

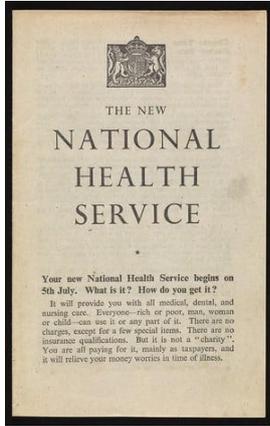


**January 2018 NURSES NEWSLETTER**

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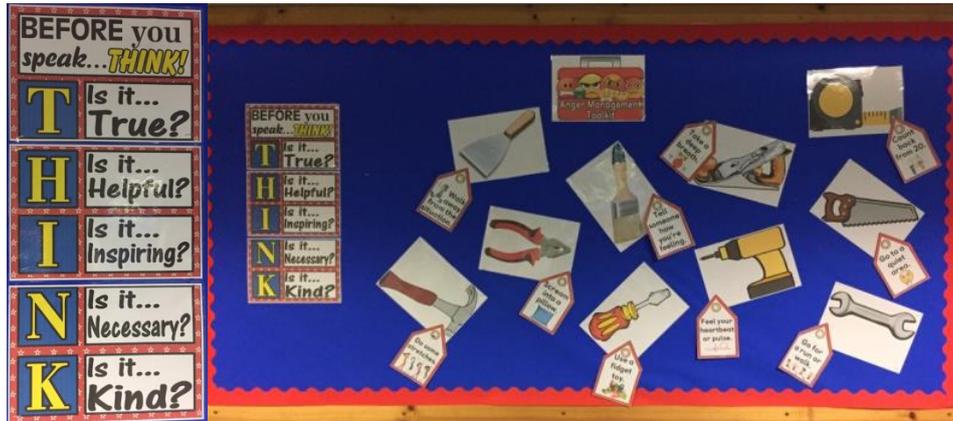


**The National Health Service is turning 70 on 5 July 2018.** It's the perfect opportunity to celebrate the achievements of one of the nation's most loved institutions, to appreciate the vital role the service plays in our lives, and to recognise and thank the extraordinary NHS staff – the everyday heroes – who are there to guide, support and care for us, day in, day out.

NHS at 70 are collecting stories and memorabilia from patients, workers, volunteers and the public. Have you been a porter, a radiographer, a surgeon, a cleaner or held any other post in the NHS? Do you have a long term medical condition treated by the NHS? Whatever your story, NHS at 70 are keen to collect it.

Contact the team via [nhs70@manchester.ac.uk](mailto:nhs70@manchester.ac.uk) or call 0161 275 0560 to get involved. You can also follow them on Twitter: [@NHSat70](https://twitter.com/NHSat70).

**JANUARY HEALTH MESSAGE**



**Learning how to manage feelings and emotions** is very important. Confidence in managing our feelings and emotions improves our self-esteem and reduces anxieties in many social situations.

Many young people say hurtful things when they are mad or when things aren't going their way. This month we hope to teach and learn ways of controlling feelings of anger and upset. "Take a deep breath, Tell someone how you're feeling. Count back from 20. Go to a quiet area. Go for a run or a walk. Use a fidget toy. Scream into a pillow. Walk away from the situation." This compliments learning in the Personal, Social and Health Education (PSHE) curriculum.

**This Children's Mental Health Week (5-11 February 2018) the importance of 'Being Ourselves' is the message.** We will be encouraged to celebrate the unique qualities and strengths in ourselves and others. Some children and young people can find it difficult to think of positive things about themselves.

**When we have positive view of ourselves, it can help us to cope with life's challenges and make better connections with others.** At the same time, celebrating the unique strengths of the people around us can allow us to come together in our schools, workplaces and communities.

More information can be found on the website [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)