



ST HELENS
BOROUGH COUNCIL

St Helens Borough School Health and Wellbeing Newsletter

Autumn Term 2025

Welcome to the 2025 Autumn Term Edition of the St Helens Borough School Health and Wellbeing Newsletter

In this edition we have teams and services updates, information about support on offer.

If you have an article which you would like to share in the School Spotlight, please contact Tina Goodchild: tinagoodchild@sthelens.gov.uk.

TOO MUCH BLUE - GET A REVIEW



NHS Cheshire and Merseyside has developed a new communications campaign [click here for further information 'Too Much Blue – Get a Review'](#).

This is a behaviour-change campaign designed to encourage better self-management of asthma in children and young people. The campaign aligns with a key NHS asthma priority to reduce over-reliance on 'blue inhalers' (short-acting beta agonists – SABA) and improve asthma care for children and young people. Locally, there has been a significant increase in children and young people's asthma attendances to A&E over the past two years, which the campaign also aims to address.

FLU VACCINATIONS 2025/26

Stay well

for the ***moments*** 
that matter



Flu can make young children very unwell, sometimes requiring hospital care.

The flu vaccine is available now for children aged 2-3, from your GP and some local pharmacies.

You decide what's right for you and for those you love.

Don't miss a moment this winter.



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Flu Vaccinations 2025/26

As we approach the winter months, children aged 2 to 16 will be offered a free NHS flu vaccine in the form of either a nasal spray or injection. This vaccine helps to protect against illness that could lead to school absence or health complications in those that are more clinically vulnerable. By reducing flu infections amongst children, this can also reduce the spread of flu to vulnerable family members.

School-Aged

Please look out for a request for flu vaccination consent from your child's school. The School-Aged Immunisation Service will be providing vaccines between September and December 2025. They are also offering additional clinics to improve accessibility for as many children as possible.

Children aged 2 and 3 years

Children aged 2 and 3 years who attend a nursery attached to a local authority school will be offered a vaccination during school times through the School-Aged Immunisation Service. Parents or carers will be asked for consent via the school.

This year, the following local pharmacies are offering vaccination appointments for children aged 2 and 3 years. If your child's nursery is scheduled a visit from the School-Aged Immunisation Service then please make sure that you notify your nursery if your child has already received a flu vaccine from your local pharmacy or GP practice. To find out whether your local pharmacy is offering childhood vaccines, please visit [The Living Well Service :: Cheshire and Wirral Partnership NHS Foundation Trust](#).

All eligible cohorts can also visit the **Living Well Bus** which will be based at community locations across St Helens to receive their free NHS flu vaccine from 1st October 2025. For the upcoming dates and locations, please visit the following link [The Living Well Service :: Cheshire and Wirral Partnership NHS Foundation Trust](#).

CHILDREN'S FLU VACCINATION CAMPAIGN LAUNCHED FOR NURSERY AND SCHOOL PUPILS

Knowsley, Halton and St Helens Primary



Mersey Care
NHS Foundation Trust

Flu: five reasons to vaccinate your child

1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare.



For more information visit
www.nhs.uk/child-flu

A major flu vaccination campaign is now underway to help protect children across the region this winter. The flu vaccine remains the best protection against flu for children and helps reduce the spread of illness in schools, nurseries, and our community.

All children aged 2 to 3 years old on the 31 August 2025 are eligible for the nasal flu vaccine, which can be accessed through their GP, local pharmacy, or local authority nursery school.

Knowsley, Halton and St Helens Secondary



Mersey Care
NHS Foundation Trust

Flu: five reasons to have the vaccine



1. Protect yourself

The vaccine will help protect you against flu and serious complications such as bronchitis and pneumonia

2. Protect your family and friends

Having the vaccine will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions worldwide and has an excellent safety record

5. Avoid costs

If you get flu, you may be unwell for several days and not be able to do the things you enjoy.



For more information visit
www.nhs.uk/child-flu

school. Parents and carers will receive a secure link from their child's school to complete an online consent form. This allows families to:

- ☐ Choose the nasal flu vaccine (which offers the best protection)
- ☐ Request the injectable flu porcine-free vaccine, if required
- ☐ Opt out of the vaccination if they do not wish their child to receive it.

Health leaders are stressing the importance of parents and carers completing the form promptly, even if they do not want their child vaccinated. This ensures the immunisation team understands their wishes, avoids unnecessary reminder calls and text messages, and allows the service to be delivered safely and efficiently.

Parents are also being urged to check that their contact details are up to date with their child's school so they can receive the consent link without delay.

For families who cannot access the online form, paper consent forms are available from schools. Alternatively, the immunisation team can provide support by phone or email: 0151 351 8805 or mcn-tr.schoolimmunisations@nhs.net

If your child has an underlying health condition, you can also contact the team to arrange a clinic appointment. This helps ensure they are protected as early as possible in the flu campaign.

For more information on the children's flu vaccine, visit the official NHS page:
www.nhs.uk/child-flu

HENRY'S FREE HEALTHY FAMILIES; GROWING UP

Henry's Free Healthy Families: Growing up programme due to start in November 2025. Bookings can be made directly from the Eventbrite link which is <https://www.eventbrite.co.uk/e/1746219311969?aff=oddtcreator> or through this page click here
[St Helen's Wellbeing](#)

Healthy Families: Growing Up



Healthy, thriving children and families



HENRY's free **Healthy Families: Growing Up** programme is for parents and carers of primary-school age children – it will help you develop a healthier, happier lifestyle that the whole family can enjoy.

The programme covers these 5 themes across **8 sessions** and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Get
in touch
to sign up
now!

Programme details

Monday 3rd November - Monday 22nd December
10am - 12 pm.
Sutton Family Hub, 26 Ellamsbridge Rd, Saint
Helens WA9 3PY.

"This was the best thing I could
possibly have done to help me be a
better mum"



Contact Us

Phone: 01744 371111
Email: chcp.sthelens@nhs.net
Website: www.sthelenswellbeing.org.uk

SUPERVISED TOOTHBRUSHING



St Helens Well-being team have been busy training nurseries and schools to enable them to implement supervised toothbrushing within settings. The programme is evidence-based aiming to improve children's oral health and reduce health inequalities. Supervised toothbrushing encourages children to develop lifelong positive brushing habits, therefore supports their overall health and well-being. We currently have 22 settings who have trained and successfully implemented brushing into their daily routines. Full training is given, and resources are provided, in the first instance priority will be given to nurseries and schools in IMD 1&2. To get signed up or for more information please contact us on 01744 371111 or email; chcp.sthelens@nhs.net.



Spotlight on setting - General Day Nursery

How is the programme going?

The programme is going well and is part of our daily routine.

Have you come across any barriers? How did you deal with them?

No

Are the children enjoying it?

Yes, the children ask if it is time to brush their teeth.

Do you think they are learning from it? What shows you this?

Yes, it has become part of their routine, and they happily join in. The children can tell us why we brush our teeth.

How have parents responded to the programme?

Some parents have told us they are glad we do toothbrushing at nursery, as they struggle to get them to brush their teeth at home, but they happily do it in nursery.

Good news stories? We are consistently talking about Oral Health, we celebrated smile month with extra crafts, and we booked out croc to surprise the children, they loved it.

"CARE COMMUNITIES" COMING TO A SCHOOL NEAR YOU.....



NHS Cheshire and Merseyside have successfully run four Care Community multi agency meetings across the Borough through 2025 and still have 4 Care Community multi agency meetings planned in 2025, Central in September, North in October, South in November and Newton & Haydock in December.

These multi agency meetings are led by GP's and specifically focussed on complex families with children with poor school attendance. If you have a child/family you think may benefit from discussion at one of these meetings in the first instance please contact Rachel Frankland, Senior Programme Manager on Rachel.frankland@cheshireandmerseyside.nhs.uk. We look forward to hearing from you.

ST. HELENS SANTA DASH - 29 NOVEMBER 2025

St Helens Santa Dash

Saturday 29th November 2025



4k
route

Adult £10, Child £5,
Family of 4 £20

(Children aged 3 and under are free)
(includes a Santa hat and medal)

Arrive from 10.30am & Start 11.00am
Victoria Park, St Helens



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Ready, Set, Squash!

A brand-new schools programme has been launched by England Squash, that will open up the game to thousands of children.

With free teacher and coach training, ready-made lesson plans, and exclusive equipment discounts, it's never been easier to bring squash into primary schools – no courts, no experience needed.

Read more here: <https://tinyurl.com/4rfcac34>

The St Helens Santa Dash poster and sign-up link :

<https://willowbrook.org.uk/st-helens-santa-dash-29th-november-2025/>

WILLOWBEES ADVENTURE PLAY

Willowbees Adventure Play (Soft play and birthday party venue for children up to age 11. Located inside Newton-Le-Willows Health & Fitness. For more info, please visit: [Willowbees Adventure Play - Go Active](#))

NEW JUNIOR WIGHTS ACCESS!



New Junior Weights Access! (Our Fitness Instructors have recently completed an Adolescent qualification which allows us to now guide juniors from age 11 using resistance machines at Newton Health & Fitness and Queens Park Leisure Centre.

FAMILY FUN SESSION

Family Fun Session (Join us on Sundays at 11.00am - 12.00pm at Newton-Le-Willows Health & Fitness for a family fun session)

ST HELENS CHILDREN IN CARE TEAM - EXCELLING ACCREDITATION ALIGNED TO CARE QUALITY COMMISSION (CQC) OUTCOMES

Merseycare NHS Foundation Trust wanted to share with you the excellent achievement of the St Helens Children in Care Team in achieving an Excelling accreditation aligned to the CQC outcomes.

We feel very proud and privileged to achieve this recognition for the health service we offer and deliver to all Children in Care.

We have an excellent multi-agency partnership with our partners across St Helens, the wider Cheshire and Merseyside, and, even more importantly, our children and families.

This is a very in-depth assessment process that has included interviews with carers, social workers, and young people about the difference the team makes for them.

There has been a mix of planned and unplanned inspections to achieve this recognition.

The St Helens Children in Care Team are the first children in care team to achieve this outcome across Mersey Care trust.

Miss Kay McEneny
Named Nurse for Children in Care

INTERACTIVE WORKBOOKS LAUNCHED TO SUPPORT MENTAL HEALTH IN SCHOOLS



Digital workbooks from your Mental Health Support Team in school

Your Mersey Care Mental Health Support Team in school has developed digital workbooks to support children, young people and families and schools to learn new ways to manage your emotional wellbeing.

Scan the QR code to view the online booklets.



INTERACTIVE WORKBOOKS LAUNCHED TO SUPPORT MENTAL HEALTH IN SCHOOLS

Mersey Care's Mental Health Support Teams in schools have released new [interactive workbooks](#) designed to help young people, parents and education staff in St Helens learn new ways to improve their mental health and wellbeing. The workbooks provide comprehensive guidance on maintaining good health, building positive self-esteem, and understanding anxiety and low mood. Find out more on the Mersey Care website: [Interactive workbooks launched to support mental health in schools :: Mersey Care NHS Foundation Trust](#)

AUTISM AWARENESS

What to expect at assessment

What to expect if you are referred to Mersey Care for an autism assessment.



Mersey Care NHS Foundation Trust provide services for adults and marked Autism Awareness week by raising awareness of autism and educate those unaware of the condition. There are different ways to develop your understanding of neurodiversity, celebrate our differences and learn about experiences. Find out more on the Mersey Care website: [Autism awareness](#)

HELP FOR YOUNG PEOPLE TAKE CHARGE OF THEIR HEALTH



Mersey Care marked the end of summer when young people across St Helens approach young adulthood, possibly leaving school, starting college or employment. The information is designed to support secondary school students, particularly those in Year 11 and above, and offer practical advice on navigating health services and making informed choices about wellbeing. Find out more on the Mersey Care website: [Mersey Care helps young people take charge of their health :: Mersey Care NHS Foundation Trust](#)

SEXUAL HEALTH WEEK: EMPOWERING YOUNG PEOPLE



Sexual health week is an opportunity to have conversations, share resources and empower young people to make informed choices about their bodies, relationships and wellbeing. Find out more on the Mersey Care website: [Sexual Health Week: Empowering Young People :: Mersey Care NHS Foundation Trust](#)

SPECTRUM GAMING



Who is it for?

Spectrum Gaming is for young people who:

- Have an autism diagnosis
- Are awaiting an autism assessment
- identify as autistic, even if they are not diagnosed

It is really important that young people only join if they meet this criteria. We know from experience the community will not work for young people who do not identify as autistic, if they are not diagnosed or undergoing assessment

In St. Helens, we are open to young people aged 10-17

For more information and to apply please visit <https://www.spectrumgaming.net/>

MENTAL HEALTH TRAINING SCHOOL OFFER - ST HELENS WELLBEING SERVICE



Key Updates from the 0-19+ Service

SCHOOL HEALTH PROFILES

The School Nurse Team has completed a number of new 'School Health Profiles.' Feedback has been extremely positive with schools finding the profiles helpful in understanding the health needs of their pupils. The profiles have also been an opportunity to link in with the School Nurse.

To arrange a school health profile please call the team on 01744 411277.

DROP IN SESSIONS

Drop in sessions across primary schools are termly and are arranged with the school nurse team. Sessions continue to be weekly at secondary schools.

Drop ins are an opportunity for students to chat about health or emotional wellbeing support, however, we encourage school staff to speak to their nurse if they have any concerns about a student and would like to signpost them to the drop in session. The sessions cover a range of issues including physical health, nutrition, relationships, anxiety, condom distribution and support to reduce vaping.

Drop-in sessions:

- Rainhill High - Wednesday 12.30pm - 1.15pm
- St Cuthbert's - Tuesday 1.15pm - 2.00pm
- Sutton Academy - Monday 12.15pm - 1.00pm
- Hope Academy - Wednesday 11.00am - 12.00noon
- Outwood Academy - Tuesday 12.00noon - 2.00pm
- St Augustine of Canterbury Catholic Academy - Friday 1.00pm - 2.00pm
- Cowley International College - Tuesday 1.15pm - 2.00pm
- De La Salle - Thursday 1.10pm - 2.00pm
- Rainford High - Thursday 12.30pm - 1.15pm
- Willow Bank School - Monday 09.30am - 10.30am

SCHOOL SCREENERS

The School Screeners will also be in touch to commence this year's screening programme including the National Child Measurement Programme (NCMP), vision and hearing. We appreciate schools continued support with this and have an excellent uptake which enables us to identify any vision or hearing needs at the earliest opportunity.

STAY IN TOUCH WITH SERVICE UPDATES

Follow us on social media - packed full of service information, updates and news. The pages are aimed at parents and carers and share public health messages and promote the service offer across the borough. The team has also produced video content to help service users feel at ease when accessing clinics.

Instagram: 0_19_sthelens

Facebook pages: Health Visiting St Helens / School Nursing St Helens

CHATHEALTH

ChatHealth - young people can access confidential advice and support from their local School Nursing Service by text (07312263250), on a range of health and wellbeing issues, including anxiety, bullying, relationships and emotional health.

Young people can access a range of advice and support around:

- Anxiety and stress
- Relationships
- Healthy eating
- Puberty and sexual health
- Mental wellbeing
- Sleeping
- Feelings and emotions

CONTACT THE 0-19+ DUTY TEAM

Contact the 0-19+ duty team - 01744 411 277

We welcome any feedback on how we can continue to improve our 0-19+ Service St Helens offer, as well as what you find works well. Please feel free to contact Victoria Bishop, Service Lead, with any of your comments - victoria.bishop4@nhs.net

Aged 11-14?

Chat about feelings and emotions, changes to your body, relationships, healthy eating and bullying - there are lots of things the team can help with.

Text our School Nurses on:

07312 263250

 ChatHealthStHelens



St Helens

ChatHealth is...
confidential, anonymous and
non-judgemental.

Visit: wchc.nhs.uk/ChatHealth

Aged 15-16?

Looking for advice and support around anxiety, body image, relationships, emotional wellbeing or staying healthy?

Text our School Nurses on:

07312 263250

 ChatHealthStHelens



St Helens

ChatHealth is...
confidential, anonymous and
non-judgemental.

Visit: wchc.nhs.uk/ChatHealth

Aged 17-19?

Looking for advice on sexual health and contraception, relationships, alcohol or drugs?

Whatever your question, send a text to our team on:

07312 263250

 ChatHealthStHelens



St Helens

ChatHealth is...
confidential, anonymous and
non-judgemental.

Visit: wchc.nhs.uk/ChatHealth

Children and Young People's Mental Health (CYPMH) Thrive



In St Helens Borough, we have a wide range of services available to support children and young people's emotional and mental wellbeing.

Support is available within the community as well as in local education settings. A new resource has been developed to help you to identify what support is available that best meets your needs.

Please visit [THRIVE](#) or scan the QR code.

Children and Young People's Mental Health Crisis - Crisis Response Team

A mental health crisis is unique to the individual. If the Child or Young Person, or you, believe they are in a mental health crisis, call the Mersey Care Crisis Response team for help.

The Mersey Care Children and Young People's Mental Health Service (CYPMHS) Crisis Response Team launched the 24/7 crisis service in August 2023 – with a four hour assessment timeframe from receiving the emergency referral (for all accepted referrals). The Crisis Response Team can provide:

- Emergency referral screening, providing advice and consultation
- Emergency assessment and follow up
- Brief intervention and home treatment.

If an emergency referral is made, please inform the family or young person to expect a call and an appointment from us within that four-hour timeframe and it is really important they engage with this.

If you are unsure on whether a referral is an emergency or not - you can contact the team on **01744 415 640** – 24 hours a day seven days a week.

Suicide is preventable - OK2ASK

