

0-19 Service

Healthy Child Programme

**GP CARE
GROUP** CIC

LOCAL PEOPLE. LOCAL HEALTH

Do you need to speak to an EOTAS nurse?

Our EOTAS (Education Other Than at School) nurses are part of a 0-19 Service, which delivers the Waltham Forest Healthy Child Programme.

We offer fortnightly two-hour drop-in sessions in colleges and once a month drop-in sessions for pupil referral units and youth offending services.

We are here to offer support with:

- Health advice and support
- Health awareness and healthy lifestyle advice
- Emotional, mental health and wellbeing advice
- Weight management advice and support
- Relationships and sexual education advice.

Do you want to talk about it?

- Problems with friends or family?
- Alcohol and smoking?
- Feeling angry and sad?
- Bullying?
- Relationships?
- Changes to your body?
- Your eating habits?

If you would like to see a school nurse, please inform reception staff or you can contact our Single Point of Access on: 0300 033 6200 or email: thgpcg.wf0-19spa1@nhs.net



www.gpcaregroup.org

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