

About Me

My name is Annie, and I am one of the Specialist School Nurses in Trowbridge and Bradford on Avon. Amongst others, St Augustine's Catholic College is one of the schools I look after. I am a Paediatric (children's) nurse and a Specialist public health nurse. I work in the community with families, young people and schools.

How can I help?

In my job I help support families, children and young people with any health needs that they may have. I work with schools to make sure that everything is being done to ensure students are healthy and happy. I run drop in sessions in secondary schools so that young people can access confidential health advice and support in school.

Confidential means that I will not discuss what you have told me with your parents, school, your friends or anyone unless I thought that you were at risk of harm or we decided together that someone else needed to know something. I would also talk to you first before telling anyone.

Things I can help with

Anxiety, stress, depression, self-harm, feeling low, low self-esteem. Questions about immunisations, healthy eating and general health advice. I am here if you need someone to talk to confidentially about family issues, relationships, friendships, bullying, boyfriend/girlfriend issues. I can also provide advice and signposting on alcohol, drugs and sexual health. Really there is probably no issue that I won't be able to talk to you about, no matter how big or small it may feel to you. I'm here to help and listen.

How to get in touch with me

I run the St Augustine's school nurse drop in on **Wednesdays** in the meeting room by reception.

11.10 – 11.35 for drop in (advice, guidance and support) not available whilst neighbourhoods are in operation

11.35 – 13.35 pre-arranged appointments

13.35 – 14.15 for drop in (advice, guidance and support) not available whilst neighbourhood are in operation

To make an appointment please speak to Mrs Bundy, Mrs Penny or Mrs Garcia-Breton in the Pastoral office.

If you want to call the school nurse team the number is 0300 247 0090 – there is always a duty school nurse available to help 9-5 Mon-Fri or you can leave a message

for me and I will get back to you. The school nurse team is available Mon-Fri, 9am-5pm, term time only. My working days are Monday – Wednesday.

For quick, easy and anonymous health advice to your phone you can also use our school nurse text service (CHAT Health) 07480 635 513

If you have an urgent medical emergency or need immediate medical care call 112 or 999 or contact your GP.

Useful Links

If you prefer to browse online for health advice, check out these sites that have good, accurate information, you may find what you need here:

Mental Health

[Live Well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[For children and young people | Mind, the mental health charity - help for mental health problems](#)

[Rise Above](#)

[Receiving support | Young Peoples Mental Health | On My Mind | Anna Freud Centre](#)

[Young peoples experiences](#)

[For Children & Young People - TeenTalk](#)

[Get help | Barnardo's \(barnardos.org.uk\)](http://barnardos.org.uk)

[Home - Kooth](#)

[Home - Calm Harm App](#)

Immunisations

[HPV vaccine overview - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[3-in-1 teenage booster FAQs - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Smoking; Drugs and Alcohol

[Young people - Wiltshire Council](#)

[Honest information about drugs | FRANK \(talktofrank.com\)](http://talktofrank.com)

[Guidance on alcohol & young people | Drinkaware](#)

Sexual Health

[Under 25's - WISE - Wiltshire Sexual Health Service Providing STI testing and treatment, contraception and HIV services in Wiltshire](#)