

This document is also available in other languages and formats upon request.

Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

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

For comments, compliments or complaints 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 try and sort things out as soon as possible.

If that is not appropriate please contact us below:

Call: 01623 673849

Email: PET-HP@nottshc.nhs.uk

Write to: Customer Relations Manager, Nottinghamshire Healthcare NHS Foundation Trust, Local Partnerships, Hawthorn House, Ransom Wood Business Park, Southwell Road West, Rainworth, Mansfield, Nottinghamshire NG21 0HJ

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

www.nottinghamshirehealthcare.nhs.uk

NH818

March 2017

In partnership with



Introducing the new Healthy Families Programme

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



My Healthy Family Team is based at:

Contact number:

0-19 appointment line:

0-19 advice line:
(9am - 5pm Monday to Friday)

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

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 will have responsibility for a small area and will 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'.

As now, these teams are based in local health centres or children's centres. They will 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.



What services are offered by the Healthy Family Teams?

Routine healthy child development reviews will be offered to all children and their carers:



- Antenatal
- Birth to 14 days
- 6-8 weeks
- 1 year
- 2- 2½ years
- 4-5 years (school entry)
- 11-12 years (year 7)
- 13-14 years (year 9)
- 15-16 years (year 11)

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. The reviews in secondary school will be through questionnaires to assess needs first.

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.