



# **The Castle Partnership Trust**

ACHIEVE | BELONG | PARTICIPATE

## **Drop-in Clinic Policy**

**September 2018**

Executive Headteacher: Sarah Watson  
Headteacher at Court Fields School: Rachael Bennett  
Headteacher at Wellesley Park School: Jo Dentith  
Head of School at The Castle School: Fran Gormley

Due for review: Autumn term 2019

## **PURPOSE**

Teenagers typically find difficulty in accessing medical support, advice and guidance through surgeries and clinics. A drop-in centre will encourage students to become more independent and take greater responsibility in terms of their health and well-being. The drop-in centre is a natural extension of the excellent support our students receive from other agencies. Access to a School Nurse will allow students to find out information, discuss a range of issues, seek treatment in specific areas or be directed to a more appropriate professional. The drop-in centre is very much in line with the Trust's ethos of caring for children and keeping them safe.

## **KEY POINTS**

- To provide a non-judgemental, safe, friendly and trusting environment and service
- To provide a drop-in service without appointments, where follow-up appointments may be made if necessary
- Referral to and from other agencies
- To promote communication between young people, health services, parents and school
- To provide health information in a range of formats about young peoples' health issues
- To involve young people in the development and review of the clinic to ensure their needs are met
- Confidential records are kept with feedback to school on issues
- Working within the local child protection procedures to ensure that the child's welfare is paramount

## **Why do we need a school based health drop-in centre?**

Young people learn best when they are free from worries or concerns. Concerns over health or emotional issues can be significant barriers to learning and educational attainment. Whilst the Trust has excellent pastoral support structures, there are occasions when young people do not feel able to discuss situations with school staff or when school staff are not the appropriate professionals to offer advice or information. By extending the access young people have to professional advice and support from the Health Service we can support them quickly and appropriately in the school setting as well as offer preventative health care on a number of issues.

The need for a drop-in centre has been identified by students as important. Students particularly felt that access to a professional adult who is not a teacher is important with issues of emotional health which would be difficult to discuss with pastoral staff with whom there may be strong relationships. Boys in particular felt this was important.

The Trust has very good Personal, Social, and Health Education, but this is delivered to groups of students. It is important to provide a service which enables individual young people to seek information, clarification and advice confidentially (within strict safeguarding protocols).

## **What services may be offered**

The drop-in centre will have information and advice available on a wide range of issues which may include:

- Healthy eating
- Smoking cessation
- Alcohol and other drugs
- Relationships
- Sexual health
- Emotional health
- Stress
- Weight issues

Sexual health services that may be offered through the drop-in centre to older students include:

- Condom-card (see Appendix 1)
- Emergency hormonal contraception
- Free pregnancy testing
- Chlamydia screening and follow-up treatment

Any school nurse working at the drop-in centre offering sexual health services will have been fully accredited by Somerset NHS and will operate within strict child protection guidelines, always reporting any child at risk. Any young person accessing these services will be involved in a full discussion, including advice to talk to parents and follow up appointments. This, in the Trust's view, provides a more supportive service which takes into account the welfare and well-being of the young person more so than if they were to access these services via other available providers.

### **How the drop-in centre will be run**

The drop-in centre will run for at least one lunchtime a week to enable any child to access it. Follow up appointments may be made at other times appropriate to the young person's timetable and availability of a School Nurse.

### **Monitoring the drop-in centre**

The School Nurse will keep confidential records of those attending the clinic.

The link Governor for Safeguarding will liaise with the Designated Safeguarding Lead, to monitor the use of the drop-in centre. Any concerns will be brought to the attention of the Education Committee.

Any concerns over a young person at risk will be shared with the Designated Safeguarding Lead.

Appendix 1 - C- card

The Somerset C-Card is a totally free service offering free condoms and sexual health information and is available to all young people in Somerset. To join the C-Card a young person may visit one of the places listed in Issue Point and have a chat with a C-Card issuer.

At the initial visit the School Nurse will tell the young person how the C-Card works and issue a C-Card if the young person is willing to engage in discussion and will listen to the following advice and guidance:

- How to use a condom correctly
- Some information about sexually transmitted infections, unplanned pregnancy and how to avoid them
- Know what to do and where to go if your condom splits or you didn't use one
- Where else you can go to get free condoms and talk about other sexual health services
- The chance to ask the C-Card issuer any questions you may have around sex and relationships.

The young person will be asked for date of birth, ethnicity and post code. This information is confidential but it can be seen by other C-Card Issuers so ethnicity and post code are voluntary. The card can be used at any participating C-Card Issue Point up to ten times, the number of times will be at the discretion of the School Nurse. After the tenth time or after one year the card will expire and a follow-up meeting will be necessary. The C-Card issuer will then decide whether to reactivate the card.

Young people under 16 are encouraged to talk to their parents. If the young person is deemed to be at risk or harm or exploitation the School Nurse will refer either to the School Designated Safeguarding Lead or the School Nurses Designated Safeguarding Lead and Safeguarding procedures will be followed.