NHS
Nottinghamshire Healthcare
NHS Foundation Trust

Healthy Family Team: 0 - 19 Public Health Nursing Service

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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 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



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

Issue Date 1.9.26 - 0851/EN/V2/1125/CH

Making a Difference
Trust Honesty Respect Compassion Teamwork

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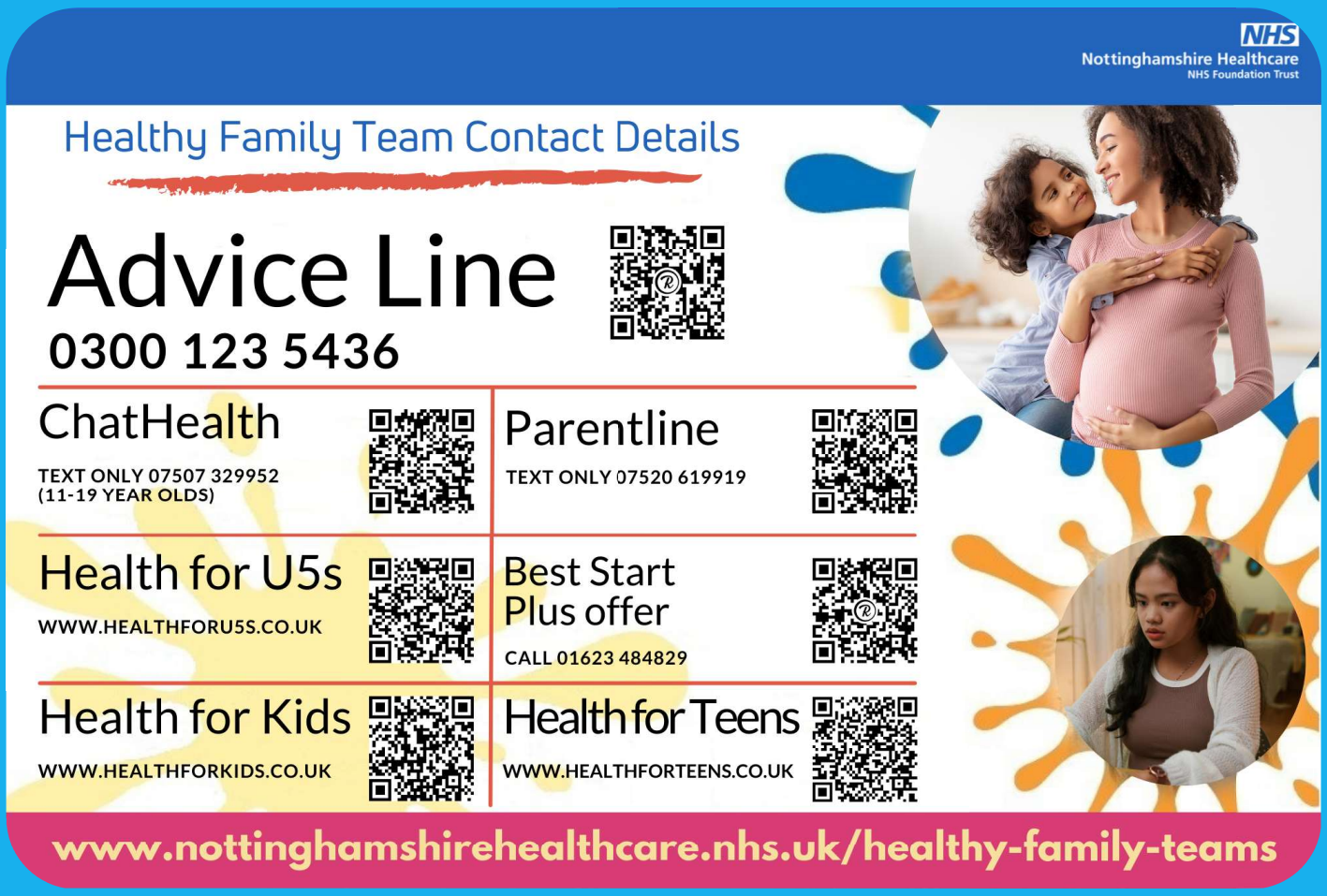
The Healthy Family Team, previously known as Health Visitors and School Nurses, work with children and young people aged 0-19 and their families or carers.

The Healthy Family Team:

- **Contact Antenatally to discuss any support needs you may have.**
- **Provide routine health promotion checks from birth to leaving school.**
- **Offer brief interventions and short programmes of support.**
- **Signpost and refer to other services.**
- **Work with GPs, social care, education and other children's services.**

Routine healthy child development reviews will be offered to all children and their carers at Birth to 14 days, 6-8 weeks, 1 year and 2- 2½ years. After this, the service becomes parent-led/carer-led, where you can contact the team whenever you need them.

Advice Line - 0300 123 5436



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Useful websites



SCAN ME!

www.healthforunder5s.co.uk





SCAN ME!

www.healthforkids.co.uk

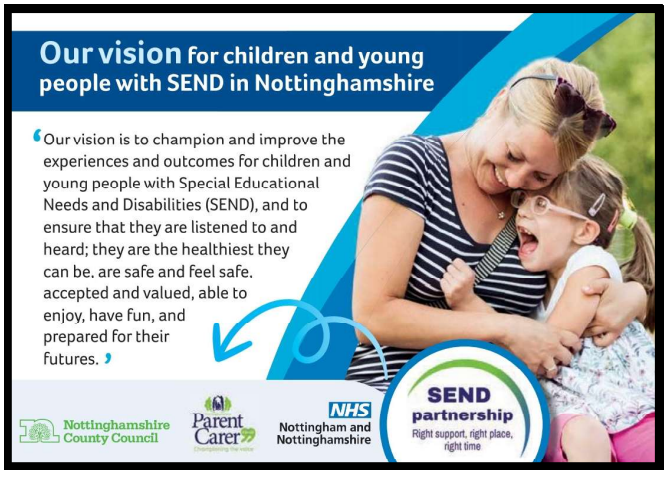
SEND (Special Educational Needs and Disabilities)

Your Notts Directory

is the local offer for Nottingham and Nottinghamshire.

Visit: www.yournottsdirectory.org.uk

SCAN ME!

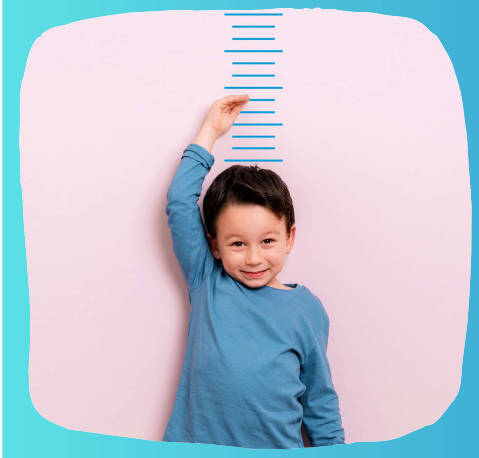




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National Child Measurement Programme



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. This is to help monitor national trends and to guide us to support individual needs.

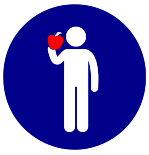
Trained staff from the Nottinghamshire Healthcare NHS Foundation Trust carry out the measurements on behalf of this national programme.

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

SCAN ME

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.

Regular eye test are recommended to catch issues early.

www.nhs.uk/conditions/eye-tests-in-children/

SCAN ME



Hearing Checks

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 pinpointing 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.

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