**Guidance for professionals making a referral to Cambridgeshire and Peterborough Healthy Child Programme 5-19 Service**

 **If you have concerns about the welfare or safety of a child or a young person, please follow your local safeguarding protocol.**

You can speak to a member of the school nursing team by calling our SPA on **0300 029 50 50** or visit our website at: [**www.bit.ly/nhscambspboro-hcp**](http://www.bit.ly/nhscambspboro-hcp)for more information on services offered.

To make a referral into our service please complete a referral form (attached) detailing your request and email to: ccs.cpft.cambs.pboro.childrenshealth@nhs.net.

Referrals will receive an acknowledgement; all appropriate referrals will be added to a waiting list and will be offered an appointment as soon as possible. If the referral does not meet service criteria advice and signposting information will be provided.

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| **Referral criteria** |
| We can offer support, advice, and signposting around the following topics:* Concerns relating to child or young person's health.
* Being healthy and making positive choices.
* Relationships and sexual health.
* School transition.
* Healthy bladder and bowel advice, including continence support.
* Support with health needs (SEND, long-term conditions).
* Vulnerabilities impacting health or education.
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| **Inclusion criteria** |
| * The child’s parent (if under 11) or the young person themselves (if at secondary school) has agreed to the referral and given consent for us to be contacted.
* The child/young person has a home postcode in Cambridgeshire or Peterborough or attends a school within the areas.
* The child or young person is not currently on the waiting list for another support service or open to another agency e.g., CAMHS for the same concern.
* This is a new and emerging concern that has been identified within the last 3 months.
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| **Exclusion criteria** |
| * Urgent health needs requiring urgent treatment or a prescription, including significant self-harm or suicidal ideation (advice can still be accessed via duty desk).
* Children and young people who live out of county.
* Exam stress
* Counselling, long-term mental health or emotional health and wellbeing support, links below regarding other services.

Emotional health and wellbeing concerns are managed by the Emotional Health and Wellbeing Service, more information about this NHS service can be found here: <https://bit.ly/ehw-service>.If you are concerned about a child or young person’s emotional wellbeing, please contact the team via **ccs.ehw@nhs.net**and they will offer you a 30-minute discussion.If your school has an allocated Mental Health Support Team, they can be contacted at ccs.mhst@nhs.net.For referrals to the Children's Wellbeing Practitioner or YOUnited this can be done here <https://www.cpft.nhs.uk/gpandprimarycare>* Neuro-developmental assessments (this should be accessed via Early Help Assessment process in the first instance).
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The Young Person can access **ChatHealth** which is a Confidential, Advice and Support Text Service.

They can text **07480 635443** to speak with a School Nurse (weekdays 09:30 to 16:00 only).

Parents can also access our team via text message for health advice and support for children aged 0-19 at #TextUs on **07520 649 887** (weekdays09:00-16:00 only).