

# Healthy Family Team: 0 - 19 Public Health Nursing Service

AHOJ TERE HALLO  
IHOLA TERE OLA HEJ  
**HELLO**  
MERHABA KUMUSTA  
BONJOUR

## Welcome to Primary School

We just wanted to say hello and introduce ourselves. We are your local Healthy Family Team. It is our job to support you and your family with any health and wellbeing needs.



## This is how we can support you and your family:



### Appointment Line

You can access support from your local Healthy Family Team through a range of appointment-based health sessions for parents, children and young people.

[www.nottinghamshirehealthcare.nhs.uk/healthy-families-additional-support](http://www.nottinghamshirehealthcare.nhs.uk/healthy-families-additional-support)



### Advice Line

This is for parents, carers and healthcare professionals who want to speak to the Healthy Family Team for advice or support.

Monday to Friday, from 9am to 4.30pm

Telephone  
0300 123 5436



### Parentline

This is a confidential text messaging service delivered by the Healthy Family Team for parents and carers. Monday to Friday, from 9am to 4.30pm

Text  
07520 619919



### Health For Kids

This website offers a fun, engaging and interactive way for children to learn about health. It links parents and children to appropriate health and wellbeing services.

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)



Staying Healthy

Illness

Feelings

Getting Help

A fun and interactive resource  
for learning about health



**Psst! Parents!**

As well as enjoying the content with your child, you can  
get advice on supporting their health and wellbeing.

**www.healthforkids.co.uk**

Follow us: Nottinghamshirehealthcare @NottsHealthcare

@nottshealthfamilyteams

@NOTTSHT

Text the Healthy Family Teams for confidential  
advice and support:

**07520 619919**

Or ring our advice line to speak to a member of the  
Healthy Family Teams:

**0300 123 5436**

Disclaimer: We may need to inform someone if we are concerned about your safety, but we would usually speak to you first. Your messages are stored securely and can only be accessed by other authorized health care professionals who follow the same strict confidentiality rules. We aim to reply to your message within one working day and you should get an immediate message back from us to confirm we have received your text. Texts will only be seen Monday to Friday from 9 am - 4:30 pm (excluding bank holidays and weekends). If you need help before you hear back from us, please contact your GP, nearest walk-in centre or dial 111. In an emergency please dial 999. Unfortunately, our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (text-based) does not include messages sent from landlines, international mobile numbers and some number masking mobile apps. To opt-out of receiving messages from a healthcare professional, please text 'STOP' to our number. Messages are charged at your usual rate.



[www.healthforkids.co.uk](http://www.healthforkids.co.uk)

## Healthy Family Teams Contact Details

# Advice Line

**0300 123 5436**

**ChatHealth**

TEXT ONLY 07507 329952 (11-19 YEAR OLDS)

**Parentline**

TEXT ONLY 07520 619919

**Health for U5s**

[WWW.HEALTHFORU5S.CO.UK](http://WWW.HEALTHFORU5S.CO.UK)

**Family Nurse  
Partnership**

01623 484829

**Health for Kids**

[WWW.HEALTHFORKIDS.CO.UK](http://WWW.HEALTHFORKIDS.CO.UK)

**Health for Teens**

[WWW.HEALTHFORTEENS.CO.UK](http://WWW.HEALTHFORTEENS.CO.UK)



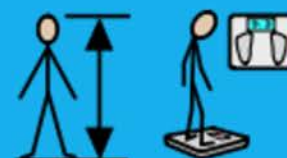
# National Child Measurement Programme



To help monitor national trends and to tackle individual problems the National Child Measurement Programme (NCMP) measures the height and weight of every child in reception year (aged 4 to 5) and Year 6 (aged 10 to 11 years) in all primary schools.

Trained staff from the Nottinghamshire Healthcare NHS Foundation Trust carry out the measurements.

If there are any concerns, please speak to your Health Professional.



## Mouth Care



Brush teeth, for 2 minutes, morning and especially at night.



Limit sugary foods and drinks to mealtimes only.



Visit the dentist regularly for a mouth check.

How to find an NHS Dentist:

Call: 111

Visit: [www.nhs.uk](http://www.nhs.uk)



## Eye Health

Free NHS sight tests are available at opticians for all children under 16 and for young people under 19 in full-time education.



[www.nhs.uk/conditions/eye-tests-in-children/](http://www.nhs.uk/conditions/eye-tests-in-children/)



## Hearing Checks

Although your child will have routine hearing tests it is important you look out for any hearing problems.

Signs of possible hearing problems:

- Poor concentration.
- Talking loudly and listening to the tv at a high volume.
- Difficulty pin pointing where a sound is coming from.
- A change in their progress at school.
- Mispronouncing words.
- Not responding when their name is called.
- Speak to your GP or Health Family Team if you have any concerns. Your child can have a hearing test at any age.