

# Healthy Family Team 0 - 19 Public Health Nursing Service




AHOJ TERE HALLO  
 IHOLA TERE OLA HEJ  
**HELLO** HALLO  
 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 well-being 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)



# Parentline

We now have a text messaging service for parents/carers of children aged 0-19.

Get confidential advice from our Healthy Family Teams on a range of issues.

Text Parentline:

**07520 619919**

- Feeding and Nutrition
- Child Development
- Parenting advice and support
- Emotional health and wellbeing
- Behaviour difficulties
- Family Health



ChatHealth

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Text will only be seen between 9am and 4.30pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number matching' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

# Advice Line

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



Call  
**0300 123 5436**



## 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)

Scan: 



## 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.

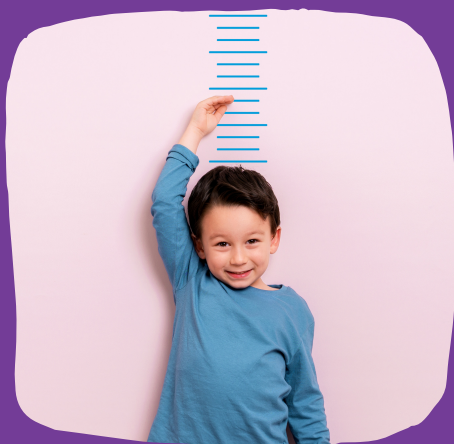
Signs of possible hearing problems:

- 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.



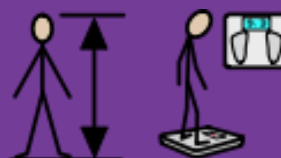
# National Child Measurement Programme



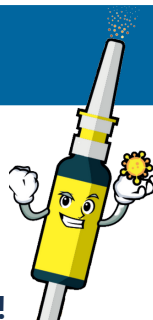
To help monitor national trends and to tackle individual problems the National Child Measurement Programme (NCMP) measures the height and weight of every child in reception year (aged 4 to 5) and Year 6 (aged 10 to 11 years) in all primary schools.

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

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



## SAIS School Aged Immunisation Service



It is now time for your child's yearly flu nasal spray!

### What do you need to do?

You must complete **one** online consent form for **each** of your children. It is important every child has a completed form which states if you would like them to receive the flu vaccination spray or not.

The online consent form can be found through this link or the QR code:  
<https://www.nottinghamshireimmunisations.co.uk/Forms/Flu>

SCAN ME



### How will the vaccination be given to your child?

We are a team of skilled and experienced nurses and support staff. The flu vaccination is a quick and simple spray up the nose.

**Step one:** The nurse places the tip of a thin plastic tube just inside the nostril.

The child can breathe normally whilst the vaccine is given.

**Step two:** Half of the vaccine is sprayed in one nostril.

**Step three:** The other half of the vaccine is sprayed into the other nostril.



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