



COURT FIELDS SCHOOL

Drop-in Clinic Policy

December 2022

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Due for review: Autumn term 2023

PURPOSE

Teenagers typically find difficulty in accessing medical support, advice and guidance through surgeries and clinics. A drop-in centre will encourage students to become more independent and take greater responsibility in terms of their health and well-being. Drop in clinic is a natural extension of the excellent support our students receive from other agencies. Access to a School Nurse will allow students to find out information, discuss a range of issues, seek treatment in specific areas or be directed to a more appropriate professional. The drop in clinic is very much in line with the school's ethos of caring for children and keeping them safe.

KEY POINTS

- To provide a non-judgemental, safe, friendly and trusting environment and service
- To provide a drop-in service without appointments, where follow-up appointments may be made if necessary
- Referral to and from other agencies
- To promote communication between young people, health services, parents and school
- To provide health information in a range of formats about young peoples' health issues
- To involve young people in the development and review of the clinic to ensure their needs are met
- Confidential records are kept with verbal feedback given to school on issues
- Working within the local child protection procedures to ensure that the child's welfare is paramount

Why do we need a school-based health drop-in clinic?

Young people learn best when they are free from worries or concerns. Concerns over health or emotional issues can be significant barriers to learning and educational attainment. Whilst the Trust has excellent pastoral support structures, there are occasions when young people do not feel able to discuss situations with school staff or when school staff are not the appropriate professionals to offer advice or information. By extending the access young people have to professional advice and support from the Health Service we can support them quickly and appropriately in the school setting as well as offer preventative health care on a number of issues.

The need for a drop-in clinic has been identified by students as important. Students particularly felt that access to a professional adult who is not a teacher is important with issues of emotional health which would be difficult to discuss with pastoral staff with whom there may be strong relationships. Boys in particular felt this was important.

The Trust has very good Personal, Social, and Health Education, which is delivered to groups of students. It is important to provide a service which enables individual young people to seek information, clarification and advice confidentially, within strict safeguarding protocols.

What services may be offered

The drop-in clinic will have information and advice available on a wide range of issues which may include:

- Healthy eating
- Smoking/Vaping
- Alcohol and other drugs
- Relationships
- Sexual health
- Emotional health
- Stress/Anxiety
- Weight issues

Sexual health services that may be offered through the drop-in clinic to older students include:

- Condom-card (see Appendix 1)
- Emergency hormonal contraception
- Free pregnancy testing
- Chlamydia screening and follow-up treatment

Any school nurse working at the drop-in clinic offering sexual health services will have been fully accredited by Somerset NHS and will operate within strict child protection guidelines, always reporting any child at risk. Any young person accessing these services will be involved in a full discussion, including advice to talk to parents and follow up appointments. This, in the Trust's view, provides a more supportive service which, takes into account the welfare and well-being of the young person more so than if they were to access these services via other available providers.

Chat Health

Chat Health is an initiative. This is a nationally recognised, secure and confidential text messaging for young people. It allows them too easily and anonymously access health care professionals for advice and support. The service is also available for parents on a separate line. Chat Health is managed by School Nursing staff using the Chat Health web platform. It aims to encourage young people to start conversations early, therefore preventing problems escalating. The hope is that the service will enable the School Nursing Service to make connections with hard to reach young people, especially those who are home educated. This is especially important during a time of pandemic where COVID restrictions are limiting face to face contacts.

Young People (11-19 years) can text: 07480 635 516

Parents of children aged 5-19 years can text: 07840 635 515

How the drop-in clinic will be run

The drop-in clinic will run for one lunchtime a week to enable any child to access it. The trust advertises this in tutor rooms and the pastoral areas of the school. Follow up appointments may be made at other times appropriate to the young person's timetable and availability of a School Nurse (see appendix 2). The School Nurse will meet weekly before and after the drop-in lunch with the School Pastoral Support team to ensure that there is timely discussion about use of the clinic.

The School Nurse will ensure that any concerns about a young person who may be at risk are shared with the School Pastoral Support Officer that same day. These will be logged on My Concern by the Pastoral Support Officer and actions taken as appropriate.

Monitoring the drop-in clinic

The School Nurse will keep confidential records of those attending the clinic.

The link Governor for Safeguarding will liaise with the Designated Safeguarding Lead, to monitor the use of the drop-in clinic. Any concerns will be brought to the attention of the Education Committee.

Any concerns over a young person at risk will be shared with the Designated Safeguarding Lead via My Concern.

APPENDIX 1: THE C-CARD

The Somerset C-Card is a totally free service offering free condoms and sexual health information and is available to all young people in Somerset. To join the C-Card a young person may visit one of the places listed in Issue Point and have a chat with a C-Card issuer.

At the initial visit the School Nurse will tell the young person how the C-Card works and issue a C-Card if the young person is willing to engage in discussion and will listen to the following advice and guidance:

- How to use a condom correctly
- Some information about sexually transmitted infections, unplanned pregnancy and how to avoid them
- Know what to do and where to go if your condom splits or you didn't use one
- Where else you can go to get free condoms and talk about other sexual health services
- The chance to ask the C-Card issuer any questions you may have around sex and relationships.

The young person will be asked for date of birth, ethnicity and post code. This information is confidential but it can be seen by other C-Card Issuers so ethnicity and post code are voluntary.

The card can be used at any participating C-Card Issue Point up to ten times, the number of times will be at the discretion of the School Nurse. After the tenth time or after one year the card will expire and a follow-up meeting will be necessary. The C-Card issuer will then decide whether to reactivate the card.

Young people under 16 are encouraged to talk to their parents. If the young person is deemed to be at risk or harm or exploitation the School Nurse will refer either to the School Designated Safeguarding Lead or the School Nurses Designated Safeguarding Lead and Safeguarding procedures will be followed.

Appendix 2: The School Nurse Referral Form



SCHOOL NURSE REFERRAL FORM

Child/YP Name*		School*	
Date of Birth*		Year Group/Tutor	
Address		GP Practice and Tel	
		NHS Number	
		Other professionals contact details	
Consent permission	The information may be shared partly with the service user and his/her family		
Are the parents / carers aware of this request?	Yes <input type="checkbox"/> No <input type="checkbox"/>		
Who gave consent to referral?	Parent <input type="checkbox"/> Guardian <input type="checkbox"/> Young Person <input type="checkbox"/>		
Parents/Guardian Names		Tel:	
		Tel:	
		Tel:	
		Tel:	
Address			
Sibling name			
Date of birth			
Gender			
Year Group			
Parental responsibility			
Reason for referral (Please provide all relevant information) What needs to change? What are we hoping for?			
Referred by*		Signature of referrer	
Date Referred*			
Health Visitor / Teacher / Parent / SENCO / Child / Young Person / Local Service Team / PFSA / Other (please state) -			
Referrers contact details* (mobile and email)			

Please return completed form to School Nursing Team