

Summer

SUMMER 2026 | ISSUE 4

HEALTHY FAMILY TEAM NEWSLETTER

Working together to share information and signpost local services
and resources to support young people and their families.



**Need to
contact your
School Nurse?**

**CALL THE
ADVICE LINE**

Call

0300 123 5436

**TEXT
PARENTLINE**

Text

07520 619919

Hello



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

The Healthy Family Team is made up of a huge range
of practitioners, working together to support the
community. The team includes: Health Visitors, School
Nurses and their supporting staff, Practice Teachers,
Continence Advisors, Youth Justice Team, and Health
Promotion Team.

Supporting children, young people and families in the
community.

Preparing For Adulthood

After starting secondary school, it is a good time to start thinking about the skills and knowledge required for accessing adult health services. 14 years old might seem too early to think about this, but it is important to have time to prepare for the future.

Visit: www.nottinghamshirehealthcare.nhs.uk/pfa-and-transition-what-is-it

SCAN ME



ADVICE LINE

Call

0300 123 5436

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



Text 07507 329952

A confidential text messaging service for young people aged 11-19 years living in Nottinghamshire.

Your Notts Directory

Do you need any support or information on Special Educational Needs? **Your Directory Notts** is the local offer for Nottingham and Nottinghamshire.

Visit: www.yournottsdirectory.org.uk

SCAN ME



Social Butterflies

Social Butterflies - A Nottinghamshire County Council co-production group for children and young people aged 11 to 18, to meet and help improve systems and services for children and young people.

Visit: www.nottinghamshire.gov.uk

SCAN ME



Year 7 Health Magazine

A FREE resource offered to support Year 7 students to access information, resources and local support. The co-produced resource can be shared, uploaded or used as a lesson. The digital magazine has taken a year to produce due to the heavy involvement of students. Need another look, check it out here:

www.healthforteens.co.uk/nottinghamshire/health-for-me-year-7-magazine/

SCAN



Health For Teens Website

A health and wellbeing website regularly updated to showcase local services, resources and information. An ideal platform for young people to delve into their own health and wellbeing. Visit: www.healthforteens.co.uk



Drop In Sessions

An opportunity to host a short session at your setting, where students can access the local School Nursing Team. The team can offer support and signpost local services to help young people. Contact them today to book a visit! Contacts on front page.



Vaccinations

Young People are offered a range of vaccinations to help protect them, and the whole community, from some serious illnesses. Many vaccinations are offered in school or via the GP.

Contact [Intrahealth](#) for more information about vaccinations in secondary schools.

Telephone: 03333 583 397 Option 4

Email: Immunisations.Nottinghamshire@intrahealth.co.uk



NHS vaccination information



SCAN ME



Year 9 Digital Health Questionnaires

A resource offered to Secondary Schools to support students to access local help and support. The quick and easy digital survey takes minutes to complete and provides a personalised care plan for every young person taking part. Each school will receive a visual summary of the student population taking part. This service is offered once a year. Contact Your Healthy Family Team to find out more!



DAVE JULIA



Was this resource useful? All feedback is appreciated.

Please contact The Health Promotion Team:

Call: 0115 8760136 Email: HealthPromotionTeam@nottshc.nhs.uk



Trust Honesty Respect Compassion Teamwork