

Healthy Family Teams

Healthy Family teams are community based. They work with children and young people from 5-19 including children and young people who do not attend school.

What we offer

- The Healthy Family Teams offer a universal service to children aged 5-19 years reviewing health at key stages and providing information, advice and support about health issues.
- The first point of contact for children, young people and parents, who need health advice or information.
- Good knowledge of other agencies and voluntary organisations and offer advice and support related to health issues.
- Can also refer and signpost to specialist services.

The service aims to improve health outcomes for local children and young people by contributing to programmes and interventions including reduction in childhood obesity (National Child Measurement Programme), emotional and mental health support, reduction in teenage pregnancy rates, reduction in prevalence of sexually transmitted infections, substance misuse and smoking.

The service works in partnership with other agencies and professionals to ensure young people enjoy good health. They have a role to play in managing the interaction between health and education so that children and young people enjoy good health, achieving optimal education. This includes a key role in supporting the local Healthy Schools Programme.

Accessing our service(s)

The teams are based in various locations across Nottinghamshire. Your child's school will know the name of your Healthy Family Team and how to contact them.

The team offer fortnightly health drop-ins to all secondary schools where young people can get confidential advice and support on a variety of health issues. The service also provides appointment sessions with a member of the Healthy Family Team for primary age children and their parents. These will be held in local community settings.



Sherrel Dudley, General Manager

Tel: 01623 781822 / 07850 918871

Email: sherrel.dudley@nottshc.nhs.uk