

# 4 SUMMER EDITION



## Healthy Family Team Newsletter



### HELLO

We just wanted to say a big hello and remind you about the services on offer locally to support families.



HELLO!

### ADVICE LINE

Call

**0300 123 5436**

This is a 'single point of access' **advice line** for parents, carers and healthcare professionals who want to speak to the Healthy Family Team for advice or support.



NEED HELP?

### TEXT

*Parentline*

**Text: 07520 619919**

A text messaging service for families with children aged 0-19 years living in Nottinghamshire.



You text us, we text back.

### REVIEWS

Are your child's health reviews up to date?



? If in doubt, contact your Healthy Family Team to check and book in.



### VACCINATIONS

Children are offered a range of vaccinations to help protect them, and the whole community, from some serious illnesses.

Contact your GP practice to review your child's record or to book a vaccination.

Vaccination information  
(Public Health)  
[www.gov.uk](http://www.gov.uk)



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Vaccination information  
(NHS)  
[www.nhs.uk/vaccinations/](http://www.nhs.uk/vaccinations/)



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# YOUR NOTTS DIRECTORY

The Healthy Family Team may be able to contribute to EHCP requests and annual reviews when actively working with your child or where they have been involved within the last 12 months. Please inform your EHCP case worker or setting SENDCO if input is required.

**Your Notts Directory**, is the local offer for Nottingham and Nottinghamshire.  
Visit: [www.yournottsdirectory.org.uk](http://www.yournottsdirectory.org.uk)

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**Nottinghamshire Healthcare**  
NHS Foundation Trust

## COMMUNICATION

Do you have any questions or concerns about your child's talking or communication? The Speech and Language Team are happy to help, please call their advice line on:

**0300 123 3387**

OPTION 1

Or why not try a drop in session? Find out more here:

[www.nottinghamshirehealthcare.nhs.uk/slt-drop-in-sessions#county-drop-in-dates](http://www.nottinghamshirehealthcare.nhs.uk/slt-drop-in-sessions#county-drop-in-dates)

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## LOCAL HELP



**Find your local library:**

Visit: [www.nottinghamshire.gov.uk/culture-leisure/libraries](http://www.nottinghamshire.gov.uk/culture-leisure/libraries)

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**Find your local Family Hub here:**

<https://www.nottinghamshire.gov.uk/global-content/one-minute-guides/nottinghamshire-family-hubs>

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Call: 0300 500 80 80



HEY!



## HEALTH FOR WEBSITES



[www.healthforunder5s.co.uk](http://www.healthforunder5s.co.uk)

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

The Health For Under 5s website and the Health For Kids website are full of useful information, videos, links and resources to help families.

## HEALTHY WEANING



Would you like to know more about healthy weaning and eating well? You can find out lots of information and access resources on the websites below:



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[WWW.FIRSTSTEPSNUTRITION.ORG/EATING-WELL-EARLY-YEARS](http://WWW.FIRSTSTEPSNUTRITION.ORG/EATING-WELL-EARLY-YEARS)



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[WWW.FIRSTSTEPSNUTRITION.ORG/EATING-WELL-IN-THE-FIRST-YEAR](http://WWW.FIRSTSTEPSNUTRITION.ORG/EATING-WELL-IN-THE-FIRST-YEAR)



You are doing GREAT!



Was this resource useful? All feedback is appreciated.

Please contact The Health Promotion Team:

Call: 0115 8760136 Email: [HealthPromotionTeam@nottshc.nhs.uk](mailto:HealthPromotionTeam@nottshc.nhs.uk)

CLICK

