report. All previous reports can be found on our website (<https://www.compass-uk.org/services/c4h/school-health-annual-reports/>) or click any of the reports below.



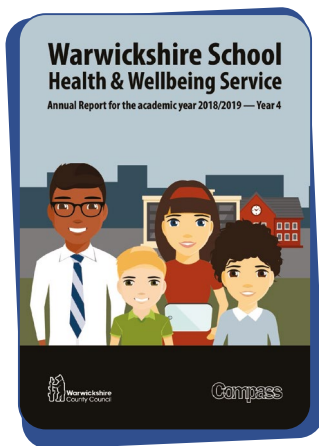
**2021-22**



**2020-21**



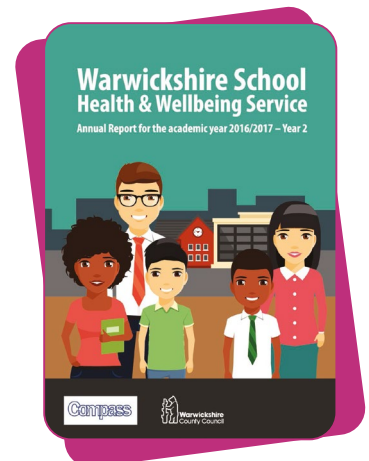
**2019-20**



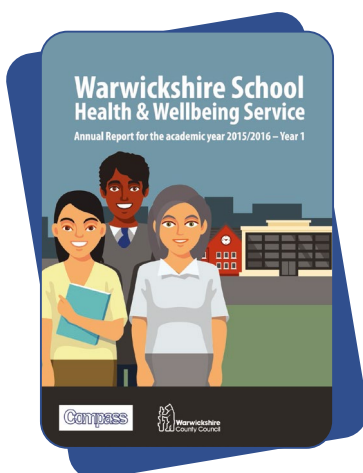
**2018-19**



**2017-18**



**2016-17**



**2015-16**



# Useful contacts

**Service manager: Karen Cornick**

**Clinical operations manager: Isabel Main**

Address: 1 Allerton Road, Rugby, CV23 0PA

---

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



Main telephone number: 03300 245 204

 [@c4hwarwickshire](https://www.facebook.com/c4hwarwickshire)  [@schoolhealthC4H](https://twitter.com/schoolhealthC4H)

 [@compassc4h](https://www.instagram.com/compassc4h)

[www.compass-uk.org/services/c4h](http://www.compass-uk.org/services/c4h)