

10<sup>th</sup> March 2026

Dear Parents/Carers,

### **Letter from the Hampshire Public Health Nursing Service:**

The Hampshire Public Health Nursing Service work collaboratively with parents, children and young people to support health and wellbeing needs. Our aim is to look at ways we can make our service more accessible to families by offering a public health clinic at your child's school. The first clinic will be on **Friday 1<sup>st</sup> May 2026** in the morning. This will provide the opportunity for you or your child to make an appointment with a registered nurse/public health advisor to discuss any aspect of their health and wellbeing.

#### **We offer an individualised episode of care up to 4 contacts regarding the following:**

- Emotional health and well-being
- Healthy weights and lifestyles

#### **We offer advice and signposting regarding the following:**

- Physical and Emotional Health and well being
- Healthy weights and lifestyles
- Support during transition through school
- Relationships, sexual health, and substance misuse
- Parenting advice: accident prevention, sleep, behaviour and signposting for continence support
- Children and young people with complex or additional health needs
- Support for children and young people not in school, in accessing the Healthy Child Programme.

If you or your child would like to meet with a public health nurse or advisor, please let Mrs Jones know via [adminoffice@st-marks.hants.sch.uk](mailto:adminoffice@st-marks.hants.sch.uk) Please note that there are a limited number of appointments and we may have to put a 'waiting list' in place.

To find out more about the public health nursing service please access our website at:



We look forward to seeing you at our upcoming events and working together to support the health and wellbeing of your young people. Your involvement makes all the difference.

Hampshire Public Health Nursing Service