

# Health Promoting Schools Newsletter

Wokingham | May 2025



Issue 2

The Wokingham Public Health team in partnership with schools and Wokingham Secondary Federation aim to support young people and families to live well in the Wokingham Borough through the Health Promoting Schools programme. The Health Promoting Schools programme strives to create a healthy environment for schools, including pupils, staff, and the wider community through connecting schools with local services that support PSHE provision and health and wellbeing needs.

This issue of the Health Promoting Schools newsletter provides local and national updates, and links to resources to support teachers and students with health and wellbeing in school.

## Vaping Toolkit

In April, Wokingham Public Health team launched the [Vaping Toolkit for Schools](#), available via the Health Promoting Schools website. The toolkit contains:

- The Association of Directors of Public Health South East vaping position statement
- Managing vapes in school guidance
- Posters to display in school
- An animated film for use in PSHE lessons, form time, assemblies etc.
- Classroom presentations
- Resources for parents
- Self help tools for young people

We would love to hear feedback on the toolkit - if you found it useful, or there's any changes or additional resources you would like to see, please email [public.health@wokingham.gov.uk](mailto:public.health@wokingham.gov.uk).



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[Health Promoting Schools Wokingham](#)



## Addressing the influence of online misogyny through PSHE

Following a roundtable discussion in March with the Prime Minister, "Adolescence" creators, charities and young people, Netflix have made the series "Adolescence" available to secondary schools through Into Film+. The series explores the impact of misogyny, dangers of online radicalisation and the importance of healthy relationships. Additionally, healthy relationships charity Tender will be producing guides and resources for teachers, parents and carers to help navigate conversations around the series. [Read more](#).



The PSHE Association have made their ["Addressing misogyny, toxic masculinity and social media influence through PSHE education"](#) guide free to all. It includes practical advice on how to approach this topic, as well as links to teaching resources and relevant guidance, considerations of what to cover, and what to avoid.

The government's ["Educate Against Hate"](#) initiative also has useful guidance on incels and online misogyny, aimed at teaching KS4 and above.

## LGBTQ+ Youth Group

Local Berkshire LGBTQ+ charity Support U have launched a weekly [youth group](#) in Wokingham for LGBTQ+ young people in school years 10-13.

Location: The Bradbury Centre (Wokingham Methodist Church)

Time: Fridays 4-5:30pm

Cost: £1 donations welcome

Please see the poster attached or link above for more information.



## **Be TickAware (UKHSA Guidance)**

Ticks are most active in the UK from March to October, with most bites commonly reported during May and June. Ticks can carry pathogens (microorganisms that cause disease) such as Lyme disease and, more rarely, tick-borne encephalitis.

Ticks live in many different outdoor environments, but they are particularly common in grassy and wooded areas. You are more at risk of being bitten when taking part activities such as hiking, cycling or camping, but ticks can also sometimes be found in urban gardens.

There are a variety of simple ways you can reduce their chances of being bitten and if you are bitten, what you can do to safely remove a tick:

### **Decrease your chances of getting bitten**

- apply a repellent
- wear long sleeves and trousers to reduce direct skin exposure
- keep to clearly marked pathways when outdoors
- regularly check for any ticks and brush off any you find immediately
- continue checking for ticks when back indoors on yourself, as well as your children and/or pets

### **What to do if you're bitten**

If you find a tick on your body:

1. remove the tick as soon as you can, either using a tick removing device or fine-tipped tweezers
2. grab the tick as close to the skin as you can and pull upwards
3. clean the area with soap and water
4. keep an eye on the bite area for a few weeks in case of any changes
5. if you see a spreading bullseye rash developing, or you become unwell with flu-like symptoms or a headache, contact your GP or NHS 111 immediately.



## Safe Sex Berkshire website closure

As of April 2025, the Safe Sex Berkshire website has closed. Local sexual health support services are still offered as normal for both adults and under 18s in Wokingham. All information can be found on the sexual health section of the Royal Berkshire NHS Foundation Trust website:

<https://www.royalberkshire.nhs.uk/services-and-departments/sexual-health>.

Visit the website to book a clinic appointment, or to get information on sexual health issues.

## Upcoming campaigns and awareness days

### Mental Health Awareness Week - 12th-18th May

Theme: Community

### Walk to School Week - 19th-23rd May

**Pride Month - June**

## Mental Health Awareness Week

Mentally Healthy Schools have created a [toolkit](#) to explore the theme of "Community" for this year's Mental Health Awareness Week, recognising how connection and belonging support mental health and wellbeing. Resources included are designed to support students and staff with their wellbeing, as well as providing guidance on creating space for open conversations around mental health in the school setting.

If your school has a health and wellbeing success story which you would like to share in the Health Promoting Schools newsletter, or if you have any queries about the Health Promoting Schools programme, please contact [caitlin.airey@wokingham.gov.uk](mailto:caitlin.airey@wokingham.gov.uk) (Wokingham Borough Council Public Health Children and Young People Project Officer).

For further health and wellbeing resources and previous newsletters, please visit the [Health Promoting Schools website](#)

Next Health Promoting Schools/ PSHE network meeting:  
Thursday 12th June 2025 3:45-4:45pm







ChatHealth



**Berkshire Healthcare**  
Children, Young People and  
Families services

# **Aged 11-19?**

## **Need some advice?**

We can help with all kinds of things like:

**Relationships**

**Healthy eating**

**Drugs & alcohol**

**Anxiety**

**STRESS**

**Low mood**

**Bullying**

**Self-harm**

**Body changes**

**SMOKING**

**Sleep**



**Text a school nurse**  
for confidential advice and support  
**07312 263266**



**cypf.berkshirehealthcare.nhs.uk**



We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we received your text. Texts will only be seen between Mon-Fri 9am-4:30pm. If you need help before you hear back from us, contact a member of school staff, a trusted adult, or your GP. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

# Do you have a 5-19 year old?

We can offer advice and  
support on many topics like:

- ✓ Sleep
- ✓ Behaviour
- ✓ Bullying
- ✓ Parenting
- ✓ Healthy eating
- ✓ Bedwetting
- ✓ Dealing with medical conditions in school
- ✓ Emotional health & wellbeing



**Text a school nurse**  
for confidential advice and support

**07312 263194**



[cypf.berkshirehealthcare.nhs.uk](http://cypf.berkshirehealthcare.nhs.uk)



We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between Mon-Fri 9am-4:30pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

Weekly Youth Group

# CHILL OUT



School years 10-13



Every Friday, term-time



16:00 - 17:30



The Bradbury Centre, Wokingham



£1 donations welcome





**FREE!**

# Sport & Games - for Youth Mental Wellbeing


**Time** Tuesdays 5-6pm, every week during termtime  
(10-14 year olds)

**Venue** Bulmershe Leisure Centre - Sports hall  
Woodlands Av, Woodley. RG5 3EU


**Description** Fun, free and interactive sessions to help improve the mental wellbeing of young people. A great way to help build confidence and self-esteem and meet new people!

This group is provided **FREE** by the mental health charity Sport In Mind for the benefit of local young people. Your local representative is Kieran.

   @sportinmind

 youth@sportinmind.org

 [www.sportinmind.org](http://www.sportinmind.org)

 01189479762



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**Berkshire Healthcare**  
Children, Young People and  
Families services



**Places  
Leisure**

Part of Places for People





SCAN HERE



FREE!

# Sport In Mind

Registered Charity 1161323

## Youth Activities **for** **Mental Wellbeing**

Sport in Mind provides **free sport** and **physical activity** opportunities for children and young people to help build confidence and self esteem, meet new people and support low mood and other mental health challenges.

### Wokingham Sessions (Spring term)

Tue	5 - 6pm	Sports & Games	10-14 years	Bulmershe Leisure Centre, Woodlands Av, RG5 3EU
Thurs	4-5pm	Sports & Games	10-14 years	Wokingham Leisure Centre, Wellington Road, RG40 2AF
Thurs	4-5pm	Yoga, Dance & Movement	12-16 years	Loddon Valley Leisure Centre, Rushey Way, Lower Earley. RG6 4CD

Sessions restart from Monday 6th January  
and run weekly excluding school holidays

@sportinmind
 youth@sportinmind.org
 www.sportinmind.org
 01189479762

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