



## Extended Services in and around schools

### Health and Well-being

#### **Ranelagh School – Health Drop-in**

Ranelagh School already ran a weekly drop-in clinic, staffed by School Nursing Team, called 'The Well'. Numbers attending were variable but were mostly lower school female pupils. Health and well-being concerns of the sixth form are different; it was agreed a separate service was required for them. The proposal was to establish a weekly drop-in after school, to be called 'Well-being' staffed by a qualified nurse. The aim was to offer an environment which was conducive to seeking advice and support, which would boost self-esteem, and from which further advice and help would be signposted. Although it was set up as a "drop-in", school and parents could refer students.

#### *Among the intended outcomes were:*

- Increased awareness of health issues of young people, their parents and others in the community, which includes physical health and emotional well-being.
- Offering the service to sixth formers in other local schools.
- Increased engagement of sixth form students seeking advice and support regarding a wide range of health related issues, self-esteem and self-confidence; empowerment; healthy lifestyles; smoking cessation and body image

#### *Outcomes included:*

- Consultation with young people and their parents through questionnaires to seek their views on their needs and to gauge interest in the proposals. Engagement with the School Council.
- Communication and joint work between professionals, including School Nursing Service, school staff and other external agencies so that resources and information can be shared and services offered complement each other.
- Use by both male and female sixth form students. Feedback is positive. Some significant needs have been presented including asthma, alcohol, chest infection and sexual health.
- Well attended and well evaluated sessions for sixth form students on 'Looking after yourselves' focused on healthy eating, and 'Alcohol', both in response to students' expressed need.
- Anecdotally, sixth-formers have said they appreciate the opportunity to have a drop-in separate to the one used by younger students.

#### *Impacts apparent so far include:*

- Clear personal and health benefits to students dropping in.
- Increased health awareness.
- Empowerment of individuals to be more responsible for health, including seeking advice.

Additionally, in order to increase opportunities for parents and their children to communicate about health related issues, and to increase their confidence in doing so, two evenings were set up for Year 7 and Year 8 students and their parents. The first, "Mums" and Daughters invited parents (mothers came) with their daughters to

an evening focussing on puberty. This took the form of a warm up activity, talk, video and opportunities for questions and answers. A similar second session for “Dads” and sons will follow.

*Among the intended outcomes were:*

- Increased awareness and knowledge of puberty issues
- Increased engagement and communication between parents and children with improved confidence to talk about sensitive issues.

*Outcomes included:*

- Consultation with young people and their parents through questionnaires to seek their views on their needs and a direct response to these.
- Communication and joint work between professionals
- Very positive evaluations of the first session.

*Impacts apparent so far include:*

- Positive engagement between mothers and daughters
- Recognition of improved confidence in talking together