



# Winter



## Healthy Family Team Newsletter

### HELLO

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



### TEXT



*Parentline*

**Text: 07520 619919**

A **text** messaging service for families with children aged 0-19 years living in Nottinghamshire.

### ADVICE LINE

NEED HELP?

**Call**

**0300 123 5436**

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

### REVIEWS

Are your child health reviews up to date?

If in doubt, contact your Healthy Family Team to check and book in !



### RED BOOK

Don't forget you have the Parent Held Record (Red Book) to record information about your child too.



It is a great place to keep all your information safe and in one place!

Are your child's vaccinations up to date?





## SEND

Do you need any support or information on Special Educational Needs?

Nottshelpyourself.org.uk is the local offer for Nottinghamshire.

Visit: [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

Call: 0300 500 80 80

SCAN ME



Nottinghamshire Healthcare  
NHS Foundation Trust



## COMMUNICATION

Do you have any questions or concerns about your child's talking or communication? The Speech and Language Team are happy to help, please call the advice line on:

**0300 123 3387**

OPTION 1

Or why not try a drop in session?

Find out more here:

[www.nottinghamshirehealthcare.nhs.uk/slt-drop-in-sessions#county-drop-in-dates](http://www.nottinghamshirehealthcare.nhs.uk/slt-drop-in-sessions#county-drop-in-dates)

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## LOCAL HELP

Find your local library:

Visit: [www.nottinghamshire.gov.uk/culture-leisure/libraries](http://www.nottinghamshire.gov.uk/culture-leisure/libraries)

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Find your local Family Hub  
(Children Centre):

Visit: <https://www.nottinghamshire.gov.uk/care/family-hub-networks/find-your-nearest-family-hub-team>

Call: 0300 500 80 80

SCAN ME



Take a Look

Weaning Advice

Sleep Tips

Toilet Training

Playtime



HELP



Going Back To Work

Relationships

## HEALTH FOR WEBSITES



[www.healthforunder5s.co.uk](http://www.healthforunder5s.co.uk)



[www.healthforkids.co.uk](http://www.healthforkids.co.uk)

The Health For Under 5s website and the Health For Kids websites are full of useful information, videos, links and resources to help families.

You can download articles into other languages at the click of a button on the ReachDeck task bar.



### How to translate the website

You can translate the website using the symbol highlighted in the image below. By clicking on this symbol, you open an options menu with different languages. Once you select the language of preference, the page will be automatically translated.

Was this resource useful? All feedback is appreciated.

Please contact The Health Promotion Team:

Call: 0115 8760136 Email: [HealthPromotionTeam@nottshc.nhs.uk](mailto:HealthPromotionTeam@nottshc.nhs.uk)