



Virgin Care

Gill Sharman Public Health Specialist

Our Service

We are a 0-19 service, committed to supporting children young people and their families.

Support begins with our health visiting team supporting mothers, young children and their families. Evidence shows that supporting mothers and families early, so that any support that may be needed is provided quickly makes a big difference to all the family and has a positive outcome on young children.

Our colleagues at Barnardo's also offer support in our family hubs for parents, babies and toddlers including; stay and play sessions, speech and language therapy, family arts and crafts and many other services.

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Our Service continued

Feedback from primary school headteacher's is that our toddlers need to have good communication skills and this has a massive impact on the whole ability of a child to thrive in school and is therefore key to their emotional health and wellbeing.

Our school nurses work with school age children and run drop in's at secondary schools and our healthy family support worker's run drop in's in the community.

The school nurse liaises closely with the school and is there to support around an identified health need- including emotional health and will refer on or signpost to other services when necessary.

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Our Service continued

Our children and young people practitioners also work closely along side school nurses to further support by running evidence based targeted interventions including; 1-1 support, small groups and whole class activities on an identified need, which can also be linked to a schools Healthy schools action plan.

We are currently reviewing and updating our support with the aim to prevent suicide in young people.

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Where we are now

We are providing any additional training that our staff may require around emotional health and wellbeing.

We are raising the importance of robust and dedicated PSHE lessons to schools.

We are delivering workshops with young people around anxiety, resilience and self esteem.

We are also piloting a peer mentor emotional first aid supporters programme.

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Future Plans

Continue to up-skill our staff and provide training for school staff around identified needs including; basic mental health awareness, how to talk to someone you think is self-harming and what to do if someone tells you they are having suicidal thoughts.

We will continue to listen to feedback from young people and schools to adapt our provision, to meet their needs.

To continue to work collaboratively with partner agencies to support children young people and their families to reach their full potential and achieve positive outcomes. Which will enable us to work together to reduce suicides in young people across Essex.

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Useful websites

Survivors of Bereavement by Suicide.

<https://uksobs.org/we-can-help/local-support-groups/>

Child Bereavement UK.

<https://www.childbereavementuk.org/>

Circle adult Bereavement Team at Farleigh Hospice

<https://www.farleighhospice.org/pages/search.aspx?q=bEREAVEMENT%20SUPPORT%20FOR%20PARENTS>

Young Minds

https://youngminds.org.uk/?gclid=EAlalQobChMIzqPqs_f92AlVwx4bCh0FdgQnEAYASAAEgLSX_D_BwE

Kooth

<https://kooth.com/>

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