

12 January 2011

Dear Parent

## **HEALTH AND WELL-BEING CENTRE**

We run a Health and Well-being Centre in the Community area of the College that is open to all pupils from years 7 - 11.

The Health and Well-being Centre will have a clinic on a Wednesday afternoon from 1.15 pm to 3.00 pm.

This clinic will offer advice on many issues including sexual health, obesity, eating disorders and other teenage problems. The clinic will be run by an NHS nurse from Bishop's Waltham Surgery. The clinic will offer services like contraception, pregnancy testing, Chlamydia testing in accordance with Fraser Guidelines which are attached. The clinic is run on an appointment system with appointments being made at the College reception. There will be information leaflets available in the community area and in the College Library as well as information about the Clinic in all tutor rooms. The Clinic will also welcome enquiries from pupils of primary age through parents and teachers from the feeder schools.

The College also offers a Stub It Out service to help pupils stop smoking. This facility is able to prescribe items to help pupils stop smoking like nicotine patches and chewing gum. Pupils who are interested in joining this must contact myself or Mrs Allen, the Welfare Assistant. This facility is run by an NHS nurse from Bishop's Waltham Surgery.

The Health and Well-being Centre will also house a Counsellor from Winchester Counselling Service. This is a service that has been offered in the College for a couple of years but it will now move into the new assigned room. Referrals to the Counsellor can be through the pupil, parent, doctor or outside agencies. It is available for pupils and young people aged between 14 - 25 years old. This is run strictly on an appointment basis on a Thursday morning.

If you have any questions relating to this facility, please contact me 01489 892256.

Yours faithfully

C Barker (Mrs)  
Assistant Headteacher/Healthy Schools/Community Cohesion

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