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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

Compliments, Concerns and Complaints

Comments, compliments or complaints are valued and appreciated. Please speak to your health practitioner. If the service you are receiving is failing expectations, please talk to the manager or staff involved. They will take the matter seriously and sort things out as soon as possible.

If that is not appropriate please contact us below:

Call: 0115 9934542

Email: PALSandComplaints@nottshc.nhs.uk

Write to: Patient Experience Team (Local Partnerships),
Nottinghamshire Healthcare NHS Foundation Trust,
Moorgreen House, Highbury Hospital, Bulwell, Nottingham, NG6 9DR

You can also share your experiences and care at
www.careopinion.org.uk or at the Trust's feedback website:
www.feedback.nottinghamshire.nhs.uk

NH1121

www.nottinghamshirehealthcare.nhs.uk

November 2021



Nottinghamshire Healthcare
NHS Foundation Trust

Introducing the new Healthy Families Programme

An integrated public health nursing service
for 0-19 year olds and families



You can contact the Healthy Family Team:

Advice Line: 03001233387 option 4

ChatHealth (text service for 11-19 year olds)
07507329952

Parentline (text for parents and carers) 07520619919

Website: www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams

For urgent advice about your child or
young person's health outside of these
hours please telephone 111 or your GP



The Nottinghamshire Healthy Families Programme

This service brings together care provided by the Specialist Public Health Practitioners (formally known as Health Visitors and School Nurses) and their teams plus the Family Nurse Partnership Programme (for young parents), so that a joined up service can be offered to all families in Nottinghamshire.

Each team of practitioners and support staff have responsibility for a small area and work across the whole 0-19 years age range making sure that the care provided is delivered by the right team member at the right time. These are known as 'Healthy Family Teams'.

These teams are based in local health centres or children's centres. They work closely with local GP practices, early years settings, schools, midwives, children's centres, social care and other services in each area to ensure that there are good links and that when required, parents and young people can be offered the full range of support they may need.

This service is provided to any family living in Nottinghamshire with a child between 0-19 years old, expectant mums and for young people attending Nottinghamshire schools up to the age of 19 years.

- Health for Under 5s - www.healthforunder5s.co.uk - for healthy happy early years with information and support from trusted NHS professionals
- Health for Kids – www.healthforkids.co.uk – this is an NHS site supporting young children and parents.
- Health for Teens – www.healthforteens.co.uk – an NHS site supporting young people.



What services are offered by the Healthy Family Teams?

Routine healthy child development reviews will be offered to all children and their carers at Antenatal, Birth to 14 days, 6-8 weeks, 1 year and 2- 2½ years.

We send information to parents/carers on our services at year 1 and year 7, and carry out a review via a digital health questionnaire at year 9.



Instagram:
[@nottshealthyfamilyteams](https://www.instagram.com/nottshealthyfamilyteams)



Twitter:
[@NottsHFT](https://twitter.com/NottsHFT)

Appointments may be offered in community venues, schools or at home. Where more support is required there will be further reviews at 3-4 months and 3-3½ years.

A range of health support is offered. For example:

- One-to-one support with emotional health and wellbeing for new parents, children and young people at school
- Support and advice on a range of health issues such as breastfeeding, formula feeding, minor ailments, eating, parenting issues and continence
- A dedicated scheme for first-time mums under 19 years and their partners through the Family Nurse Partnership
- Work in schools on specific health issues
- Referral or signposting to other services who will be able to provide ongoing help

Parents and young people can refer themselves to the service at any time by using the contact details on the front of this leaflet.