

Dear Parent/Carers

In partnership with the school, the Public Health Nursing Service (Healthy Family Teams) would like to welcome you into your journey through education. We know there may be times throughout your child's development you may want to access information, advice and support provided by your local Healthy Family Team. The Healthy Family Teams across Nottinghamshire work with families who have children 0-19 that live in or attend schools in Nottinghamshire providing Health Visiting and School Nursing advice and interventions.

The Healthy Family Team offer a variety of brief interventions and early support should you need this. We offer advice and support for behaviour, sleep, toileting (day and night), growth, development and healthy lifestyle. If you are unsure if your child is up to date with all their immunisations, please get in touch with your GP surgery who will be able to advise.

We recommend all children attend opticians and dentist regularly (all appointments are free up to the age of 16 years).

If you have any concerns about your child's hearing, please contact your GP.

There are several ways you can contact the Healthy Family Team, please see the list below.

- Advice Line, telephone 0300 123 5436 Monday-Friday 9am-4:30pm
- Parentline (text messaging service for parents and carers) 07520 619919
- Further information can be accessed on Nottinghamshire Healthcare Website
www.nottinghamshirehealthcare.nhs.uk

Here are some useful services and links where parents, carers, children and young people can access support independently.

- **Parentline 07520 619919** – Healthy Family Teams confidential texting service to provide parents and carers advice around feeding, child development, parenting advice and support, emotional health and wellbeing, behaviour difficulties and family health.
- **Health for kids** – <http://www.healthforkids.co.uk/nottinghamshire> – this is an NHS site supporting young children and parents.
- **Recap** – if you are already signed up to this service or if you would like to be signed up please contact the advice line. All we will need is your email address.
- **ChildLine** 0800 1111 www.childline.org.uk
- **Notts Help Yourself** – www.nottshelpyourself.org.uk – this is a site for advice, information and local services available.
- **ERIC** – www.eric.org.uk – provide information and advice for children and teenagers with bladder or bowel conditions.
- **The Sleep Charity** – www.thesleepcharity.org.uk – providing information around sleep.
- **Change for Life** - <https://www.nhs.uk/change4life>
- **Be U Notts** – www.beusupport.co.uk – mental health support

Yours sincerely

Healthy Family Team

We are committed to listening and responding to the views and experiences of patients and carers. If you have any comments or concerns or wish to complain you can let us know by contacting the Patient Experience team on 0115 993 4542, email complaints@nottshc.nhs.uk alternatively you can post your stories or comments online via <http://feedback.nottinghamshirehealthcare.nhs.uk/leave-feedback> or Care Opinion www.careopinion.org.uk