

# Young Healthwatch

## **Airedale High School**

## **Nurse Service Report**



## Healthwatch Wakefield School Report

### School

**Airedale High School and School Nurse Service**

### Date

**Monday 18 March 2024**

### Present at the Meeting

- Helen Taylor, School Nurse
- Lucy Britton, Behaviour Manager
- Tahira Khanum, Youth Worker from the Youth Service
- Safeen Rehman, Young Healthwatch Coordinator

### Introduction

This report presents findings from a visit to the school nursing service located at Airedale High School in Castleford.

The purpose of the visit was to address concerns regarding access to the clinic as several young people had expressed difficulties in locating the clinic.

### Background

This initiative commenced following an accumulation of insights from young individuals at the Youth Club over several months.

Young Healthwatch engaged with the service and staff members. However, despite these consultations the young people continued to inform us that the service was inaccessible.

Consequently, it was collectively agreed that meeting with the service at its location would be most beneficial. This approach will ensure that when we are directing individuals we have personally observed the clinic.

### Purpose of Meeting

Helen has been serving as a school nurse since September 2023.

Many students, including those unaware of school nurse services and the Healthy Young People Clinic, faced challenges in accessing healthcare resources.

Helen recently met with the heads of years to discuss these issues, and Lucy was asked to join our discussion although it was her first day at the school.

Helen outlined her efforts since assuming the role of School Nurse, including providing information and participating in Year 7 assemblies.

### Suggestions from Staff

1. Utilise school social media platform Instagram and Twitter to promote clinic services.
2. Establish visual pop-ups in the reception area and outside the clinic room.
3. Coordinate promotion efforts before the start of the next school year.
4. Ensure confidentiality within the clinic space.
5. Create notice boards with useful resources, considering locations like the canteen area.
6. Arrange visits to students at the Hut Youth Club, they can also support with promotional materials.
7. Coordinate with Young Healthwatch for managing difficult feeling booklets.

These can be found on [www.wakefield.gov.uk/health-and-advice/mental-health-and-wellbeing/childrens-mental-health/a-young-person-s-guide-to-managing-difficult-feelings](http://www.wakefield.gov.uk/health-and-advice/mental-health-and-wellbeing/childrens-mental-health/a-young-person-s-guide-to-managing-difficult-feelings)

### Current themes from school students

The School Nurse highlighted high themes of anxiety, anger, and suicidal thoughts among students. Managing difficult feelings booklets are utilised and are considered a valuable resource.

### Conclusion

The collaboration between School Nurse, the Youth Service, and Healthwatch Wakefield, along with young people, reflects a commitment to improving access to healthcare services for students.

Continued engagement and promotion efforts are essential to ensure that students are aware of and utilise available resources for their wellbeing.

In conclusion, we are eager to revisit the clinic in the future and observe the changes implemented as a result of our collaborative efforts.

Our commitment to enhancing access to healthcare services for young people remains steadfast, and we look forward to continuing this journey of improvement together.

## Recommendations

1. Expand social media promotion efforts.
2. Enhance visual cues for clinic location and services.
3. Maintain confidentiality within the clinic space.
4. Continue collaboration with school nurses and young people to reach students effectively.

## Acknowledgement

The valuable input from Helen, along with the efforts of all involved, is crucial in ensuring that young people have access to the support and resources they need for their overall wellbeing.

“After talking with the Young Healthwatch team and being told about the school nursing service, I couldn't find it. I told the Healthwatch team about this, and they said they would check. They have been coming to our group sessions, so I was able to give them my thoughts. We recently had a visit from the school nurse during our session. She told us about the school's drop-in clinic and where it is. Now I can share this information with other students at my school. Thank you, Healthwatch!”

Young Person

## Response from the School Nurse Service

### Update from School Nurse

Since our last meeting, several actions have been addressed about the concerns raised regarding the accessibility.

1. **Previous Clinic Setup:** The school previously had the Healthy Young People Clinic before my appointment in September. However, the drop-in service was not available as the school had declined it. Despite this, the clinic was quiet, and during meetings with heads of years, it became apparent that they were not fully aware of Healthy Young People Clinic's existence and are now signposting pupils.
2. **Increased Engagement with Heads of Year:** I've since met with the heads of years to discuss the clinic, leading to increased engagement and their growing familiarity with the service.
3. **Promotional Efforts:** To increase awareness, we have placed drop-in posters on my door and in the office. Additionally, I keep my door open when not with a young person to encourage accessibility.

4. **Community Engagement:** While I couldn't attend the recent happy healthy holiday event due to personal reasons, a colleague represented the clinic. Her interaction with a student who recognised the Healthy Young People Clinic poster indicates that the school has indeed displayed the posters provided.
5. **Youth Club Visit:** We have scheduled to attend the youth club at The Hut to connect with young people outside of school.
6. **Room Availability:** We currently don't have further information regarding room availability in the new build section but are aware of the challenges the school faces in this regard.
7. **Drop-in Attendance:** Despite these challenges, students have attended drop-ins, either referred by a teacher/head of year or based on previous interactions with me.
8. **Notice Board Preparation:** I have prepared materials for a notice board and have already initiated this process at Castleford Academy. However, I need to coordinate with Airedale High School regarding its placement within the school.

These actions reflect the commitment to improving access to healthcare services for students at Airedale High School. I appreciate your support and look forward to further collaboration in this endeavours.

*“Despite facing challenges, every high school now hosts a healthy young people clinic. The service is currently in the planning stages of establishing a Youth Board, although specific details have not yet been finalised and young Healthwatch will be consulted on this.”*

Dave Forrest, Community Anchor Liaison Lead, Wakefield 0-19 Growing Healthy Service

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