

## Devon School Nursing Service Update\_ March 2020

**Find us online at:** <https://www.devon.gov.uk/educationandfamilies/health>

We hope you and your families are remaining well (physically and mentally) at what is a uniquely difficult and stressful time for us all.

If you have any questions in relation to Coronavirus please refer to the NHS guidance at:  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Please remember to wash your hands for the recommended 20 seconds and follow social distancing guidance. Advice on hand washing can be found at: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Please also remember your 10 a day for mental health and health wellbeing - Talk about your feelings; Do something you enjoy and are good at; Keep yourself hydrated; Eat well; Keep active in mind and body; Take a break; Stay connected to those you care about; Ask for help; Be proud of your very being; and Actively care for others

### Centralised contact points for Public Health Nursing Services (PHN hubs)

We have 4 PHN hubs to improve access and responsiveness. All calls, referrals and correspondence are directed to the hubs where business support are co-located with duty clinicians.

**Southern Hub: 0333 234 1901**

Dartington, TQ9 6JE

**Exeter Hub: 0333 234 1902**

Exeter, EX2 9HS

**Eastern Hub: 0333 2341903**

Marlpits Lane, Honiton, EX14 2DE

**Northern Hub: 03332 341904**

Barnstaple

**Lescaze Offices, Shiners Bridge,**

[rde-tr.southernphnhub@nhs.net](mailto:rde-tr.southernphnhub@nhs.net)

**Franklyn House, Franklyn Drive,**

[rde-tr.exeterphnhub@nhs.net](mailto:rde-tr.exeterphnhub@nhs.net)

**Jerrard Wing, Honiton Hospital,**

[rde-tr.easternphnhub@nhs.net](mailto:rde-tr.easternphnhub@nhs.net)

**Taw View, Civic Centre, North Walk,**

[rde-tr.northernphnhub@nhs.net](mailto:rde-tr.northernphnhub@nhs.net)



Please only use Chat Health for health queries. This is a confidential service and does not require you to provide your name.

Any appointment queries should be via PHN hub (phone or email).

**For calls and emails** - Please ensure you provide your contact details and full name and date of birth of child/young person.

### SINGLE POINT OF ACCESS (SPA)

#### ACCESS TO SPECIALIST SERVICES IN DEVON

<https://childrenandfamilyhealthdevon.nhs.uk/>

Tel: **0330 024 5321**

Email: [TSDFT.DevonSPA@nhs.net](mailto:TSDFT.DevonSPA@nhs.net)

This includes services such as: Learning Disability Team, Speech and Language Therapy, Child and Adolescent Mental Health Service (CAMHS), Occupational Therapy, Community Children's Nursing Service, Autism Spectrum Assessment Service, Specialist Children's Assessment Centres, Specialist School Nurses, Children in Care Service, Palliative Care Service, and Devon's Family Information Service for Children with Additional Needs.

**You can self refer and information to support this is available online or by speaking to one of the team.**