



The Royal Wolverhampton
NHS Trust

Building a healthy future this Autumn



An information leaflet from the
Wolverhampton 0-19 Service, September 2026

Welcome back to a new school year!

We know that starting a new term can bring mixed emotions for families - especially if your child needs extra health or learning support. Our SEND school nursing team is here to work alongside you, your child, and their school to help them thrive.

Who are School Nurses?

School Nurses are registered nurses with additional qualifications / specialist training in public health. Public Health Associates (PHA's) and Sexual Health Workers also support the school nurse teams.

Where do School Nurses deliver their services?

School Nurses offer a service to pupils who attend the schools in Wolverhampton that are State Funded, Academies, Free Schools, Special Schools and other educational establishments including Pupil Referral Units, Educated at Home and the Youth Justice Service (YJS)

What do School Nurses do?

Promote the health, wellbeing and protection of children and young people in the city, identify health needs and early support for those who need it and work with other services / agencies to address local need and national health priorities.

Our Specialist SEND School Nursing Team

Jenna Nightingale
School Nurse

Olivia Gilbert
School Nurse

Kelly Till
Public Health Associate

The Specialist School Nursing Team supports children and young people with a wide range of health needs in school. We work closely with families, schools and multi agency professionals to promote health, wellbeing and inclusion.

What We Offer

We provide advice, assessment, health promotion and support across a range of health needs, including:



Health assessments and reviews



Continence, bladder and bowel support



Sleep advice



Healthy lifestyles and physical activity



Oral hygiene



Emotional health and wellbeing



Puberty and growing up



Relationships and sexual health



Support with medical conditions and health management in school



Transitional planning

We also signpost and refer to other health services when needed.

Confidential Drop-In (Years 7–12) Young people can speak to a School Nurse about relationships, sexual health, emotional wellbeing or general health concerns. Schools will share drop-in dates.

Our SEND in Mainstream School Nursing Team

Hayley Timmis
School Nurse

Corrine Shelton
Public Health Associate

Rebecca Brown
Public Health Associate

Sam Hall
Public Health Associate

Having Difficulties with Sensory, Toileting, Eating, Sleep or Dental Needs?

Our team offers a range of workshops designed to support families with young people with SEND. Each session provides practical, SEND-specific strategies that can be used at home and in school.

Sensory Challenges

Our Sensory Workshop is often the best starting point. Understanding a child's sensory needs helps build stronger relationships and makes it easier to put reasonable adjustments in place across home, school, and other environments. This foundation supports progress in all other areas - such as toileting, eating, sleep, and dental care.



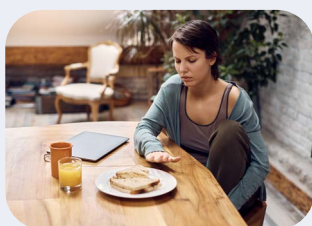
Toileting & Constipation

This workshop helps families understand what can hinder toilet training and how to support a young person through the process. We encourage the use of a consistent toileting plan for at least six months across home and school. This helps identify strengths, challenges, and progress, and guides us in recommending next steps such as tailored strategies, continence services, or further assessment.



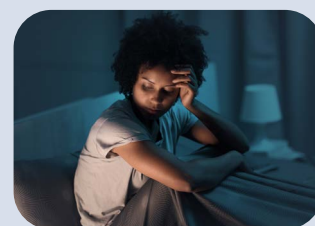
Eating Difficulties

Our Eating Workshop explores sensory, behavioural, and developmental barriers to eating. Families receive practical ideas for home and school to help build confidence around mealtimes and understand what may be contributing to eating challenges.



Sleep & Dental Health

Many young people with SEND benefit from predictable routines, visual cues, and sensory-friendly approaches. Our combined Sleep & Dental Workshop covers calming evening routines, adapting the sleep environment, sensory-aware brushing techniques, and building confidence with dental hygiene. We also signpost accessible dental services for children who may need additional support.



To find out more about our workshops, call our Single Point of Access (SPoA) Hub – 01902 441057, Monday to Friday from 9am to 5pm.



ChatHealth Parentline

**Do you have a 5-19 year old? You can
text a School Nurse on 07312 263951.**

Monday-Friday, 9am-5pm (excluding bank holidays)

We can offer advice and support on topics like:

- Toileting
- Sleep
- Growing up
- Diet and healthy living
- Bullying and friendships
- Medical conditions in school
- Transition
- Exam stress
- Emotional health and wellbeing
- Oral health

If your message is urgent, please contact your GP, visit an NHS walk-in centre, or call NHS 111.
If it is an emergency, dial 999 or visit A&E.



**For privacy information, including details relating
to how we process data, please scan the QR code**

Healthy Relationships

Healthy relationships aren't just about boyfriends and girlfriends - they include friendships, family relationships, relationships with trusted adults, and the people we see every day at school and in the community.

Children and young people learn about healthy relationships by understanding how to:

	Be kind, respectful and honest.
	Take turns, share and listen to others.
	Respect personal space and boundaries.
	Understand that everyone has the right to say "yes" or "no".
	Recognise their own feelings and those of others.
	Know the difference between a healthy friendship and someone who is being unkind, controlling or making them feel unsafe.
	Identify trusted adults they can talk to if they are worried.

As children get older, healthy relationship education also includes learning about consent, privacy, online safety, and recognising the qualities of respectful romantic relationships. These skills help children and young people build confidence, develop positive self-esteem and make safe choices as they grow.

For children and young people with SEND, these skills often need to be taught explicitly and revisited regularly using visual supports, social stories, role play and real-life opportunities to practise. It is important to remember that every child learns at their own pace.

Parents and carers play a vital role by modelling positive relationships, encouraging open conversations, and helping children recognise when something doesn't feel right. Remind your child that they can always speak to a trusted adult if they feel worried, unsafe or pressured - whether this happens in person or online.

Remember: Healthy relationships should help us feel safe, respected, valued and listened to. Everyone deserves to be treated with kindness, and it is okay to say "no", change your mind, and ask for help.

If you would like advice or support around friendships, healthy relationships, consent, online safety or emotional wellbeing, please contact the School Nursing Team.

We are here to help.

If you would like to discuss your child's health with a school nurse, please contact our 0-19 Single Point of Access (SPoA) Hub on 01902 441057.

We would love to hear your thoughts on topics you'd like to be included in future bulletins.

Please email rwh-tr.0-19marketing@nhs.net

