



Milton Keynes 0-19 Team Primary School Resources

School Nursing Contact Details:

Single Point of Access - 01908 725100
Mon-Fri 9.30am -12.30pm and 1.30pm - 4.30pm

CNWL- Milton Keynes 0-19 Team Website:

<https://www.mkchildrenshealth.cnwl.nhs.uk/>

CNWL- Milton Keynes Facebook Page:



Follow us@ Milton Keynes Health Visiting and School Nursing Service

Resources:

Bullying

<https://www.bullying.co.uk/> Tel: 0808 800 2222

NSPCC [Helping Children Deal with Bullying & Cyberbullying | NSPCC](#)

Behaviour

Our Place – from Solihull parenting.
Courses for parents (some free downloads, courses may incur a fee)
<https://solihullapproachparenting.com/ourplace/>

Incredible Year Parenting Course – through the children centres
<https://www.milton-keynes.gov.uk/children-young-people-families/early-years-and-childcare/children-s-centres>

[Challenging Behaviour | Parents Guide To Support | YoungMinds](#)

[Dealing with child behaviour problems - NHS \(www.nhs.uk\)](#)

[Child behaviour Family Lives](#)

Bereavement

Child Bereavement UK - <https://www.childbereavementuk.org/>

Child Bereavement Network - <https://childhoodbereavementnetwork.org.uk/>

Caring responsibilities

<https://carersmiltonkeynes.org/>

<https://carersmiltonkeynes.org/information-for-carers/young-carers/>

Chat Health Milton Keynes

Anonymous text messaging service for children age 11-19 managed by the 0-19 Team Text 07480635517

Continence - information on bowel and bladder problems (including bed wetting, day and night time)

<https://www.eric.org.uk/>

[Bedwetting in children - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Domestic Abuse

<https://lovesrespect.co.uk/>

<https://thehideout.org.uk/>

[MK-ACT \(mkact.com\)](http://mkact.com)

Emotional well-being

Kooth - Free, safe and anonymous online support for young people-
<https://www.kooth.com/>

Young People's Mental Health - <https://www.mkyis.org.uk>

Young Minds - www.youngminds.org.uk

Childline - www.childline.org.uk

Samaritans - <https://www.samaritans.org/> / Tel: 116 123 (24 hours)

Family Lives - <https://www.familylives.org.uk/advice/your-family/wellbeing/>

Arthur Ellis Mental Health support - <https://www.arthurellismhs.com/#SupportforParentGPSchools>

Barnardo's - [Mental health and emotional wellbeing | Barnardo's \(barnardos.org.uk\)](https://www.barnardos.org.uk/mental-health-and-emotional-wellbeing)

Mental Health Apps - <https://www.nhs.uk/apps-library/category/mental-health/>

Directly related to Covid-19 but also general mood/download app - <https://www.healios.org.uk/services/thinkninja1>

Helping children cope with stress during Covid-19 outbreak - https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

Covid-19 guidance on supporting children and young people's mental health and wellbeing - <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing->

Support for children affected by someone else's or their own drug and alcohol misuse - <https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/support-for-drugs-alcohol-and-gambling/drugs-alcohol-and-young-people#:~:text=The%20Young%20People%E2%80%99s%20Drug%20and%20Alcohol%20Service%20%28formerly,and%20specialist%20support%20for%20young%20people%20who%20are%3B>

Exercise and Weight Management

NHS Start 4 Life – 10 minute shake up
<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Morelife – Healthy lifestyle programme – self referral via the website
<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/bedford/>

NHS Physical activity guidelines - <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

Financial difficulty support

MK Storehouse, free clothing for adults and children - [Home \(mkstorehouse.org\)](https://www.mkstorehouse.org/)

[Coping with financial worries - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Children and Family Centres - Milton Keynes Council \(milton-keynes.gov.uk\)](http://milton-keynes.gov.uk)

Healthy Eating

First Steps Nutrition: Portion sizes and recipes
<https://www.firststepsnutrition.org/eating-well-resources>

NHS Change 4 Life – a range of information on healthy, sugar swaps and healthier snacks.

<https://www.nhs.uk/change4life>
<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>

<https://www.nhs.uk/live-well/eat-well/>

[Fussy eaters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Sleep Council

<https://sleepcouncil.org.uk/>

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

<https://thesleepcharity.org.uk/information-support/children/?nowprocket=1>

Special Educational Needs & Disability (SEND)

National Autistic Society
<https://www.autism.org.uk/>

Local Council information
<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer>

[SENDIAS - About Us - Milton Keynes Council \(milton-keynes.gov.uk\)](http://milton-keynes.gov.uk)

Tell us, we're still listening:

Things are a little bit different from what you are used to, but we still want to hear from you and what you have to say about our services.

Your feedback will help us continually provide the best possible experience to everyone that we care for.

We welcome your feedback through the Friends and Family Test, to access the survey, please use the camera on your phone to scan the below QR code. If you have any trouble with accessing the survey, please speak to a member of our staff or alternatively, you can use this short link: <https://buff.ly/33Fbz6s>

Scan the below image using your phone's camera to access the survey or use the above short link in blue.

