



## Enfield's Health and Wellbeing Offer to Schools

[www.enfield.gov.uk/healthyenfield](http://www.enfield.gov.uk/healthyenfield)

# Contents

Healthy Eating	3-4
Physical Health	5-6
Social, Emotional and Mental Health	7-11
Health and Wellbeing Award Schemes	12-13
Health Services Delivered in Schools	14-18
Sexual Health and Education	19
Drugs and Alcohol Services	20-21
Support for Families	22-23

**To keep up to date with the latest health and wellbeing information, services and funding available, please visit the Healthy Enfield Website <https://new.enfield.gov.uk/healthandwellbeing/>**

## Healthy Eating

### Sugar Smart Schools

Sugar Smart is a nationwide campaign to reduce the amount of sugar we consume. Enfield Council is working with the Jamie Oliver Food Foundation and Sustain to help schools, colleges, workplaces, sports clubs and restaurants become Sugar Smart.



Schools can become Sugar Smart by committing to three pledges to reduce sugar intake. Schools can participate in a number of initiatives including:

- Pupil and parent surveys on sugar consumption
- ‘Ditch the Fizz’ challenges pupils to give up drinking fizzy juice
- Poster and video making to raise awareness about sugar
- Sugar Smart quizzes, display boards and pop-up information stands
- Parental engagement and peer education lessons, which could involve cooking demonstrations
- Pupil-led assemblies delivered to parents about being Sugar Smart
- Policy changes such as serving only water or milk at lunchtime

To find out more about Sugar Smart visit [www.sugarsmart.co.uk](http://www.sugarsmart.co.uk) or contact ailbhe.bhreathnach@enfield.gov.uk.

### Food Growing Schools

The Food Growing Schools London Partnership brings together food growing expertise, information and support, with the ambition to inspire and equip every school in London to grow their own food.



Resources available to implement a food growing program include: school and community engagement officers, school learning resources, activities and campaigns.

Benefits include: supporting curriculum learning, improving health and mental wellbeing, creating a positive food culture, building links with the community, protecting the environment and giving a boost to the local economy.

For further information please contact: Lisa Grant [lgrant@gardenorganic.org.uk](mailto:lgrant@gardenorganic.org.uk)

Please visit [www.foodgrowingschools.org/](http://www.foodgrowingschools.org/) for additional information and resources.

## School Lunches - London Borough of Enfield Catering

Enfield Catering Services supply over 80% of Enfield's schools with delicious and nutritious food. They have achieved the Silver 'Food For Life Served Here' award. 'Food for Life Served Here' is an independent award scheme that means schools are being served local, fresh and honest food.

You can find out more about Enfield's Catering Services at <https://www2.myschoollunch.co.uk/enfield/>

## The Felix Project

The Felix Project schools programme provides a free weekly delivery of fresh food for children and their families to take home. They aim to deliver to every primary school in the Enfield borough.

The Felix Project provides a minimum of 5 crates of produce each week, including fresh fruit and vegetables, paper bags with the logo for children to take food home in (if required) and support and advice to help with set up.

To arrange a meeting or to find out more, please contact Anne Elkins at: [schools@thefelixproject.org](mailto:schools@thefelixproject.org) or 07428 571 696



## National School Breakfast Programme

Many schools in Enfield are unaware that they may be eligible to have breakfast provided for every child in their school under new Department for Education funding. The National School Breakfast Programme is being delivered by Magic Breakfast and Family Action and aims to reach all children at risk of hunger, and ensure every child has access to a healthy breakfast at the start of the school day.



A hungry child will struggle with concentration, behaviour, attendance, punctuality and educational attainment. Independent research funded by the Education Endowment Foundation found that year 2 pupils in schools providing a free, nutritious breakfast boosted their reading, writing and maths by an average of 2 months' progress per year, compared to pupils in schools with no such breakfast provision.

Most eligible schools will be offered:

- A start up grant of up to £500 for essential resources to start or expand breakfast and make best use of the food on offer.
- Free food delivered to your door for four terms (weekly or fortnightly), comprising as much healthy cereal, porridge and bagels as you need to reach all children at risk of hunger at the start of the school day.
- Expert support, advice and resources as well as the opportunity to benefit from local best practice events.
- The opportunity to take part in innovation pilot projects aiming to increase uptake of breakfast and improve parent engagement.

Find out if you are eligible by completing the Expression of Interest Form which you can find at [www.family-action.org.uk/breakfast](http://www.family-action.org.uk/breakfast).

# Physical Activity

## The Daily Mile

Primary schools can sign up to The Daily Mile, which aims to improve the physical, emotional and social health and wellbeing of children. The initiative encourages primary school children to run for 15 minutes every day and has measurable positive health outcomes in physical activity, sedentary behaviour, fitness and body composition of primary school children.



Enfield Council is offering all primary schools in Enfield support from the Tottenham Hotspur Foundation to help establish The Daily Mile in their school. The purpose of involving Tottenham Hotspur Foundation is to support those teachers who don't feel confident enough to deliver The Daily Mile, and to help them take the first steps towards bringing children outside to run. To find out more please contact [gabriella.mitchell@enfield.gov.uk](mailto:gabriella.mitchell@enfield.gov.uk)

If you are interested in support from Tottenham Hotspur Foundation, please contact: [ailbhe.bhreathnach@enfield.gov.uk](mailto:ailbhe.bhreathnach@enfield.gov.uk)

You can find more information about The Daily Mile at [www.thedailymile.co.uk](http://www.thedailymile.co.uk)

## STARS School Travel Plans

All Enfield schools can access funding and support for safe, sustainable and active travel to school by developing a school travel plan with Transport for London's STARS programme. You will be assisted by Enfield Council's designated School Travel Adviser, who will help you identify suitable activities to keep your whole school community – pupils, parents and staff – active and healthy.



By promoting the message of safe and active travel to school, you can progress your STARS accreditation from Bronze to Silver and Gold and to unlock higher levels of support, including funding for cycle parking and activities.

Email: [school.travelplans@enfield.gov.uk](mailto:school.travelplans@enfield.gov.uk) to find out more and to start developing your School Travel Plan.

## Ready Set Ride

Ready Set Ride breaks down learning to ride a bike into three easy to follow steps which can be done at school or at home with parents. It is delivered through a series of online videos, an easy to understand resource pack, and is supported by fun games and activities to develop a child's skills both on and off the bike.

For more information and for groups of schools to apply to receive free training visit [www.readysetride.co.uk/schools](http://www.readysetride.co.uk/schools)

Ready Set Ride is also available to download as a free app on the app store. Resource packs can also be at [www.youthsportdirect.org](http://www.youthsportdirect.org).

Visit [www.cycleenfield.co.uk](http://www.cycleenfield.co.uk) for additional activities like cycle and maintenance skills, Dr Bike check-ups, dockless bikes, guided rides and cycle parking.

## No Smoking at School Gates

Secondhand smoke is dangerous, especially for children. Secondhand smoke is the smoke that you exhale plus 'sidestream' smoke that is created by the lit end of your cigarette. Children who are regularly exposed to second hand smoke are at higher risk of breathing problems, asthma, and allergies.

Several schools in the borough have signed up to the 'no smoking at school gates' initiative, which is as simple as it sounds – parents and carers are banned from smoking around the school premises.

The project coordinator will attend an initial assembly to talk about the project and the dangers of smoking. The children will then design a poster to encourage parents not to smoke at their school gates. The posters will be judged by the headteacher and project coordinator who will select a winner and runners up. The lucky winner of the competition will have their poster designed and put at the front of the school gates. They will also win a mini iPad and the runners up will win £50 and £25 WHSmith vouchers.

If you would like your school to get involved in this initiative, contact [Julie.boyd@enfield.gov.uk](mailto:Julie.boyd@enfield.gov.uk)

# Social, Emotional and Mental Health

## Sandwell Well-Being Charter Mark

The “Sandwell Well-Being Charter Mark” was developed originally by Public Health teams in the West Midlands to promote a whole-school approach to Wellbeing.

This evaluation process considers 8 Key Elements of Emotional Health and Wellbeing and adopts an approach which includes Staff and Pupil Surveys and Focus Groups with parents. Data collected is collated and analysed to produce a report which is used to identify areas for development.

Key stakeholders within each school is supported by the Educational Psychology Service to complete the process which over an agreed timescale leads to schools potentially and proudly achieving the “Charter Mark Status”.

This programme has now been adopted and adapted for deployment in Enfield and the staffing component of this project is being resourced by the LBE Public Health Department.

Contact: EPS@enfield.gov.uk

## Educational Psychology Service (EPS)

The Educational Psychology Service (EPS) is provided by Enfield Council and is traded to schools for non-statutory work. 80% of Enfield schools commission this service. Educational Psychologists work with children who have a primary area of need in social, emotional and mental health as well as group work, training and whole school input.

## Schools Emotional Well-Being Service (SEWS)

The Schools Emotional Well-Being Service (SEWS) is provided by Enfield Council and is traded to schools. Individual schools commission this service to provide weekly therapeutic input delivered in their school, ranging from 0.5 a day a week to 1.5 days a week. SEWS comprises a team of Emotional Well-Being Practitioners, such as Family Therapists, CAMHS practitioners or Educational Psychologists, who deliver therapeutic assessment and intervention and provide input for individually referred children and young people (with their families), groups of children, staff support and whole school development.

## The Primary Behaviour Support Service (PBSS)

The Primary Behaviour Support Service (PBSS) is commissioned by the Schools Forum and provides specialist consultation and intervention to Enfield primary schools in relation to pupils’ social, emotional and mental health needs. The EPS and/or SEWS team members are commissioned to work within the following teams to work in collaboration to meet the SEND/ SEMH needs of children and young people:

- Advisory Service for Autism
- Primary Behaviour Support Service
- Virtual School for Looked After Children
- Admissions/Secondary Behaviour Support Service
- CAMHS Neurodevelopmental Pathway

## Early Years Social Inclusion (EYSI)

EYSI is a multi-disciplinary team of education and health colleagues working together with school staff to include children and young people with SEMH, speech and language or developmental difficulties or delays.

### **Nurture Group Training and Support package includes:**

- Regular central training events around SEMH, attachment theory, language and communication, sensory processing and physical development.
- Access to EYSI team members for consultation in schools.
- Reviews and Peer Networking Opportunities.
- One half day Educational Psychology session per school for providing psychological consultation for Nurture Group Staff.

### **Language and Social Skills Groups (LASS)**

LASS groups are an established multi-disciplinary Wave 2 Enfield intervention for children across all phases with moderate speech, language and communication needs and delayed social skills. The intervention is run by school staff with support from the EYSI team.

Buyback schools can access:

- LASS model and paperwork
- EYSI SASO support in school, therapist support in school
- 3 training sessions and peer networking opportunities
- End of intervention data analysis

EYSI also offer a range of training sessions in the buyback which focus on SEMH and associated issues. They include:

- Enhancing Staff Emotional Wellbeing is offered centrally each year or can be delivered in schools
- Using the Boxall Profile to plan for children with SEMH difficulties is available for commission in Enfield schools and includes an introduction to Attachment Theory and useful approaches and strategies for use in mainstream schools
- Bounce Back training focuses on resilience factors and introduces Enfield's Bounce Back Programme. This is a series of sessions for delivery in school, aimed at Year 5 and 6.
- Interactive Story Making
- How to Develop and Support Emotional Wellbeing
- Developing Language and Social Skills through Sensory Play
- Makaton Beginners Workshops



These services improve emotional wellbeing, reduce exclusion rates and stigma around mental health as well as increase staff confidence and skills.

If you would like to find out more about services available, visit the School Portal or Traded Schools Service website at <https://new.enfield.gov.uk/services/children-and-education/traded-services-for-schools/>

## Enfield Child and Adolescent Mental Health Services (CAMHS) - Barnet, Enfield & Haringey Mental Health NHS Trust

Enfield Child and Adolescent Mental Health Services (CAMHS) offers multi-disciplinary mental health assessment and treatment for children and young people experiencing severe and enduring mental health difficulties, who are registered with an Enfield GP, up to the age of 18. CAMHS offers specialist assessments, interventions, consultation, and psychological therapy services to children and young people experiencing difficulties with their emotional and psychological well-being.

- **Generic CAMHS** provides mental health assessment and treatment to children & young people and their families where there is a significant concern about their emotional or psychological well-being. Generic CAMHS also supports the management of mental health needs for young people with co-existing neurodevelopmental conditions.
- **Service for Adolescents and Families in Enfield (SAFE) & Alliance** provides a rapid, community-based intervention for young people between the ages of 13 to 18 who are in need of crisis mental health support. This includes young people who have harmed themselves or who are at risk of suicide. SAFE also offers specialist assessment and intervention to teenagers who may be experiencing severe mental health difficulties.
- **Service for Children & Adolescents with Neurodevelopmental disorders (SCAN)** supports children & young people with severe learning disabilities and neuro-developmental disorders, who attend special schools, where the degree of impairment is significant and coupled with mental health difficulties including severe challenging behaviour.
- **Children's Centres Therapeutic Team (CCTT)** helps with parent-child issues in the under 5s, which may be affecting their relationship and concerns around a child's emotional or behavioural development. Clinicians offer up to 5 sessions of brief therapeutic support to parent and child.
- **HEART Team (Health, Education, Access and Resource Team)** offers a range of interventions and support to improve the emotional wellbeing of Enfield looked after children. This includes assessment and treatment for mental health difficulties, group and individual consultations for carers, Enfield Social Workers and other professional staff.

### Referrals

Referrals should be made in writing via the CAMHS referral form. It is essential that the form is completed with as much detail as possible and that the person with parental responsibility consents to the referral unless there are exceptional circumstances.

Most young people with mild emotional or behavioural difficulties are best served by universal community services e.g. General Practitioners, schools, health visitors and charitable groups. Before making a referral to CAMHS, these other options should be

considered.

When the difficulties are complex or severe and enduring and there is a significant impact on the young person's functioning which cannot be safely managed, a direct referral to specialist community CAMHS should be considered. The criteria for acceptance of a referral to CAMHS in terms of severity of the referring problems is gauged by considering the level of disturbance in a young person's functioning. If a referral is thought to be inappropriate for CAMHS, the duty clinician will explain why and make recommendations for alternative services.

Referrers may call the Team Co-ordinator or duty clinician at the relevant service to discuss the potential referral:

**Generic & NDS:** Charles Babbage House, 1 Orton Grove, Enfield EN1 4TU  
**Tel:** 0208 379 1520 **Email:** beh-tr.EnfieldCAMHS@nhs.net

**SAFE & Alliance:** 2<sup>nd</sup> Floor, St Andrews Court, 1-4 River Front, Enfield EN1 3SY  
**Tel:** 0208 379 2090 **Email:** beh-tr.EnfieldCAMHSSAFE@nhs.net

**SCAN & CDT:** Cedar House, St Michael's Hospital, Gater Drive, Enfield EN1 0JB  
**Tel:** 0208 375 2806 **Email:** beh-tr.EnfieldCAMHSSCAN@nhs.net / beh-tr.EnfieldCAMHSCDT@nhs.net

**HEART:** Looked After Children Team, Triangle House, 305-313 Green Lanes, Palmers Green, Enfield N13 4YB  
**Tel:** 0208 379 8200 **Email:** beh-tr.EnfieldCAMHSHEART@nhs.net

**BEHMHT CAMHS website:** [www.behcamhs.nhs.uk/](http://www.behcamhs.nhs.uk/)

Referral form: <http://www.behcamhs.nhs.uk/professionals/>

## Improving Access to Psychological Therapies - IAPT

Let's Talk IAPT (Improving Access to Psychological Therapies) offers free and confidential talking therapies to people aged 16 and over. IAPT can help with a range of common problems including low mood and all anxiety disorders. IAPT also offers a range of employment support and wellbeing workshops in the community.

Therapy can take place over the phone, face-to-face or online. IAPT offers assessments and therapy in English, Turkish, Greek, Farsi, Polish and other languages and interpreters are available on request.

The service is available for all Enfield residents aged 16 years old and above registered with an Enfield GP. The service is for people experiencing symptoms including but not limited to:

- Low mood
- Sleeping problems
- Stress
- Anxiety
- Panic

- Specific Phobias
- Obsessive Compulsive Disorder
- Post-Traumatic Stress Disorder
- Health Anxiety

You can make a self-referral or GPs, nurses and other health and social care professionals can also refer to the service (they must have consent from the patient). To make a referral visit the website **[www.lets-talk-iapt.nhs.uk](http://www.lets-talk-iapt.nhs.uk)**, email [lets-talk-enfield@nhs.net](mailto:lets-talk-enfield@nhs.net) or call 020 8342 3012.

# Health and Wellbeing Award Schemes

## Healthy Schools London

Healthy Schools London is an awards scheme sponsored by the Mayor of London that helps schools to improve children and young people's health and well-being. Schools can help children lead a healthy lifestyle directly – to make healthy food choices at lunchtime, to be active at and on the way to school. More widely, schools can help children learn about their health, and develop their motivation and self-respect to make healthy choices.



**HEALTHY SCHOOLS  
LONDON**

The scheme has three award stages;

- Bronze is awarded to schools that complete a Local Healthy Schools Review or the Healthy Schools London Review Tool and achieve the requirements.
- Silver involves undertaking an analysis of pupils' needs and identifying new actions that will help pupils achieve and maintain good health and wellbeing.
- Gold requires schools to show the impact of the changes they have made and that these are sustainable.

For more information visit <http://www.healthyschools.london.gov.uk/> or contact sharon.davies@enfield.gov.uk.

## Healthy Early Years London

Healthy Early Years London (HEYL) is an awards scheme funded by the Mayor of London which supports and recognises achievements in child health, wellbeing and education in early years settings. Building on the success of Healthy Schools London, HEYL will help to reduce health inequalities by supporting a healthy start to life across themes that include healthy eating, oral and physical health and early cognitive development.

MAYOR OF LONDON'S



The scheme has three award stages;

- Bronze is awarded to settings that complete the HEYL Bronze Award audit and meet all the criteria. Settings must also meet the Voluntary Food and Drink Guidelines for Early Years Settings in England.
- Silver helps settings focus on one health, wellbeing or education priority based on local priorities or needs.
- Gold requires settings to identify two further priorities, one that focuses on the need of a particular child or group of children and one that supports the health, wellbeing or education of all children in the setting.

For more information visit <https://www.london.gov.uk/what-we-do/health/healthy-early-years-london> or contact Christiana.Kromidias@enfield.gov.uk.

## Healthy Workplace Charter

Organisations that are a healthy place to work enjoy many benefits, including reduced sickness absence, improved productivity and reduced staff turnover. Staff being absent from work, or under-performing due to illness can be a major problem for employers as well as the individual.

The London Healthy Workplace Charter is endorsed by the Mayor of London and is a straightforward yet revolutionary scheme. The Charter provides a framework aimed at improving the health and well-being of employees.

### 5 steps to getting accredited

1. Once you register your interest, you will be put in touch with Enfield Public Health
2. The school looks through the self-assessment framework– this will help you decide what level your organisation is at:
  - Health and safety
  - Mental health
  - Physical activity
  - Attendance management
3. Enfield Public Health will work closely with you to explore the initiatives and help gather evidence.
4. When you and Enfield Public Health are happy, you will submit your application.
5. The London Healthy Workplace Charter central office will let you know within two weeks what level you've achieved: Commitment, Achievement or Excellence.

Visit the Healthy Workplace Charter website to find out more and register your interest:

<https://www.london.gov.uk/what-we-do/health/healthy-workplace-charter>

# Health Services delivered in Schools

## School Nursing Service

School nurses work with children and young people in academy and free schools where a child is subject to a safeguarding or child in need plan, or if they are a looked after child. School nurses are qualified nurses who work in partnership with schools and Public Health to provide health promotion advice that may affect the health or development of school aged children. The school nurse can advise or will know where help can be sought on many health matters, including sex and relationships, drugs, bullying and obesity issues. The nurse's aim is to keep children healthy and enable them to reach their full potential.

School nurses accept self-referrals from children or their families as well as referrals from school staff, social services, looked after children nurse specialists, child protection nurses, medical colleagues, and health visitors.

Enfield's school nurses are based at St Michaels Hospital, Gater Drive, Enfield, EN2 0JB

To contact the school nursing central point of access, call 020 8702 6184 or email beh-tr.CedarSN@nhs.net. There will be a duty school nurse on call daily 9am-1:30pm.

Visit the website to access the referral form: <http://www.beh-mht.nhs.uk/enfield-community-services/ecs-services/school-nursing.htm>.

## National Vaccination Programme

Children are offered the following vaccinations at school:

- Reception Age to Year 5: Fleunz to reduce flu rates. This is a nasal spray not an injection.
- Girls in Year 8: HPV to reduce cervical cancer rates. This is an injection into the upper arm and there will be 2 injections approximately 6 to 12 months apart.
- Year 9: Meningitis ACWY to reduce incidents of 4 strains of meningitis and Revaxis, to reduce incidents of diphtheria, tetanus and polio. Children will receive 2 injections, 1 injection in each arm during the same appointment.

Parents will be contacted about immunisations through their child's school. Children of all ages are asked for signed parental consent but in secondary school pupils can give their own consent, if assessed as capable. This means that if a parent refuses the vaccination may still be given if their child consents and understands the issues in what the procedure involves. If parents consent on behalf of the child and the child refuse the vaccination, it will not be given.

For more information or any enquiries contact: beh-tr.enfieldimmunisationteam@nhs.net or 0208 702 4829 / 0208 702 3700. Service Open Hours: Monday to Friday, 9am-2pm.

## 2018 dates for Flu Vaccinations

DATE	AM	PM
Monday Oct 8th	Raglan	Hadley Wood
Monday Oct 8th	Raynham	
Tuesday Oct 9th	Merryhills	Forty Hill
Tuesday Oct 9th	Wolfson Hillel	
Weds Oct 10th	Brimsdown	Grange Park Prep
Weds Oct 10th	Firs Farm	
Thurs Oct 11th	Suffolks	St Johns
Thurs Oct 11th	Latymer All Saints	
Fri Oct 12th	Walker	
Fri Oct 12th	Starksfield	
Mon 15th Oct	Wilbury	Bowes Edmonton
Mon 15th Oct	Honilands	
Tues 16th Oct	St James	Winchmore (Durrants pupils only)
Tues 16th Oct	St George's RC	
Weds 17th Oct	St Monica's	Bowes Southbury Green
Weds 17th Oct	Houndsfield	
Thurs 18th Oct	Eldon infants	
Thurs 18th Oct	Eldon Juniors	
Fri 19th Oct	Waverley	
Fri 19th Oct	Bowes	
Mon 29th Oct	Salcombe pre prep site 9-10:30am	Our Lady Of Lourdes
Mon 29th Oct	Salcombe prep site 11am- 12:30pm	
Tues 30th Oct	Galliard	Palmers Green High
Tues 30th Oct	Eversley	
Weds 31 Oct	West Grove	
Weds 31 Oct	Capel Manor	

## Health and Wellbeing Offer to Schools in Enfield

DATE	AM	PM
Thurs 1st Nov	St Mary's	Vita Et Pax
Thurs 1st Nov	St Paul's	
Fri 2nd Nov	West Lea both sites	
Mon 5th Nov	Tottenham Infants	St Andrew's Southgate
Mon 5th Nov	Cuckoo Hall	
Tues 6th Nov	Carterhatch infants	Keble
Tues 6th Nov	Carterhatch Juniors	
Weds 7th Nov	Grange Park	
Weds 7th Nov	De Bohun	
Thur 8th Nov	Ark John Keats	
Thur 8th Nov	Highfield	
Fri 9th Nov	Durants	
Fri 9th Nov	Freezywater St George's	
Mon 12th Nov	Hazelwood Infants & juniors	
Mon 12th Nov	St Matthew's	
Tues 13th Nov	Eastfield	
Tues 13th Nov	Kingfisher	
Weds 14th Nov	Keys Meadow	
Weds 14th Nov	Bush Hill	
Thur 15th Nov	Russett House	
Thur 15th Nov	Hazelbury	
Fri 16th Nov	Oaktree	
Fri 16th Nov	Fern House	
Mon 19th Nov	George spicer infants	
Mon 19th Nov	George spicer juniors	
Tues 20th Nov	Alma	
Tues 20th Nov	Garfield	
Weds 21st Nov	Worcesters	
Weds 21st Nov	St Michael's CoFe	
Thur 22nd Nov	Woodpecker	Enfield Heights



DATE	AM	PM
Thur 22nd Nov	Chesterfield	
Fri 23rd Nov	St Michael's at Bowes	
Fri 23rd Nov	Fleecefield	
Mon 26th Nov	Prince Of Wales	
Mon 26th Nov	St Andrews Enfield	
Tues 27th Nov	Southbury	
Tues 27th Nov	Lavender	
Weds 28th Nov	Oasis Hadley	
Weds 28th Nov	Oakthorpe	
Thur 29th Nov	St Edmunds	
Thur 29th Nov	Chesterfield	
Fri 30th Nov	Chase Side	
Mon 3rd Dec	St John & St James	
Mon 3rd Dec	Edmonton County	
Tues 4th Dec	Brettenham	

The Immunisations Team will be revisiting schools between Weds 5th December and Friday 21st December.

There will be Drop in Clinics at Cedar House, St Michaels, Gater Drive EN2 0JB on the following dates:

- Monday 21<sup>st</sup> October 10am-2pm
- Thursday 24<sup>th</sup> October 12:30-3pm
- Friday 28<sup>th</sup> December 09:30am-12pm
- Wednesday 2<sup>nd</sup> January 10am-3pm

## NCMP

Obesity is an urgent and serious challenge for Enfield. Obese children are more likely to be ill and be absent from school due to illness. In Enfield, 24.2% of reception year children are overweight or obese and 41.5% of children in year 6 are overweight or obese. This is higher than both London and national averages.

The NCMP is an annual measure of the height and weight of children in reception year and year 6. The parents of children who have excess weight or are underweight will be sent a letter informing them of the results and they will also be sent a letter offering access to free or heavily subsidised support and activities that can help improve their child's health.

The benefits of this measure are two-fold. The NCMP provides Public Health with robust data on weight trends to inform policy and strategy both locally and nationally. The second benefit is providing parents with feedback to understand their child's health status and provide support where necessary.

For more information about the NCMP and support offered, please contact Ailbhe. [Bhreathnach@Enfield.gov.uk](mailto:Bhreathnach@Enfield.gov.uk)

## Oral Health Promotion Service

Oral health is an important part of general health and wellbeing and has a big impact on quality of life. Despite recent improvements children's oral health, Enfield is still considerably lower than national and London averages. The Whittington Health NHS Oral Health Promotion Service works with schools to promote oral health improvement in children to reduce inequalities.

The service can support schools to improve their pupils' oral health, including:

- **Fluoride Varnish Programme** ran in 22 primary schools in Enfield for 3-6 year olds. Fluoride varnishing involves painting a varnish to the surface of the tooth to prevent decay. It strengthens tooth enamel, making it more resistant to decay. The dental team visits twice a year and applies fluoride varnish to children whose parents have consented during the academic year. This is arranged with schools by the Fluoride Varnish team directly.
- **Training and Support for Professionals** including teachers, teaching assistants and other school staff. The oral health promotion team provides information on how to improve pupils' oral health and provide resources on oral health and healthy eating. They can also support staff with class or school assembly oral health sessions.
- **Parent Engagement Events** with schools and children centres to speak about oral health, healthy eating and how to find a dentist.
- **Special Educational Needs schools** are supported through training to parents and carers. They also carry out practical toothbrushing sessions with children as required.

All children are entitled to free fluoride varnish through their own dentist. The NHS recommends that children should be offered fluoride varnish application at least twice a year from the age of three. Younger children may also be offered this treatment if the dentist thinks they need it. Please ensure parents in your school are aware of this and encouraged to access fluoride varnish through their dentist if it is not provided directly at your school.

For information on the oral health promotion services, please contact [mohammadzubair.baig@nhs.net](mailto:mohammadzubair.baig@nhs.net) or [rose.asaro@nhs.net](mailto:rose.asaro@nhs.net).

# Sexual Health and Education

## Condom Distribution Scheme

The Enfield C-Card Scheme entitles young people aged 13-25 to free condoms and is coordinated by Enfield Council's Public Health team. Young people are registered to the scheme by a professional at participating outlets. Young people aged 16 and over can also register online and collect their card from a professional at one of the participating outlets. New outlets can sign up to the C-Card Scheme and individuals who will be distributing condoms are trained in how to register a young person.



For more information about the C-Card scheme or how to become an outlet please contact [Antoinese.akuffo@enfield.gov.uk](mailto:Antoinese.akuffo@enfield.gov.uk) or call 020 8379 5418.

## Health Education, Relationships Education and Relationship and Sex Education

PSHE and SRE teaching have recently been in consultation to improve and update the current guidance and subject content. From September 2020, the DfE will be introducing statutory Health Education, Relationships Education (primary) and Relationship and Sex Education (secondary). For curriculum advice and guidance please contact Sharon Davies on 020 8379 3264 or [sharon.davies@enfield.gov.uk](mailto:sharon.davies@enfield.gov.uk)

## Relationship and Sex Education Training

To prepare for the introduction of compulsory Relationship Education (Primary) and Relationship and Sex Education (Secondary) in schools in England, Public Health will be offering training to both Primary and Secondary Schools. Training will be open to all teachers and support staff with a focus on how to plan, structure and deliver sexual health sessions. It will also include information on sexual health topics to enhance knowledge, awareness and confidence when discussing these topics with pupils.

For more information about training please contact [Antoinese.akuffo@enfield.gov.uk](mailto:Antoinese.akuffo@enfield.gov.uk) or call 020 8379 5418.

# Drugs and Alcohol Services

## Enfield's Young People's Drug and Alcohol Treatment Service

*Enfield Sort it! Compass* is a free and confidential young people's drug and alcohol treatment service for those up to the age of 18 who live in the borough of Enfield. Compass supports young people to make positive health and lifestyle changes through interventions including talk therapies, advice, information and group work. Compass works together with the young person to create tailored care plans, putting them in control of their care.

*Enfield Sort It! Compass* has a central base in Edmonton, providing space for one to one talk-therapies and work with small groups. They also operate a peripatetic outreach service from satellite locations across the borough, including Youth Centres and Schools.

Compass also supports schools in delivering talks about substances; these talks are curriculum specific and are designed to get young people to consider the negative impacts associated with alcohol and substance misuse.

*Enfield Sort It!* can accept referrals from the young person themselves, a concerned friend or family member, as well as from professionals who the young person is working with (the young person must consent to this). Referrals can be made by phone, by visiting the office or by using a referral form. If you feel you just need to talk it through anonymously, you can call the service for a confidential and informal conversation.

### **SORT IT! COMPASS - 29 FOLKESTONE ROAD, EDMONTON, N18 2ER**

Telephone: 020 8360 9102

Email: [compass.enfieldsortit@nhs.net](mailto:compass.enfieldsortit@nhs.net)

CJSM Email: [enfield.sortit@compassuk.cjasm.net](mailto:enfield.sortit@compassuk.cjasm.net)

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

Please note this service is for young people under the age of 18, if you are concerned about someone who is 18+ please call Compass Adults Service on (020 8379 6010).

## Enfield's Hidden Harm Service

Enfield's Hidden Harm service is delivered by Compass-Services, who specialise in delivering services that "Tackle Problematic Drug Use."

The following services are offered to families living in Enfield, who are affected by parental substance misuse:

- **Initial Conversations** (or assessments), offering parents the opportunity to talk through their personal stories in a therapeutic supportive and non-judgemental way. Once this is complete parents are supported through one-to-ones or group work programmes. These group sessions are described as a safe, reflective growing space. Many parents move to work with the borough's Treatment Recovery workers (Enable).
- **The Parent Recovery Group** is run by professional counsellors and those who have been through the process themselves. It engages parents who are in recovery or those still using substances or alcohol. These groups help parents to understand how their use of substances can impact on parenting styles, capacity and the child or children's development.

- **Support for Children and Young People** is offered in the form of a Play Therapy service, providing specialist 1-2-1 support for children who may have been affected by parent substance and alcohol misuse. The therapist will often work with parents to help them understand unseen issues. Therapists work with parents to understand and interpret the signs demonstrated in play and seen to improve outcomes for both parents and children.
- **Support for Significant Others** is provided through a limited number of support sessions. This is aimed at significant others who may have been impacted by a partner's drug use.

To refer to the Hidden Harm service, please email [hiddenharm@compass-uk.org](mailto:hiddenharm@compass-uk.org) or call 0208 360 9102 to talk through any initial concerns.

# Support for Families

## The Local Offer

Enfield's Local Offer provides help and support to children and young people with Special Educational Needs and Disabilities (SEND) and their families. It offers a wide range of services, both online and in person, for parents and carers, as well as young people who want to live as independently as possible.

The Local Offer includes detailed information on:

- Early Years
- Short Breaks and Family Support
- Young People
- Health and Social Care
- Referrals and Policies
- Social, Emotional and Mental Health

Visit the Local Offer website for more information: <https://new.enfield.gov.uk/services/children-and-education/local-offer/>

## Family Information Service

Enfield's Informed Families website provides a wealth of support and information for parents and childcare providers. You can access the website at <https://new.enfield.gov.uk/if/>

## Children's Centre

A Children's Centre provides opportunities for families with children under 5, to learn, develop and have fun. It is a place for families to attend free courses, workshops and drop in sessions. Children's Centres bring together a wide range of services and support for families with young children.

Universal Programmes and Services Available:

- Baby Talk for first time parents with babies aged 3-11 months
- Child Talk for families with 1-4 year olds
- Speech and Language drop-in
- Breastfeeding support drop-in
- Improving Access to Psychological Therapies (IAPT)
- Citizens Advice Bureau (call to book an appointment)
- Well Baby Clinic – Anna Freud approach, casual and friendly service to weigh your baby, chat to other parents and get advice

DeBohun and Eldon Primary Schools lead the Children's Centre programmes and operate out of sites across the borough. You can find more information and timetables at: <https://new.enfield.gov.uk/if/enfield-childrens-centres/>

## EPEC

Enfield's Children's Centre offers a range of courses that parents can attend. Empowering Parents Empowering Communities (EPEC) is a parenting course led by local parents. Our parent leaders are best placed to support the needs of their local communities and will complete accredited training prior to leading sessions.

EPEC offers parenting support that improves:

- Children's social, emotional and behavioural development
- Children's readiness for school and learning
- Parenting, parent confidence and well-being
- Family communication, interaction, routines and resilience

Contact the Children's Centre on 0208 441 7728 to find out more about the sessions offered.

## Free Childcare

All 3 and 4-year olds are entitled to 15 hours per week of free early education at eligible early years settings, including nurseries, pre-schools and childminders. Parents may be eligible for 30 hours free childcare if they and their partner (if applicable) are in work and earning at least the National Minimum Wage or Living Wage for 16 hours a week. Some 2-year-olds are also eligible for 15 hours free childcare, for example if parents receive certain benefits.

For more information and eligibility criteria visit the website at <https://new.enfield.gov.uk/if/free-entitlement/>

**To keep up to date with the latest health and wellbeing information, services and funding available, please visit the Healthy Enfield Website <https://new.enfield.gov.uk/healthandwellbeing/>**

