

# Spring NEWSLETTER



**NHS**  
Central London  
Community Healthcare  
NHS Trust

## BRENT SCHOOL NURSING

ISSUE 08 | SPRING 2024 | FOR SECONDARY SCHOOLS

**G'day, Spring Lovers!**  
**Our freshest newsletter**  
**blooms here!**

Our newsletters aim to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instil healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential educationally.

Brent school nurses work in all state-funded schools in Brent. School nurses help promote and look after children and young people's physical and emotional health. We work across education and health, providing a link between school and home for children and young people aged five to 19-years-old.



01

Get ready to scrub up and lather those hands because it's **World Hand Hygiene Day!** (5th of May)

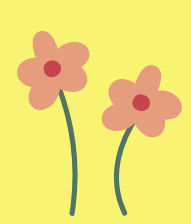
### KNOW WHEN TO WASH YOUR HANDS

- After coughing, sneezing, or blowing your nose.
- When your hands look dirty.
- After playing outside.
- After touching animals or their cages.
- Before eating.
- After using the toilet.

Click [here](#) to watch the step-by-step guide on how to properly wash your hands.

02

### SPRING Activities



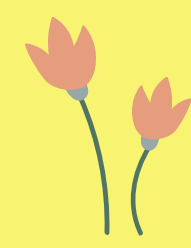
#### May Half-Term

London is a never-ending playground of fun and adventure! Whether you're up for a huge thrill or just a tiny treat, there's something for everyone to enjoy.



#### Spring Walks

Get ready to skip and saunter through the lush parks of London this spring!



#### Visit the Best Museums in the City

Explore London's free captivating and interactive museums like the British Museum, Natural History Museum, National Gallery, and National Portrait Gallery for a magical journey with remarkable wonders.



#### Sow and watch it grow!

Let's plant the seed of joy and get the little ones to revel outdoors with easy-peasy garden projects!

## TALK TO SOMEONE

While it may seem intimidating or challenging to discuss your emotions with someone, it can assist you in identifying the support you require. Remember, you are not alone, and your feelings are valid and common.

These organizations offer assistance from counselors and other individuals who are trained to provide support to children and young individuals.

[Childline](#)

[The Mix](#)

[YoungMinds](#)

For more information please visit [NHS.UK](#)



### BRENT SCHOOL NURSING TEAM IS HERE FOR YOU!



If you would like to speak to a School Nurse, please call our 0-19 Single Point of Access number **0208 102 4900**. We will call you back if you leave a message.



You can also contact us through email on: [clcht.brentsnspaduty@nhs.net](mailto:clcht.brentsnspaduty@nhs.net)



We are based at:  
Sudbury Primary Care Centre, Watford Road, Wembley HA0 3HG  
Willesden Centre for Health and Care, Robson Avenue, London NW10 3RY





## 03 MMR Vaccinations

Measles, Mumps and Rubella

Every Tuesday 9AM – 4:45PM  
Brent Civic Centre  
Engineers Way  
Wembley Park  
Wembley, HA9 0FJ

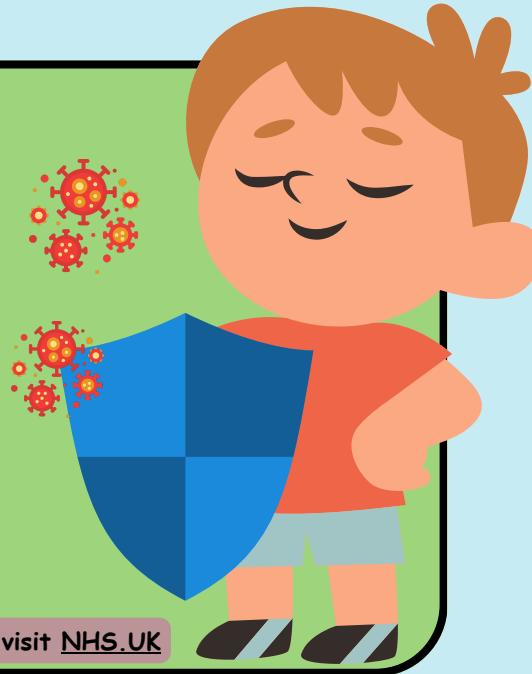


Scan QR Code  
to book your  
appointment.

- Vaccinations available to one-year-old and over
- First and second dose available
- Discuss eligibility with your health care professional
- Please bring your child's red book.

Measles is highly contagious; unvaccinated individuals around an infected person are at high risk of contracting the disease.

For more information please visit [NHS.UK](https://www.nhs.uk)



## 04 Sport Injuries

Sports and exercise bring a truckload of benefits, but hey, sometimes injuries sneak in for an unexpected visit.

### SIGNS AND SYMPTOMS OF SPRAINS AND STRAINS

- pain and tenderness
- swelling and bruising
- difficulty moving the injured area, especially if it's a joint.

### HOW TO MANAGE SPRAINS AND STRAINS

**REST.** Encourage the injured person to rest and support the injured part in a comfortable position.

**ICE.** Apply ice pack or cold compress as soon as possible to prevent or minimize swelling, pain and bruising

**COMPRESS.** To reduce swelling, wrap the injured or sore area with an elastic bandage.

**ELEVATE.** Raise the injured area with pillows so that it is positioned above the level of the heart level to reduce swelling.

If pain is severe or movement is limited, consult a healthcare professional.

Click [here](#) for more first aid advice.



## Brent Family Wellbeing Centres

05

The Brent Family Wellbeing Centres provide a range of community-led services that can support you from the moment you know you're expecting, through pregnancy and birth, until your child is 18 years old (or up to 25 for children and young people with special educational needs). The Centres, offer a wide range of free health, education and welfare services to families and aim to give everyone in Brent the best possible start in life. Register to join the Family Wellbeing Centres [here](#).



06

# Hay Fever

Spring: the season of blossoms, birds chirping,  
and oh, the notorious rise of allergies!

### WHAT IS HAY FEVER?

Hay fever is a type of allergic reaction usually worse between late March and September when the pollen count is at its highest. It usually affects the nose, face, eyes, throat, and sinus passages.

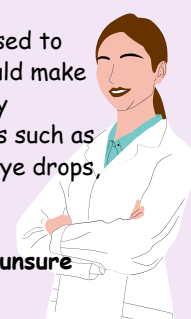
### HOW TO MANAGE HAY FEVER?

- Put Vaseline around your nostrils to trap pollen
- Wear sunglasses to stop pollen getting into your eyes
- Shower and change your clothes to wash pollen off
- Stay indoors if possible
- Keep doors and windows close as much as possible
- Vacuum and dust regularly

### ASK A PHARMACIST.

**Antihistamines** are medications often used to relieve symptoms of hay fever. They could make you sleepy but there are also non-drowsy antihistamines. They come in many forms such as tablets, capsules, liquids, creams, gels, eye drops, and nasal sprays.

Ask a pharmacist for advice if you're unsure which medicine to try.



### WHAT ARE THE SIGNS AND SYMPTOMS?



Sneezing and coughing



Itchy, red, or watery eyes (conjunctivitis)



A runny or blocked nose (rhinitis)



Headache



Extreme tiredness (fatigue)



Itchy throat, mouth, nose, and ears

### WHEN TO SEE YOUR GP?



Your symptoms do not improve after taking medicines from the pharmacy



Your symptoms are getting worse

### FOR MORE INFORMATION PLEASE VISIT

[NHS.UK](https://www.nhs.uk)

[Allergy.UK](https://www.allergy.uk)

[Met Office](#)

## Food Banks

It's a challenging time for everyone at the moment. Food banks are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life.

To find a food bank near you, visit:

[Brent Foodbank](#)

[Trussell Trust](#)

[Sufra Foodbank and Kitchen](#)



08

NHS

[Use the right service.](#)

[NHS Services](#)

 <b>Self Care</b> Care for yourself at home <small>Minor cuts &amp; grazes Minor bruises Minor sprains Coughs and colds</small>	 <b>Pharmacy</b> Local expert advice <small>Minor illnesses Headaches Stomach upsets Bites &amp; stings</small>	 <b>NHS 111</b> Non-emergency help <small>Feeling unwell? Unsure? Anxious? Need help?</small>	 <b>GP Advice</b> Out of hours: Call 111 <small>Persistent symptoms Chronic pain Long term conditions New prescriptions</small>	 <b>UTCs</b> Urgent Treatment Centres <small>Breaks &amp; sprains X-rays Cuts &amp; grazes Fever &amp; rashes</small>	 <b>A&amp;E or 999</b> For emergencies only <small>Choking Chest pain Blacking out Serious blood loss</small>
--	--	--	--	--	--