



Health and Wellbeing Useful Guide.



October 2025
Version 8.0



Health and Wellbeing Useful Guide for settings and schools: 2025-26

Introduction

This is a useful guide to complement the Health and Wellbeing Whole Schools approach alongside PSHE elements. This replaces the Health & Wellbeing Awards previously available in Milton Keynes and is for you to refer to as required. **Many thanks go to Bedford Borough Council Public Health colleagues for their initial template which we have adapted for Milton Keynes.**

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1. Health Protection & Medicines Management.

Recommended Guidance

Please find the latest guidance for [health protection in children and young people in settings](#), including education. This suite of documents gives you practical guides for staff on **Managing Infectious Diseases** in children and young people in settings, including when to notify.

Please find details of the East of England local health protection team: **UKHSA East of England Health Protection Team**, Suite 1 First Floor Nexus, Harlow Innovation Park, London Road, Harlow, CM17 9LX; Telephone: 0300 303 8537; Email EastofEnglandHPT@ukhsa.gov.uk

Please find the **Medicines in Schools BLMK guidance**: This document has been developed to provide guidance on the use of medicines in schools, including salbutamol, over the counter (OTC) medicines and adrenaline auto-injectors (AAIs). While the document refers to schools, the guidance is equally relevant for all early year's settings, colleges and childminders. The guidance has been developed in conjunction with Bedford Borough Council, Central Bedfordshire Council, Luton Borough Council, **Milton Keynes City Council**, Cambridgeshire Community Services NHS Trust, Central and North West London Community health services NHS Trust and the Bedfordshire, Luton and **Milton Keynes** Integrated Care Board.

- [BLMK Medicines management website](#)
- [Government Guidance](#)
- [Please find the link to the latest overview of childhood immunisations](#)

Services Local and National

- [Central North West London \(CNWL\)](#) deliver health visiting, school nursing, community health services.
- [Bedfordshire, Luton and Milton Keynes Integrated Care Board](#) who deliver a wide range of health services.
- [Hertfordshire Community NHS Trust \(HCT\)](#) who are responsible for delivering school aged immunisations (including flu vaccinations).
- [Vaccination UK](#) who are responsible for delivering flu vaccination each year for schools in Bedford Borough, Central Bedfordshire and Milton Keynes on behalf of HCT.

Resources and Training

Please find some key resources and training in relation to this topic area:

- [Asthma and Lung UK](#)
- [Epilepsy guidance](#)
- [Epilepsy further information - seizures](#)
- [Anaphylaxis](#)

2. Healthy Relationships, including Sex and Relationships Education.

Recommended Guidance

- The latest government guidance for [delivering Relationships and Sex education](#).
- PSHE Association which have a wealth of support regarding [healthy relationships](#).
- [Sex Education Forum](#).
- Guidance in regard to [puberty education](#).

Services Local and National

Please find links to key local services in relation to this topic area:

- [iCaSH](#), our locally commissioned sexual health service
- [Central North West London \(CNWL\) Health Services who deliver health visiting, school nursing & community health services.](#)
- [Bedfordshire, Luton and Milton Keynes Integrated Care Board](#) who deliver a wide range of health services

Resources and Training

Please find some key resources and training in relation to this topic area:

Please refer to resources from **PSHE Association** and **Sex Education Forum** as detailed in section 2.1 and below. Talk Relationships supports all UK secondary schools to confidently deliver inclusive sex and relationships education.

- [NSPCC: Talk Relationships](#): Want all young people across the UK to understand healthy behaviours in relationships and recognise their right to be safe, heard and respected. And we want them to know how to get help from a trusted adult if they need it. (developed in conjunction with the PSHE Association)
- [MK Together](#) is the multi-agency Safeguarding Partnerships in Milton Keynes.
- [Safeguarding Partnership Policies and Procedures | mk-together](#) are for those working or volunteering with children and young people across Milton Keynes.
- The [MK Together Partnership handbook](#) was updated in 2024. The handbook details how Milton Keynes multi-agency safeguarding arrangements are incorporated in the MK Together Partnership arrangements.
- [Collaborative Learning document](#): In 2024 the MK Together Safeguarding Partnership finalised a collaborative learning document, which sets out the Partnership's commitment and expectation for collaborative and continuous partnership learning via statutory, non-statutory and single agency reviews. Our multi-agency approach ensures a shared understanding of the Partnership priorities and promotes partnership working to safeguard children and young people with the ambition that they will lead safe, happy and healthy lives, with opportunities to learn, develop and fulfil their potential.
- [PSHE Association](#) which have a wealth of support regarding healthy relationships:
- [Sex Education Forum](#).

3. Teenage Parent Support.

(Usually only applicable to secondary age settings or schools although may be of use within Primary settings where elements maybe applicable if this relates to a sibling or young parent).

Recommended Guidance

Government documents in relation to teenage pregnancy

- [Teenage Pregnancy prevention framework](#). Guidance for local teenage pregnancy prevention programmes to help young people avoid unplanned pregnancies and develop healthy relationships.

- [Teenage mothers and young fathers support framework](#). Commissioners and service providers can use this framework as a multi-agency self-assessment tool to review local services, identify gaps in provision and look at the likely impact and effectiveness of each aspect of local support for young parents.
- **For Local Teenage Parent Support and Prevention or data**, please contact Liz.Wilson@milton-keynes.gov.uk

Local Pregnant Pupil policy and Care Plan

- [Local guidance/policy](#) for managing the support and reintegration of pregnant young people and school-age parents in education settings with a template care plan for using within your setting and school.
- [Managing the support and reintegration of pregnant pupils](#) and school age parents. This guidance has been produced to help schools support pregnant pupils and school age parents, to ensure that the young people are able to continue their education.

Services Local & National

Please find links to key local services in relation to this topic area

- [Central North West London](#) (CNWL who deliver health visiting, school nursing, community health services:
- [Bedfordshire, Luton and Milton Keynes Integrated Care Board](#) who deliver a wide range of health services:
- [iCaSH](#), our locally commissioned sexual health service.
- [Family Centres](#) Milton Keynes which offer a range of services for families from pregnancy, throughout childhood up to the age of 19 years. They also support the community with sessions and support for adults who may not have children or whose children may have grown and left home.

Resources and Training

Please ensure you follow your normal safeguarding procedures and complete any LA agreed referrals for teenage parents alongside reporting any safeguarding concerns if present.

The Faculty of Sexual and Reproductive Healthcare (FSRH) website **Contraception Choice**. Developed by a team of doctors, nurses and researchers from University College London, in collaboration with young women, Contraception Choices aims to help people decide which method of contraception might suit them best. This is through information based on research evidence and theory, professional guidelines and user views and experiences of contraception. Young people can access the [resource Contraception choices](#) via the 'for the public' section of the new FSRH website.

Brook web resource called [Best contraception for me](#) which is an interactive tool to help young people find their method of choice and is endorsed by the FSRH.

4. Drugs and Alcohol

Recommended Guidance

- [Government guidance](#) in relation to Drug and Alcohol education:
- [PSHE Association](#) which have a wealth of support regarding Drugs and Alcohol education.
- [Prevention and Wellbeing Alliance](#) is the local Drug and Alcohol policy for education settings.

Services Local and National

- [Local young person's Drug and Alcohol service](#).
- [Local adult Drug and Alcohol service](#).
- [Central North West London](#) (CNWL) who deliver health visiting and school nursing community health services.
- [Bedfordshire, Luton and Milton Keynes Integrated Care Board](#) who deliver a wide range health services.

5. Smoking and Vaping

Recommended Guidance

- [Government guidance](#) in relation to Smoking & Vaping education.
- [PSHE Association](#) which have a wealth of support in regard to smoking and vaping education.

Services Local & National

- [Stop smoking service](#), now part of the new service called **Choose You**, which is a free service to help support you to build healthy habits particularly in relation to quitting smoking and maintaining healthy weight: **Tel 0800 013 0553**
- [Vaping](#) If a young person is vaping and wants to quit, there is advice and tips on the website:
- Choose You [Guide to quit vaping parents and carers](#). Tips for parents or carers supporting a young person to quit vaping. If you are concerned about a young person using vapes that contain substances other than nicotine, please refer to Section 4: Drugs and Alcohol.
- Advice and support for [over 18s who want to quit vapes](#)

Staff Training

The **Choose You** team also provides free training which is based on the [NCSCT training modules](#). It may be useful for staff who will be delivering these sessions to book onto one of our level 1 VBA training sessions to equip them with skills and confidence to have conversations with students about smoking (some of the behavioural support will also apply to vaping).

Underage Sales

One of the other ways we can all help to reduce access to vapes for young people is by being vigilant and reporting underage sales. It is illegal and a criminal offence for any aged 18 or older to buy e-cigarettes, vapes or e-liquids on behalf of anyone under the age of 18, this includes parents, family, carers or friends. If you are aware of under 18s being sold cigarettes or e-cigarettes, you can report this using one of the methods below:

- [Citizens Advice Online Portal](#)
- [Keep it out - anonymous reporting form](#)
- Local trading standards using: Milton Keynes - tsd@milton-keynes.gov.uk.

Resources and Training

OHID Vaping teaching resources

<https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview#vaping>

[Catch your breath – the smoking and vaping programme for schools](#)

[Talk to Frank](#)

[Childline - is it ok to vape underage?](#)

6. Physical Activity

Recommended Guidance

- [Government guidance](#) in relation to physical education.
- [National guidance on physical activity](#) for children and young people.
- [Information to help schools increase access to PE](#), physical activity and extra-curricular school sport, including [examples of good practice](#).
- [Travel Plan](#) Information on creating a School
- [Local advice MK](#): Get Around MK, the home page for our get Around Mk website.
- [Journey Planner Home - Milton Keynes](#) – handy journey planner – providing journey options from A-B for bus, cycle, walk, wheel.
- [Get to School - Milton Keynes](#) – support and tools for schools to increase walking and cycling to school (active and sustainable travel).
- [Skills training - Milton Keynes](#) – cycle training for everyone

Services Local & National

Children might be referred to our local weight management services after the school nurses measure their height and weight in year R and Year 6. **Choose You** is a free service to help support residents across Bedford Borough, Central Bedfordshire and Milton Keynes to build healthy habits particularly in relation to quitting smoking and maintaining healthy weight. Please find the link to the local offer which is now part of the new service called [Choose You](#): Tel 0800 013 0553

- [Local leisure facilities](#), parks and other physical activity service: Milton Keynes.

- Local active partnerships focus on increasing activity levels working closely with those people in the local community who face the biggest barriers to being active.
- [Milton Keynes Active Partnership](#) 'Leap'.

Resources and Training

- [Easy ways to eat well](#) and move more (the new name for Change 4 Life).
- [The Youth Sport Trust](#) have a series of PE resources designed to support children and young people at a primary school level. They include physical activity, sport and wellbeing-based activities.
- [Youth Sport Trust from the Healthy Movers programme](#) operate in Central Bedfordshire and Milton Keynes. Some schools may be able to access support to improve physical literacy from the contact the YST for further information about what is available.

7. Food (including Oral Health)

Recommended Guidance

- [Please find the links to both Primary and Secondary Food teaching](#) in settings.
- [Food teaching in secondary schools.](#)
- [School food standards.](#)
- [Breakfast clubs.](#)

Services Local & National

MK Oral health improvement: [How to take care of your baby or toddler's teeth - Start for Life - NHS - NHS](#) and where to read more about how to [take care of your teeth and gums.](#)

- [Bedfordshire, Luton and Milton Keynes Integrated Care Board](#) deliver a wide range of health services.
- **Choose You:** Children might be referred to our local weight management services after the school nurses measure their height and weight in year R and Year 6. A free service to help support residents across Bedford Borough, Central Bedfordshire and Milton Keynes to build healthy habits particularly in relation to quitting smoking and maintaining healthy weight. Tel 0800 013 0553
- [Caraline](#) are a long term established charity that provides evidence-based therapeutic support for individuals living with eating disorders. The service has been around since 1994, supporting individuals with eating disorders, their carers/loved ones, and organisations (such as schools, universities and places of work).
- [BEAT](#) A national eating disorder charity with lots of resources and support.

Resources and Training

- [Healthwatch](#) video to support positive oral health for young people and their families:
- Oral health improvement: [How to take care of your baby or toddler's teeth - Start for Life - NHS - NHS](#) and where to read more about how to [take care of your teeth and gums.](#)
- [Family Centres](#) provide [oral health awareness and](#) toothbrush exchanges.

- [The National Child Measurement Programme](#) (NCMP), also known as the school height and weight checks, is a mandated annual programme delivered by local authorities.
- The NHS Better Health '[healthier families](#)' website provides information for parents regarding their child's weight – as well as recipes, food facts and family activities.

8. Mental Health and Wellbeing (including self-harm)

Recommended Guidance

Promoting and supporting [mental health and wellbeing in schools and colleges](#). This includes a suite of documents regarding all aspects of mental wellbeing:

1. [The importance of good mental health in schools and colleges](#)
 2. [Principles of a whole school or college approach](#)
 3. [Senior mental health lead training](#)
 4. [Mental health support teams](#)
 5. [Resources for planning and implementing a whole school or college approach](#)
 6. [Mental health and wellbeing resources for pupils, parents and teachers](#)
 7. [Mental health, behaviour and attendance](#)
 8. [Statutory guidance](#)
 9. [Local support](#)
- [Local guidance in relation to Self-Harm](#)
 - [PSHE Association](#) Support regarding mental health & wellbeing education.

Services Local & National

- Milton Keynes City Council [Early help](#).
- [Milton Keynes City Council Family Centres](#): Offer support and activities for families from 10 Family Centres across Milton Keynes. These centres are hubs of activities and services for families and the local community. Each of the Family Centres offer a range of services for families from pregnancy, throughout childhood up to the age of 19 years. Supporting the community with sessions and support for adults who may not have children or whose children may have grown and left home.
- [The Local Offer](#) holds a wide range of information regarding services and support available, including early help support.
- [How you feel matters in Milton Keynes | Milton Keynes City Council](#) A range of services and support is available for supporting children and young people in Milton Keynes with their emotional health and wellbeing.
- [CAMHS Central and North West London](#) (Milton Keynes, Child and Adolescent Mental Health Services) provides mental and emotional health specialist services for children and young people up to 18 years old their families and carers.

Urgent Support Call 111 Option 2 (24/7) A free helpline for people of all ages who need urgent mental health support. Young people can talk to a CAMHS professional directly who can arrange additional support. **In an emergency, please dial 999.**

- [Your local Mental Health In Schools Team](#)
- [YoungMinds](#): Mental health charity with a wide range of resources and information

- [SHOUT TEXT](#): SHOUT to 85258 Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.
- [RELATE](#)
- [Central North West London \(CNWL\)](#) deliver health visiting, school nursing, community health services.
- [Bedfordshire, Luton and Milton Keynes Integrated Care Board](#) who deliver a wide range health services.
- [Healthier Together](#) improving the health and wellbeing of babies, children and young people in BLMK.

Resources and Training

Please refer to resources from **PSHE Association** as detailed in section 8.1 and below.

Mind ed offers quick access learning for professionals working across health and education settings. <https://minded.org.uk>

Anna Freud offer a range of mental health training to schools and colleges
<https://www.annafreud.org>

Psychological First Aid: Supporting Children and Young People training to support children and young people's mental health during emergencies and crisis situations
<https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people>

MK Together [Home](#) | [mk-together](#) **Milton Keynes Safeguarding Partnership arrangements.**
The MK Together Safeguarding Partnership is made up of senior leaders from key agencies in Milton Keynes who agree ways to co-ordinate local safeguarding, act as a strategic leadership group in supporting and engaging others and implement local and national learning, including from serious child safeguarding incidents. As part of its work the MK Together Safeguarding Partnership develops and publishes policies, guidance, and resources to aid the safeguarding of children and vulnerable adults.

The PSHE Association has a wealth of support in regard to mental wellbeing including self-harm education: <https://pshe-association.org.uk/>

The local **How You Feel Matters** poster/document which lists and links to key Health and Wellbeing services for young people. [How you feel matters in Milton Keynes](#) | [Milton Keynes City Council](#)

Milton Keynes Local Offer pages [Milton Keynes City Council](#) offering Information, support and signposting for children and young people with special educational needs and disabilities (SEND) from birth to 25 years, their parents and carers, practitioners and professionals.

9. Suspected Pupil Suicide, Sudden/ Unexpected Death

Recommended Guidance

Please find the latest guidance for settings in regard to what to do in the event of a suspected pupil suicide, unexpected death. **Please note within this policy there are links to key guidance, support and resources.** [Multi-agency guidance - Action to take in response to the suspected suicide of a child or young person \(June 24 FINALv2\).pdf \(mksendlocaloffer.co.uk\)](#)

Please find a guide aims to provide you with support and information when a death occurs in the school community or if the school is facing an expected death: [Child Bereavement UK - A Guide for Schools](#)

Services Local & National

Please find links to key local services in relation to this topic area:

[Homepage - Harry's Rainbow](#) Milton Keynes Based charity supporting bereaved children

BLMK Suicide Prevention Hub: <https://suicidepreventionhubblmk.co.uk>

CNWL Milton Keynes CAMHS (Central North West London; Milton Keynes, Child and Adolescent Mental Health Services) provides mental and emotional health specialist services for children and young people up to 18 years old their families and carers. [Milton Keynes CAMHS :: Central and North West London NHS Foundation Trust](#)

Urgent Support Call 111 Option 2 (24/7) A free helpline for people of all ages who need urgent mental health support. Young people can talk to a CAMHS professional directly who can arrange additional support. **In an emergency dial 999**

Central North West London (CNWL) deliver health visiting, school nursing, community health services: [Milton Keynes 0-19 Universal Health Service \(Health Visitors and School Nurses\) :: Central and North West London NHS Foundation Trust](#)

Bedfordshire, Luton and Milton Keynes Integrated Care Board who deliver a wide range of health services: <https://bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>
Samaritans Telephone: 116123 www.samaritans.org

Papyrus (Hopeline UK) Telephone: 0800 068 41 41 Text: 07786 209 697 www.papyrus-uk.org

The Ollie Foundation <https://theolliefoundation.org/>

Childline Telephone: 0800111 11 www.childline.org.uk

Young Minds Text: YM to 85258 www.youngminds.org.uk Parents/carers helpline: Telephone: 0808 802 5544 Web chat: www.youngminds.org.uk

CALM (Campaign Against Living Miserably) Telephone: 0800 58 58 58
www.thecalmzone.net

Harmless www.harmless.org.uk

Please find the link to the local **How You Feel Matters** poster/document which lists and links to key Health and Wellbeing services for young people. [How you feel matters in Milton Keynes | Milton Keynes City Council](#)

Please find the link to the Milton Keynes Local Offer pages [Milton Keynes City Council](#) offering Information, support and signposting for children and young people with special educational needs and disabilities (SEND) from birth to 25 years, their parents and carers, practitioners and professionals.

Resources and Training

- [Suicide Prevention Hub](#). The Hub is a single point of reference for suicide prevention information and resources for those working across Bedfordshire, Luton and Milton Keynes. The content is supported and maintained by the BLMK Integrated Care Partnership and BLMK Suicide Prevention Network.
- [Help for children, young people, parents and families](#) to rebuild their lives when a child grieves or when a child dies.
- [Zero Suicide Alliance Training](#). FREE online training courses teach you the skills and confidence to have a potentially life-saving conversation with someone you're worried about.
- Additional Suicide Prevention Training can be found [here](#).

10. Safety including Child Exploitation and Missing

Recommended Guidance

- [Statutory guidance](#) for schools and colleges on safeguarding children and safer recruitment.
- [Milton Keynes takes a stand against violence | Milton Keynes City Council](#) Partners across MK, including MK City Council, Thames Valley Police (TVP), the Police & Crime Commissioner for the Thames Valley, MK Dons SET and the Safety Centre are joining forces in a month of action against violence.
- [PSHE Association](#) which has a wealth of support in regard to safety, exploitation & missing education:
- The [CEOP Education](#) team is a part of the National Crime Agency and we run an education programme which aims to reduce the vulnerability of children and young people to online sexual abuse. They provide training, resources and information for children and young people aged 4 - 18, their [families and professionals](#) who work with them.

Services Local & National

- [Central North West London](#) (CNWL) deliver health visiting, school nursing, community health services.

- [Bedfordshire, Luton and Milton Keynes Integrated Care Board](#) who deliver a wide range of health services.
- [Bedfordshire Against Violence and Exploitation](#) (BAVEX) is the partnership campaign supported by a variety of different agencies across Bedfordshire to raise awareness of the exploitation that takes place in the county. There is a wealth of guidance, resources, training and support available.

Resources and Training

- [MK Together](#) is the multi-agency Safeguarding Partnerships in Milton Keynes.
- [Safeguarding Partnership Policies and Procedures | mk-together](#) are for those working or volunteering with children and young people across Milton Keynes.
- The [MK Together Partnership handbook](#) was updated in 2024. Detailing how Milton Keynes multi-agency safeguarding arrangements are incorporated in the MK Together Partnership arrangements.
- [Collaborative Learning](#): In 2024 the MK Together Safeguarding Partnership finalised a Collaborative Learning document, which sets out the Partnership's commitment and expectation for collaborative and continuous partnership learning via statutory, non-statutory and single agency reviews. Our multi-agency approach ensures a shared understanding of the Partnership priorities and promotes partnership working in order to safeguard children and young people with the ambition that they will lead safe, happy and healthy lives, with opportunities to learn, develop and fulfil their potential. [Useful resources and forms | mk-together](#)
- [NSPCC Resources and training](#)

11. The Environment and Environmental Issues

Recommended Guidance

- A key initiative of DfE's sustainability and climate change strategy for education is '[sustainability leadership and climate action plans](#)'. The strategy states: "By 2025, all education settings will have nominated a sustainability lead and put in place a climate action plan". This includes early years settings, schools, multi-academy trusts, colleges, and universities.
- Please see the [policy paper on Sustainability](#) and climate change: a strategy for the education and children's services systems:
 - Action area 1: Climate education
 - Action area 2: Green skills and careers
 - Action area 3: Education estate and digital infrastructure
 - Action area 4: Operations and supply chains
 - Action area 5: International leadership, engagement and next steps.

Services Local & National

- [Milton Keynes City Council](#) related services and projects.
- [Climate Café MK](#).
- [Home Energy Milton Keynes](#).

- [Buckinghamshire & Milton Keynes Natural Environmental Partnership.](#)
- [Milton Keynes Natural History Society.](#)
- [Milton Keynes Doughnut Economics.](#)
- [The Greensand Trust.](#)
- [The Parks Trust.](#)
- [Transition Town Milton Keynes.](#)

Resources and Training

- [Climate friendly schools.](#)
- [Eco-schools.](#)
- [The Parks Trust.](#)

12. Staff Wellbeing

Recommended Guidance

- [Education staff wellbeing charter](#) and resources to support implementation:
- [Improve workload and wellbeing for school staff.](#)
- [Workplace health.](#)

Services Local & National

Please find links to key local services in relation to this topic area: Mind BLMK works across our communities to support positive mental health and wellbeing. Working closely with a range of partners, we offer a number of activities from our wellbeing centres and local venues to make a difference to the mental health and wellbeing of people in in [Bedfordshire](#), [Luton](#) and [Milton Keynes](#). <https://www.mind-blmk.org.uk/>

- [Mental Health and Wellbeing Hub | Milton Keynes City Council](#)
- Bedfordshire, Luton and Milton Keynes Integrated Care Board who deliver a wide range health services. <https://bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>
- Adult Mental Health Services delivered by CNWL [Milton Keynes Community Mental Health Hub :: Central and North West London NHS Foundation Trust](#)
- Sexual Health Service: www.icash.nhs.uk
- Stop Smoking and Healthy Weight Service: [Choose You - Quit smoking, lose weight and feel healthier](#)
- [Drug and alcohol support services for adults | Milton Keynes City Council](#)
- [Domestic Abuse Support MK-ACT](#)

Resources and Training

- [NHS England](#): A guide to looking after your team's health and wellbeing guide.
- [NHS 5 ways to Wellbeing.](#)
- [Trauma Informed Offer](#): information about trauma informed practice training resources that are available for professionals working with children and young people are listed in the Milton Keynes Trauma Informed Practice (TIP) Offer document produced by the MKTSP in 2025.

