

Health Co-ordinator

by Blackpool Teaching Hospitals - Tuesday, January 10, 2012

I am a key public health and primary care practitioner, who specialises in child and adolescent health.

Who am I?

I am a registered nurse who has a specialist degree qualification.

What do I do?

I aim to promote the health and well being of all school-age children and their families working with education, social services and voluntary agencies.

Contact details:

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Students

I will always inform you if I am to be accompanied by a student and you will have an opportunity to decline the presence of a student.

What can I talk to you about?

- Healthy eating and exercise
- Growth and development of children
- Behaviour and relationships
- Medical conditions
- Immunisations
- Bedwetting
- Healthy lifestyles for all the family

- Local support groups
- Family problems
- Support and information:
 - Bullying
 - Drugs
 - Smoking
 - Alcohol
 - Puberty and growing up

Health promotion and education

I deliver a range of Health Promotion programmes to school-age children and young people in partnership with parents:

- Healthy eating/exercise
- Personal hygiene
- Accident prevention
- Sun awareness
- Growing up/puberty
- Drugs/smoking/alcohol
- First aid/basic life support
- Parenting skills
- Self-esteem/relationships