

# Public Health in Schools: The Directory

**DISCLAIMER:** The following providers have not been quality assured in any way by Public Health or Buckinghamshire County Council.

## DRUGS AND ALCOHOL

Provider	Who they are	What they can offer	Age group	Cost	Contact details
Switch Bucks	Specialist drug and alcohol support Service	<p>Provide support to children and young people who are using substances as well as those children and young people who are affected by a parent or another family member's substance misuse</p> <p>Drop-in sessions run from 3pm to 6pm at the following locations:</p> <ul style="list-style-type: none"> <li>- Mon and Thurs: Wycombe Mind Recovery Centre 16-18 Easton Street, High Wycombe HP11 1NR</li> <li>- Tues and Fri: Youth Concern The Uptown Coffee Bar, Whitehill Lane, Aylesbury HP19 8FL</li> </ul>	Switch Bucks will support children and young people from 10-18yrs (up to 25yrs in exceptional cases)	None	<p><b>Sabrina Miller-Cummings</b>  <b>Service Manager</b>  <a href="mailto:smiller-cummings@cranstoun.org.uk">smiller-cummings@cranstoun.org.uk</a></p> <p>To discuss specialist substance misuse support and referrals please contact SWITCH BUCKS:            Tel: 01494 527 000            Email: <a href="mailto:switchbucks@cranstoun.org.uk">switchbucks@cranstoun.org.uk</a></p>
The Training Effect Ltd	Specialist school based drug and alcohol prevention provider	Direct universal delivery to students and training of school staff to deliver the new evidenced based drug and alcohol programme as part of PSHE	Year 8 and 9 students	None	<p>Contact            Aaron Bowes            Senior Project Officer            Tel 01233 503 795  <a href="mailto:aaron@thetrainingeffect.co.uk">aaron@thetrainingeffect.co.uk</a>  <a href="http://www.thetrainingeffect.co.uk/">http://www.thetrainingeffect.co.uk/</a></p>

New **Rise Above** lesson plans for secondary school PSHE teachers now available to download from the [School Zone](#).





## EMOTIONAL WELLBEING AND MENTAL HEALTH

Provider	Who they are	What they can offer	Age group	Cost	Contact details
<b>Time to Talk Bucks</b>	A consortium comprising Connexions, Way In, and YES who deliver counselling services to young people across Bucks	PSHE and group work sessions with large or small groups of young people. Including sessions on Loss & Bereavement, Self Esteem, Positive Relationships, Bullying and What is Counselling?	11-19 years (up to 25 with learning difficulties and disabilities)	Free offer available to schools Costs may apply depending on requirements	Melanie Williams <a href="mailto:melaniewilliams@adviza.org.uk">melaniewilliams@adviza.org.uk</a>
<b>Oxford Health NHS FT (Child and Adolescent Mental Health Service)</b>	Specialist Mental Health providers	Training and consultation for teachers and professionals working with CYP regarding emotional, behavioural and mental health issues. Training at inset days, consultation through the CAMHS school link worker (secondary only) to give info on mental wellbeing, transitions, and/or specific disorders Specialist mental health provision	0-18  11-18	Free	The contact telephone number for SPA is 01865 901951 <a href="mailto:oxfordhealth.bucksCAMHSSPA@nhs.net">oxfordhealth.bucksCAMHSSPA@nhs.net</a>
<b>Bucks Mind</b>	Provides high quality mental health services to support people with mental health problems	Support school staff to set up the Peer Support in Schools programme in primary and secondary schools to raise awareness of mental health and reduce stigma associated with it	5-19	Free in the first year to schools	Zoe Sole: Project Lead 07508 021911 or email: <a href="mailto:zoe.sole@bucksmind.org.uk">zoe.sole@bucksmind.org.uk</a>
<b>Public Health</b>	Public Health team in Buckinghamshire County Council	Public health offer of training to school staff to enable delivery of resilience programmes to promote mental health and emotional wellbeing as part of PSHE	Secondary school children	Free	<a href="mailto:ahazel@buckscc.gov.uk">ahazel@buckscc.gov.uk</a>
<b>Information/ Resources</b>	Emotional wellbeing in schools network – To join this Buckinghamshire network email Anita Hazel <a href="mailto:ahazel@buckscc.gov.uk">ahazel@buckscc.gov.uk</a> <a href="https://www.minded.org.uk">https://www.minded.org.uk</a> New website offering free resources and e-learning for promoting children and young people's emotional health The ' <a href="#">Rise Above</a> ' website, created by young people for young people, aims to build emotional resilience in individuals aged 11 to 16. It equips them with skills and knowledge required for making informed decisions and helps deal with the pressures of growing up by encouraging conversations about the key health and wellbeing issues affecting teens and young people. Also, new <b>Rise Above lesson plans for secondary school PSHE teachers</b> now available to download from the <a href="#">School Zone</a> .				



## HEALTHY EATING

Provider	Who they are	What they can offer	Age group	Cost	Contact details
 <p><b>Food for Life Partnership</b></p>	<p>A partnership of: Soil Association, Garden Organic, Focus on Food Campaign, Health Education Trust, and Royal Society for Public Health.</p>	<p>The Food for Life Partnership uses food as a way to improve the whole school experience - making lunchtimes a positive feature of the day and enriching classroom learning with farm visits and practical cooking and growing. The partnership is about bringing people together – teachers, pupils, families, cooks, caterers, farmers, and the wider community – to enjoy good, wholesome food, and change food culture in England significantly (FFLP Award Programmes)</p>	5 – 18 years	Dependent on requirements; cost implication where FFLP staff involved.	<p>Adrian Roper  <a href="mailto:aroper@soilassociation.org">aroper@soilassociation.org</a>  <a href="mailto:fflp@foodforlife.org.uk">fflp@foodforlife.org.uk</a>  <a href="http://www.foodforlife.org.uk">http://www.foodforlife.org.uk</a></p>
 <p><b>CHILDREN'S FOOD TRUST</b> Eat Better Do Better</p>	<p>A national charity on a mission to get every child eating well. That means spreading the skills, knowledge and confidence to cook from scratch, helping anyone who provides food for children to do a great job and encouraging industry to help families make better food choices.</p>	<p>For reliable advice and ideas see their website</p> <p>Includes all the latest on the national guidance on school food plan and nutritional standards.</p> <p>Training packages offered direct to schools too.</p>	Primary and secondary	downloadable resources – mostly free of charge from the website specific charges for training packages	<p><a href="http://www.childrensfoodtrust.org.uk/">http://www.childrensfoodtrust.org.uk/</a></p> <p>Let's Get Cooking and Let's Get cooking at home  <a href="http://www.childrensfoodtrust.org.uk/lets-get-cooking">http://www.childrensfoodtrust.org.uk/lets-get-cooking</a></p>
<p><b>British Nutrition Foundation</b></p>	<p>Registered charity, delivers impartial, authoritative and evidence-based information on food and nutrition. BNF programmes focus on education in schools and nutrition science communication.</p>	<p>Free resources about healthy eating, cooking, food and farming for children and young people to support curriculum</p> <p>E-seminars</p> <p>School Lesson plans and pupil cooking skills competencies:-                      British Nutrition Foundation (early years foundation to KS3)</p>	<p>3-18yrs</p> <p>Primary and secondary</p> <p>Nursery</p>	<p>Dependent on requirements. Most resources free to download</p>	<p><a href="http://www.nutrition.org.uk/">http://www.nutrition.org.uk/</a></p> <p><a href="http://www.foodafactoflife.org.uk">http://www.foodafactoflife.org.uk</a></p>
<p><b>School Food Matters</b></p>	<p>Charity which provides advice to schools,</p>	<p>Working at a local level with schools, parents and children to improve school meals and</p>	5-18yrs	£175 membership for schools	<p><a href="http://www.schoolfoodmatters.com/">http://www.schoolfoodmatters.com/</a></p>



	parents and children on improving food provision	support food education through cooking, growing and links with local farms: Membership for schools programme		(funding available through Waitrose community matters)	
<b>Obesity – Change 4 life</b>	Government campaign promoting physical activity and healthy eating	Recipe ideas, resource materials, national campaigns to link in with healthy eating habits and physical activity	Encompasses school age children – primary and families mainly	Free downloadable resources	<a href="http://www.change4life.com">www.change4life.com</a>  Register as a supporter to access more materials
<b>Chefs Adopt Schools</b>	Adopt a School, incorporating Chefs Adopt a School and Hospitality in Schools, was founded in 1990 and is a national charity	Some local schools have benefitted from support from well-known Chefs they have contacts with, other schools could achieve support from chefs through chefs adopt a school  Adopt a School sends professional chefs and hospitality professionals into schools to teach children about food, cookery, food provenance, food growing, healthy eating, nutrition, hygiene, table etiquette and the importance of eating together.	Primary and secondary	Dependent on requirements	<a href="http://www.chefsadoptaschool.org.uk/feast-plan-for-growth">http://www.chefsadoptaschool.org.uk/feast-plan-for-growth</a>
	Eco-Schools is an international award programme that guides schools on their sustainable journey, providing a framework to help embed these principles into the heart of school life.	Work towards an award. The Eco-Schools programme is focused on nine key topics. These are: Energy Water Biodiversity School grounds Healthy living Transport Litter Waste Global citizenship	Primary and Secondary	Work towards an award  Free resources	<a href="http://www.eco-schools.org.uk/">http://www.eco-schools.org.uk/</a>
	UK charity established to share the best in gardening. Our work is driven by our simple love of plants and the	Schools can visit free, variety of lesson plans to choose from.  Teacher training days	Primary and Secondary	Depends on requirements	<a href="https://www.rhs.org.uk/education-learning/gardening-children-schools">https://www.rhs.org.uk/education-learning/gardening-children-schools</a>  <a href="https://schoolgardening.rhs.org">https://schoolgardening.rhs.org</a>






Royal Horticultural Society	belief that gardeners make the world a better place.	Campaign to get schools growing – sign up for starter packs			<a href="#">.uk</a>
School governance and leadership	Generic	School Food Plan (5-14yrs) <a href="http://www.schoolfoodplan.com">http://www.schoolfoodplan.com</a> Universal Infant Free School Meals toolkit <a href="http://www.schoolfoodplan.com/toolkit">http://www.schoolfoodplan.com/toolkit</a> Whole school approach summary <a href="http://www.healthyschoolslondon.org.uk/sites/default/files/NHSP%20WholeSchoolApproach%20poster.pdf">http://www.healthyschoolslondon.org.uk/sites/default/files/NHSP%20WholeSchoolApproach%20poster.pdf</a> Checklist for headteachers <a href="http://www.schoolfoodplan.com/wp-content/uploads/2013/11/SCHOOL_FOOD_PLAN_CHECKLIST.pdf">http://www.schoolfoodplan.com/wp-content/uploads/2013/11/SCHOOL_FOOD_PLAN_CHECKLIST.pdf</a>  Food in Schools toolkit (primary schools) <a href="http://www.foodinschools.org">http://www.foodinschools.org</a> (archived content but still useful)	Primary and secondary	resources free to download	See specific links under offer column
Oral Health Foundation	The Oral Health Foundation is an independent not for profit charity.	Provides lots of free information and advice, and resources to purchase which support oral health. <a href="http://www.dentalhealth.org.uk">www.dentalhealth.org.uk</a>	Primary and Secondary	Free information, advice and guidance	<a href="http://www.dentalhealth.org.uk">www.dentalhealth.org.uk</a>
NHS Live Well	Provides information on oral health, tooth brushing and finding a local NHS dentist	Provides easily accessible information for teachers and pupils. <a href="http://www.nhs.uk/livewell/dentalhealth">www.nhs.uk/livewell/dentalhealth</a>	Primary and Secondary	Free information, advice and guidance	<a href="http://www.nhs.uk/livewell/dentalhealth">www.nhs.uk/livewell/dentalhealth</a>
Dental Buddy	The Oral Health Foundation is an independent not for profit charity.	This programme helps you explore oral health in the classroom covering early years and key stage 1 and 2. It also provides information on brushing in nurseries and schools <a href="http://www.dentalbuddy.org">www.dentalbuddy.org</a>	Primary	Free online resource	<a href="http://www.dentalbuddy.org">www.dentalbuddy.org</a>

New Rise Above lesson plans for secondary school PSHE teachers now available to download from the [School Zone](#)



PHYSICAL ACTIVITY

Provider	Who they are	What they can offer	Age group	Cost	Contact details
	Active Bucks is a Bucks County Council programme of activities to encourage people to get active.	The Active Bucks website provides info to residents about how and where to get active locally in an activity that suits them. Over 1800 activities are available to search through and can be filtered by distance, day, time and activity type. <a href="http://www.activebucks.co.uk">www.activebucks.co.uk</a>	All	Some activities are free but some activities may incur a nominal fee. A voucher can be downloaded to get the first session free	<a href="mailto:activebucks@buckscc.gov.uk">activebucks@buckscc.gov.uk</a>
 <b>Physical activity – LEAP</b>	LEAP is the Buckinghamshire and Milton Keynes County Sport and Activity Partnership	<ul style="list-style-type: none"> <li>- Training and mentoring for staff on delivering fundamental movement skills (Physical Literacy) for early years and KS1</li> <li>- Offer advice on local sports clubs and activities that students can access The Satellite Club programme links sports clubs with local secondary schools, setting up sessions on the school sites which are an extension of the community club</li> <li>Support for Primary Schools to support them to make the most effective investment of the Primary Sport Premium</li> <li>- Advice and information on appropriately qualified community coaches and providers of PE sessions</li> <li>An annual PE conference for Primary and Secondary Schools to aid the understanding of the current landscape for PE and School Sport.</li> </ul>	Primary and Secondary	-Free information, advice and guidance	<a href="http://www.leapwithus.org.uk">www.leapwithus.org.uk</a>  01296 585215
 <b>British Heart Foundation</b>	National Charity promoting heart health, physical activity and healthy eating	The Active School Pack (in partnership with Nike) for schools resource provides a framework and tools for school leaders to get others on board and steps to take to achieve an active school environment.	Primary and Secondary	Free online resource	<a href="http://www.designedtomove.org/resources/active-schools">http://www.designedtomove.org/resources/active-schools</a>

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## SEXUAL HEALTH

Provider	Who they are	What they can offer	Age group	Cost	Contact details
THT	National sexual health and HIV charity, commissioned by BCC to provide fully integrated sexual health services and HIV prevention, outreach and support services.	<p><b>Terrence Higgins Trust Outreach and sexual health service can offer:</b></p> <p>A range of training courses for professionals are available from their <a href="#">WISH Training Programme</a>. Particularly, the <a href="#">Knowledge, Skills and Confidence to Deliver Relationship and Sex Education in Secondary Schools / Academies</a> course is relevant for schools.</p> <p>Topics include Contraception and STIs, HIV and AIDS awareness, Learning Disabilities and Relationships, Spotting the Signs of Child Sexual Health Exploitation, Sexting and Pornography and Sexuality and Gender Identity Awareness. See the full training list by visiting the Bucks Sexual Health Website. <a href="#">Sexual Health website</a>.</p> <p>Terrence Higgins Trust also offer a 1:1 early intervention scheme for vulnerable young people (generally level 3 need or below). Find out more by emailing: <a href="mailto:buc-tr.tht@nhs.net">buc-tr.tht@nhs.net</a> or call Nigel French on: 07917550248</p>	13 years and above	WISH training courses are free of charge. In some circumstances, THT may be able to provide in house training for a small fee. Please contact THT for more information. Find out more by visiting the <a href="#">WISH training webpage</a>	<p>Please visit the Sexual Health Bucks website to find out more about what Terrence Higgins Trust can offer in Bucks. There are also a service finder tool and comprehensive information pages for professionals. <a href="http://www.sexualhealthbucks.nhs.uk">www.sexualhealthbucks.nhs.uk</a></p> <p>Call THT direct on 07917 550248, or email <a href="mailto:nigel.french@tht.org.uk">nigel.french@tht.org.uk</a></p>



			13 and above.	Free of charge	Nigel French: <a href="mailto:Info.hivsupportbucks@tht.org.uk">Info.hivsupportbucks@tht.org.uk</a>  01494 520436 <a href="http://www.tht.org.uk">www.tht.org.uk</a>
<b>BPAS</b>	National abortion provider. <b>BPAS</b> supports reproductive choice and health by advocating and providing high quality, affordable services to prevent unwanted pregnancies with contraception or end them by abortion.	6 unit module covering understanding our bodies, relationships, conception, contraception, dilemmas of an un-intended pregnancy and abortion.	KS 3, 4 & 5 Higher and further education students	Free of charge. Funded via charitable status	Paula Hurley <a href="mailto:Paula.hurley@bpas.org">Paula.hurley@bpas.org</a> <a href="http://www.bpas.org">www.bpas.org</a>
<b>R U Safe</b>	A Barnardo's service working in Bucks to help to protect young people through direct work and support around keeping safe, healthy relationships, sexual health, self-esteem and helping them to exit harmful relationships.	Assemblies and school programmes for young people around Internet safety, keeping safe and raising their awareness of CSE/grooming methods, as well as awareness raising and training sessions for those working with vulnerable young people. The focus is on understanding the different models of exploitation and recognising the signs in potential victims.	11 to 18 years.	No cost to Buckinghamshire LA schools/colleges	<a href="mailto:Helen.fortgang@barnardos.org.uk">Helen.fortgang@barnardos.org.uk</a>
<b>Any other important links/resources</b>	<a href="http://www.sexualhealthbucks.nhs.uk">www.sexualhealthbucks.nhs.uk</a> Sexual Health Bucks website – offers local sexual health service information				

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## SMOKING AND TOBACCO USE

Provider	Who they are	What they can offer	Age group	Cost	Contact details
<b>Cut Films Project</b>	The Cut Films project is an award winning anti-tobacco youth charity working with young people, schools, youth groups and in partnership with local authorities to persuade young people to not smoke.	<ul style="list-style-type: none"> <li>- The project aims for young people to carry out research on smoking, make a film, upload to project website and share with friends through face-to-face interaction and social media.</li> <li>- The film is entered into an annual short film competition which can be voted for by friends, family and the wider community for it to win.</li> <li>- The project also supports young people to run their own campaign online and share the messages about smoking and tobacco use among their friends.</li> </ul>	Children and young people up to the age of 25 years.	Entry to the competition is free and schools can promote the campaign at no cost. More tailored packages to support local schools are available and prices will vary.	<p>Cut Films <a href="http://www.cutfilms.org">www.cutfilms.org</a></p> <p>Gemma Allwright Comms &amp; Admin Officer T: 0333 323 7200 Email: <a href="mailto:info@cutfilms.org">info@cutfilms.org</a></p>
<b>Thrive Tribe Ltd</b>	<ul style="list-style-type: none"> <li>- A privately run organisation by individuals passionate about health and disease prevention.</li> <li>- Professionals from Thrive Tribe's Kick It Stop Smoking Service were commissioned by the Department of Health to produce Operation Smoke Storm, an online fully interactive learning resource with the power to create a shift in students' attitudes towards smoking and the tobacco industry.</li> </ul>	<ul style="list-style-type: none"> <li>- Operation Smoke Storm comprises of 5 principal components:                             <ul style="list-style-type: none"> <li>• 3 separate 45-50 minute sessions which can be delivered consecutively over 3 PSHE sessions or during an entire curriculum free day (relevant curriculum links are provided)</li> <li>• 1 Family Component – a take home booklet</li> <li>• 1 Booster Component – a follow up interactive session usually delivered one year after the original three sessions have been presented</li> </ul> </li> </ul>	Key stage 3 (11-14 year old students), also have a primary school version aimed at Year 6 students.	£235.00 +VAT for one year licence	<p>Tomasz Letniowski</p> <p>Project Manager</p> <p>Tel. 020 3434 2526</p> <p>Email: <a href="mailto:tomasz.letniowski@thrivetribe.org.uk">tomasz.letniowski@thrivetribe.org.uk</a></p> <p><a href="http://www.operationsmokestorm.com">www.operationsmokestorm.com</a></p>
<b>Live Well Stay Well</b>	<p>Live Well Stay Well is the Buckinghamshire healthy lifestyle service which supports people to lose weight, stop smoking, get more active and manage their mood.</p> <p>This is the local stop smoking</p>	<ul style="list-style-type: none"> <li>- The service is open for children and young people aged 12+</li> <li>-They offer a range of clinics across Buckinghamshire</li> <li>-Telephone or face to face appointments are available</li> <li>-Nicotine Replacement Therapy (NRT) to support clients to quit is available free for</li> </ul>	12+	The service is free. The service is confidential.	<p><b>Website:</b> <a href="http://www.livewellstaywellbucks.co.uk">www.livewellstaywellbucks.co.uk</a></p> <p><b>Phone:</b> 01628 857311</p>



	service.	up to 8 weeks  To make a referral visit the website or phone, you can refer anyone as long as you have gained their consent.			
<b>Public Health England</b>	Public Health England has put together a useful smoking lesson plan.	- There are a range of different resources including a lesson plan and PowerPoint, which covers smoking and the reasons that people chose not to smoke.	Key Stage 3	The resources are free	<a href="https://campaignresources.phe.gov.uk/schools/resources/smoking-lesson-plan-pack">https://campaignresources.phe.gov.uk/schools/resources/smoking-lesson-plan-pack</a>

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For any changes or additions to the directory, please contact Anita Hazel [ahazel@buckscc.gov.uk](mailto:ahazel@buckscc.gov.uk)

Alternatively, please contact the Public Health Team at Buckinghamshire County Council: [publichealth@buckscc.gov.uk](mailto:publichealth@buckscc.gov.uk)

