

The Bicester School

Your School Health Nurse is: Ruth Locke



About me

I am a qualified Nurse who has had several years' experience working with adults and children with various health conditions. Subsequently I obtained a postgraduate qualification in Specialist Community Public Health and have been working as a School Health Nurse in Bicester since September 2012. I am also a qualified community practice teacher and have post graduate students placed with me who also may see young people in the school.

Role

Secondary schools within Oxfordshire have a named NHS School Health Nurse who is based in the school. The aim of the School Nurse is to offer evidence based preventative health care for children and young people. We strive to improve young people's health and wellbeing and their life chances. I will work closely with teaching and student support staff at encouraging students to be both physically and emotionally healthy in order to make informed healthy lifestyle choices and reach their full potential.

What we do

School Nurses provide public health interventions.

Including (but not exclusive to):

Someone to talk to confidentially to address issues concerning emotional, physical, sexual and social health and wellbeing

- Immunisations
- Health lifestyle choices (keeping safe, smoking cessation, substance misuse advice)
- Support teachers with PSHE
- Refer and signpost to specialist services
- Offer a confidential School Nurse drop-in
- Provide contraception, pregnancy testing and sexual health screening.

If we cannot help, we will find someone who can.

How can you access the School Nurse?

Young people can pop into the School Nurse office at drop in's (alone or with a friend)

Speak to your tutor or student support to help with referral

Self-refer by drop in or using phone number to text

Confidentiality

The School Nursing service is confidential. This means we can discuss personal information with young people in confidence and will not discuss it with anyone else without their permission. However we would pass on any information that we feel is needed to protect a young person or someone else from serious harm. Whenever possible this would be discussed with the young person first.

Contact details:

Monday-Friday 08.30 – 16.00

Tel: Mobile: 07717320581

Email: ruth.locke@oxfordhealth.nhs.uk

School Nurse Website: www.oxfordhealth.nhs.uk