Autumn

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

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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 Nursing Team?

CALL THE ADVICE LINE

Call 0300 123 5436

TEXT PARENTLINE

Text 07520 619919

Making a Difference
Trust Honesty Respect Compassion Teamwork

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.

SCAN ME

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

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 digital 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 facilitate 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.

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.

ChatHealth

Text 07507 329952

A confidential text messaging service for young people aged 11-19 years living in Nottinghamshire.
You text in,
we text back!

Young Person Involvement Group

We are always looking to embed the voice of our young people in all our services. Our Young Person Involvement Group is for young people aged 14 - 18 years. The online session meets the first Tuesday of every month between 5pm and 6pm.

Share your feedback and real-life experiences of health services.

For more information and to register, please click the QR code or visit:
https://nottinghamshirehealthcare.nhs.uk/iev-involvement-partner-opportunities

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!

10 min

DAVE JULIA

Was this resource useful? All feedback is appreciated.
Please contact The Health Promotion Team:
Call: 0115 8760136 Email: HealthPromotionTeam@nottshc.nhs.uk

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