

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

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# Hello.....

We just wanted to say a big hello and introduce ourselves. We are your local Healthy Family Team. It is our job to support your students and their families with any health and wellbeing needs. We work with children aged 0-19 years.



## This is what we offer:



### 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.

Access 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





Notts Healthy Family Teams

# ADVICE LINE

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**CALL 0300 123 5436**

Monday to Friday,  
9am to 4.30pm

A 'single point of access'  
Advice Line for parents  
& carers living in  
Nottinghamshire and  
healthcare professionals  
who want to speak to  
the Healthy Family  
Teams for advice or  
support, covering the  
0-19 years age range



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

 @nottshealthyfamilyteams

 @NOTTSHFT

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 authorised 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 (which 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 rates.