

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 |
|-----------------|---|---|--|------|---|
| Young Addaction | Specialist drug and alcohol support Service | <p>Deliver drug and alcohol awareness sessions into schools across Bucks. This is done through school Assembly talks, attendance at school Health Zones and Drop in</p> <p>Addaction will also attend parent evenings upon request</p> <p>For discussion on specialist substance misuse support and referrals please contact Addaction on Tel 01296 331933 Fax 01296 424461</p> | Addaction will support children and young people from 10-18yrs | None | <p>Sapna Dhall Service Manager Young Addaction Buckinghamshire Unit G, The Merlin Centre Gatehouse Close Aylesbury, Bucks HP19 8DP Tel 01296 331933 Fax 01296 424461 Sapna.Dhall@addaction.org.uk</p> |

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

Public Health contact is Cavelle Lynch clynch@buckscc.gov.uk





EMOTIONAL WELLBEING AND MENTAL HEALTH

| Provider | Who they are | What they can offer | Age group | Cost | Contact details |
|--|--|---|--|----------------------------------|--|
| Time to Talk Bucks | A consortium comprising Connexions, Way In, and YES who deliver counselling services to young people across Buckinghamshire | 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) | Varies depending on requirements | Alix Simpson: 07921 941 262 or 0845 217 1366 Bev Wheeler: 07891 052 317 or 0845 217 1366 |
| Oxford Health NHS FT (Child and Adolescent Mental Health Service) | Specialist Mental Health providers | Teaching, training and consultation for teachers/ health professionals/ 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, mental health and/or specific disorders. | 0-18 | Free | The contact telephone number for SPA is 01865 901951 oxfordhealth.bucksCAMHSSPA@nhs.net |
| Public Health | 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 | ahazel@buckscc.gov.uk |
| Information/ Resources | Emotional wellbeing in schools network – To join this Buckinghamshire network email Anita Hazel ahazel@buckscc.gov.uk https://www.minded.org.uk New website offering free resources and e-learning for promoting children and young people's emotional health The ' Rise Above ' 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 Rise Above lesson plans for secondary school PSHE teachers now available to download from the School Zone . | | | | |



HEALTHY EATING

| Provider | Who they are | What they can offer | Age group | Cost | Contact details |
|--|--|---|---|---|---|
|  <p>Food for Life Partnership</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 aroper@soilassociation.org fflp@foodforlife.org.uk http://www.foodforlife.org.uk</p> |
|  <p>CHILDREN'S FOOD TRUST 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>http://www.childrensfoodtrust.org.uk/</p> <p>Let's Get Cooking and Let's Get cooking at home http://www.childrensfoodtrust.org.uk/lets-get-cooking</p> |
| <p>British Nutrition Foundation</p> | <p>Registered charity, delivers impartial, authoritative and evidence-based information on food</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>3-18yrs</p> <p>Primary and secondary</p> | <p>Dependent on requirements. Most resources free to download</p> | <p>http://www.nutrition.org.uk/</p> <p>http://www.foodafactoflife.org.uk</p> |



| | | | | | |
|--------------------------------|--|---|---|--|---|
| | and nutrition. BNF programmes focus on education in schools and nutrition science communication. | School Lesson plans and pupil cooking skills competencies:- British Nutrition Foundation (early years foundation to KS3) | Nursery | | |
| School Food Matters | Charity which provides advice to schools, parents and children on improving food provision | Working at a local level with schools, parents and children to improve school meals and support food education through cooking, growing and links with local farms: Membership for schools programme | 5-18yrs | £175 membership for schools (funding available through Waitrose community matters) | http://www.schoolfoodmatters.com/ |
| Obesity – Change 4 life | 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 | www.change4life.com Register as a supporter to access more materials |
| Chefs Adopt Schools | 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 | http://www.chefsadoptaschool.org.uk/feast-plan-for-growth |






| | | | | | |
|--|--|--|------------------------------|--|---|
|  | <p>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.</p> | <p>Work towards an award. The Eco-Schools programme is focused on nine key topics. These are:</p> <ul style="list-style-type: none"> Energy Water Biodiversity School grounds Healthy living Transport Litter Waste Global citizenship | <p>Primary and Secondary</p> | <p>Work towards an award</p> <p>Free resources</p> | <p>http://www.eco-schools.org.uk/</p> |
|  <p>Royal Horticultural Society</p> | <p>UK charity established to share the best in gardening. Our work is driven by our simple love of plants and the belief that gardeners make the world a better place.</p> | <p>Schools can visit free, variety of lesson plans to choose from.</p> <p>Teacher training days</p> <p>Campaign to get schools growing – sign up for starter packs</p> | <p>Primary and Secondary</p> | <p>Depends on requirements</p> | <p>https://www.rhs.org.uk/education-learning/gardening-children-schools</p> <p>https://schoolgardening.rhs.org.uk</p> |
| <p>School governance and leadership</p> | <p>Generic</p> | <p>School Food Plan (5-14yrs) http://www.schoolfoodplan.com Universal Infant Free School Meals toolkit http://www.schoolfoodplan.com/toolkit Whole school approach summary http://www.healthyschoolslondon.org.uk/sites/default/files/NHSP%20WholeSchoolApproach%20poster.pdf Checklist for headteachers http://www.schoolfoodplan.com/wp-content/uploads/2013/11/SCHOOL_FOOD_PLAN_CHECKLIST.pdf</p> | <p>Primary and secondary</p> | <p>resources free to download</p> | <p>See specific links under offer column</p> |



| | | | | | |
|-------------------------------|---|---|-----------------------|---------------------------------------|--|
| | | Food in Schools toolkit (primary schools) http://www.foodinschools.org (archived content but still useful) | | | |
| 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. www.dentalhealth.org.uk | Primary and Secondary | Free information, advice and guidance | www.dentalhealth.org.uk |
| NHS Live well | Provides information on oral health, tooth brushing and finding a local NHS dentist | Provides easily accessible information for teachers and pupils. www.nhs.uk/livewell/dentalhealth | Primary and Secondary | Free information, advice and guidance | www.nhs.uk/livewell/dentalhealth |
| 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 www.dentalbuddy.org | Primary | Free online resource | www.dentalbuddy.org |



PHYSICAL ACTIVITY

| | | | | | |
|---|---|---|------------------------------|---|--|
|  | <p>Active Bucks provides info to residents about how and where to get active locally in an activity that suits them. Over 2000 activities are available to search through and can be filtered by distance, day, time and activity type.</p> | <p>www.activebucks.co.uk</p> | <p>All</p> | <p>Many activities are free or low cost but some activities may incur a nominal fee</p> | <p>activebucks@buckscc.gov.uk</p> |
|  <p>Physical activity – LEAP</p> | <p>LEAP is the Buckinghamshire and Milton Keynes County Sport and Activity Partnership</p> | <ul style="list-style-type: none"> - Training and mentoring for staff on delivering fundamental movement skills (Physical Literacy) for early years and KS1 - Offer advice on local sports clubs and activities that students can access – including an online activity search function - Advice and information on appropriately qualified community coaches and providers of PE sessions | <p>Primary and Secondary</p> | <ul style="list-style-type: none"> -Free information, advice and guidance -Physical Literacy training free during pilot phase (academic year 15-16) | <p>www.leapwithus.org.uk 01296 585215</p> |
|  <p>British Heart Foundation</p> | <p>National Charity promoting heart health, physical activity and healthy eating</p> | <p>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.</p> | <p>Primary and Secondary</p> | <p>Free online resource</p> | <p>http://www.designedtomove.org/resources/active-schools</p> |



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>Terrence Higgins Trust Outreach and sexual health service can offer:</p> <p>A range of training courses for professionals are available from their WISH Training Programme. Particularly, the Relationships and Education in Schools course is relevant for schools.</p> <p>Topics also include contraception and STIs, HIV and AIDS awareness, Learning Disabilities and Relationships, and Spotting the Signs of Child Sexual Health Exploitation. See the full training list by visiting the Sexual Health website.</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 and access a referral form here.</p> | 13 years and above | Some WISH training courses such as the SRE course cost £50. Other courses on the training programme are free. Find out more by visiting the Sexual Health Bucks website . | <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. www.sexualhealthbucks.nhs.uk</p> <p>Call THT direct on 07917 550248, or email nigel.french@tht.org.uk</p> |
| | | | 13 and above. | Free of charge | <p>Nigel French or Liz Nash: Info.hivsupportbucks@tht.org.uk</p> <p>01494 520436 www.tht.org.uk</p> |



| | | | | | |
|--------------------------------------|--|---|--|---|---|
| BPAS | National abortion provider. bpas 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 unintended pregnancy and abortion. | KS 3, 4 and 5 Higher and further education students | Free of charge. Funded via charitable status | Julia Bradley Julia.bradley@bpas.org www.bpas.org |
| R U Safe | 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 | Helen.fortgang@barnardos.org.uk |
| Any other important links/ resources | www.sexualhealthbucks.nhs.uk Sexual Health Bucks website – offers local sexual health service information New Rise Above lesson plans for secondary school PSHE teachers now available to download from the School Zone . | | | | |



SMOKING AND TOBACCO USE

| Provider | Who they are | What they can offer | Age group | Cost | Contact details |
|--------------------------|---|--|---|---|--|
| Cut Films Project | The Cut Films project is an award winning anti-tobacco youth charity working with young people, schools, and youth groups and in partnership with local authorities to persuade young people to not smoke. | <ul style="list-style-type: none"> - 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. - 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. - The project also supports young people to run their own campaign online and share the messages about smoking and tobacco use among their friends. | Children and young people up to the age of 25. | 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 www.cutfilms.org</p> <p>Gemma Allwright Comms & Admin Officer T: 0207 250 8405 Email: gemma@cutfilms.org</p> |
| Thrive Tribe Ltd | <ul style="list-style-type: none"> - A privately run organisation by individuals passionate about health and disease prevention. - 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. | <ul style="list-style-type: none"> - Operation Smoke Storm comprises of 5 principal components: <ul style="list-style-type: none"> • 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) • 1 Family Component – a take home booklet • 1 Booster Component – a follow up interactive session usually delivered one year after the original three sessions have been presented. | 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 Project Manager Tel. 020 3434 2526 Email: tomasz.letniowski@kick-it.org.uk www.operationsmokestorm.com</p> |

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

For any changes or additions to the directory, please contact the Public Health Team at Buckinghamshire County Council: publichealth@buckscc.gov.uk

