



# Spring NEWSLETTER



**NHS**  
Central London  
Community Healthcare  
NHS Trust

## BRENT SCHOOL NURSING

ISSUE 08 | SPRING 2024 | FOR PRIMARY 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.

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

01

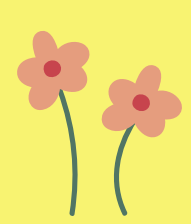
### KNOW WHEN TO WASH YOUR HANDS



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

02

### SPRING Activities



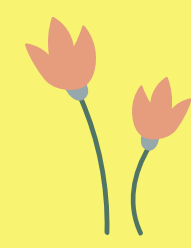
#### May Half-Term

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.



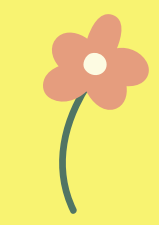
#### Spring Walks

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!

**BRENT SCHOOL NURSING TEAM IS HERE FOR YOU.**  
Speak to a School Nurse.

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.

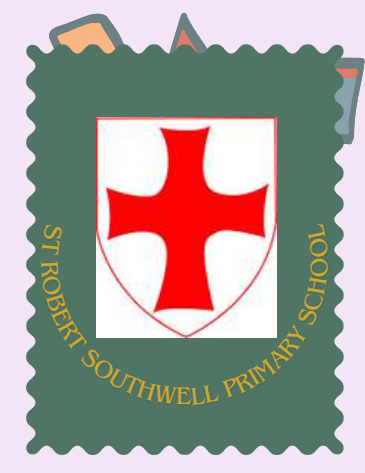
You can also contact us through email on: [clcht.brentsnspaduty@nhs.net](mailto:clcht.brentsnspaduty@nhs.net)

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



### CONGRATULATIONS!

to



FOR ACHIEVING  
**ASTHMA FRIENDLY SCHOOL**  
STATUS





## 03 MMR Vaccinations

Measles, Mumps and Rubella

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

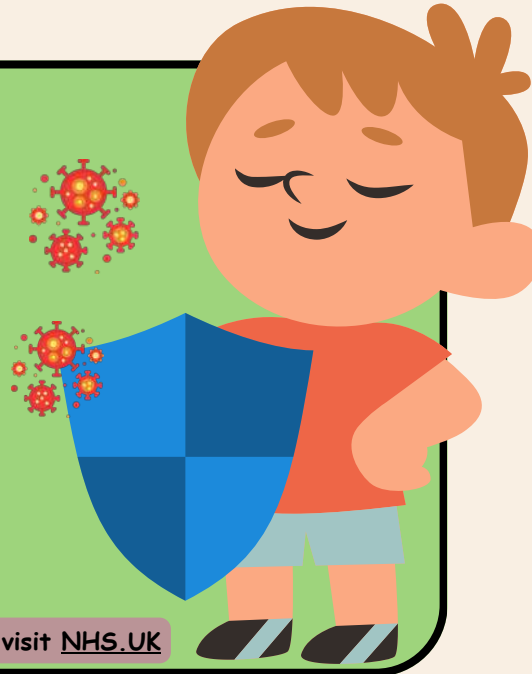


Scan QR Code  
to book your  
appointment.

- 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 Head Lice And Nits



Head lice and nits are common in children and families, transmitted through head-to-head contact, not related to hair cleanliness.



It's important to be proactive when it comes to head lice infestations. Regularly checking your child's hair can help catch any lice early on. If you do happen to spot any head lice, it's essential to treat both your child and the entire family to prevent the infestation from spreading.



Lice and nits are in for a surprise with the wet combing technique! Just grab a fine-toothed comb and bid those pesky critters goodbye.



Once a week, take a peek. For free resources for schools to share with parents.

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



## 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](https://www.brent.gov.uk).

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.

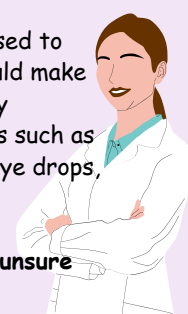
## HOW TO MANAGE HAY FEVER?

- 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](https://www.met.nhs.uk)

## 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](https://www.brent.gov.uk)

[Trussell Trust](https://www.trusselltrust.org)

[Sufra Foodbank and Kitchen](https://www.sufra.org.uk)



08

NHS

Use the right service.

NHS Services

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