

# Healthy Family Team 0 - 19 Public Health Nursing Service



AHOJ TERE HALLO  
 IHOLA TERE OLALA HEJ  
**HELLO** HALO  
 MERHABA KUMUSTA  
 BONJOUR

Welcome to  
 secondary school

**We just wanted to say hello and introduce ourselves. We are your local Healthy Family team. It is our job to support you and your family with any health and wellbeing needs.**

## This is how we can support you and your family:

 <p><b>Appointment Line</b></p> <p>You can access support from your local Healthy Family team through a range of appointment-based health sessions for parents, children and young people.</p> <p><a href="http://www.nottinghamshirehealthiscare.nhs.uk/healthy-families-additional-support" style="color: white;">www.nottinghamshirehealthiscare.nhs.uk/healthy-families-additional-support</a></p> 	 <p><b>Literature</b></p> <p>Information about our services will be provided for students and parents.</p> <p>Students in Year 9 will be invited to complete a school digital health and wellbeing questionnaire.</p> 	 <p><b>Advice Line</b></p> <p>This is for parents, carers and healthcare professionals who want to speak to the Healthy Family team for advice or support. Monday to Friday, from 9am to 4.30pm</p> <p><b>Telephone</b>        0300 123 5436</p> 	 <p><b>Parentline</b></p> <p>This is a confidential text messaging service delivered by the Healthy Family Team for parents and carers. Monday to Friday, from 9am to 4.30pm</p> <p><b>Text</b>        07520 619919</p> 	 <p><b>ChatHealth</b></p> <p>This is a confidential texting service for 11 to 19-year-olds. It offers an easy way for young people to ask for help on a range of issues.</p> <p><b>Text</b>        07507 329952</p> 	 <p><b>Health For Teens</b></p> <p>This website offers health and wellbeing advice and information to young people aged 11-19, promoting a healthy body and mind.</p> <p><a href="http://www.healthforteens.co.uk" style="color: white;">www.healthforteens.co.uk</a></p> 
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## Mouth Care



Brush teeth, for 2 minutes, morning and especially at night.



Limit sugary foods and drinks to mealtimes only.



Visit the dentist regularly for a mouth check.

How to find an NHS Dentist:

Call: 111

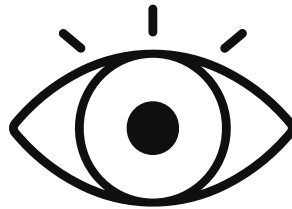
Visit: [www.nhs.uk](http://www.nhs.uk)



## Eye Health

Free NHS sight tests are available at opticians for all children under 16 and for young people under 19 in full-time education.

[www.nhs.uk/conditions/eye-tests-in-children/](http://www.nhs.uk/conditions/eye-tests-in-children/)



## Hearing Checks

Free hearing tests are available for all children under 16 and for young people under 19 in full-time education.

Signs of possible hearing problems:

- Poor concentration.
- Talking loudly and listening to the tv at a high volume.
- Difficulty pin pointing where a sound is coming from.
- A change in their progress at school.
- Mispronouncing words.
- Not responding when their name is called.

Speak to your GP or Health Family team if you have any concerns. Your child can have a hearing test at any age.

# HEALTH FOR TEENS

TEXT YOUR HEALTHY FAMILY TEAM FOR  
CONFIDENTIAL HEALTH ADVICE AND SUPPORT



07507 329952

YOU CAN ALSO VISIT:

[WWW.HEALTHFORTEENS.CO.UK](http://WWW.HEALTHFORTEENS.CO.UK)



**NHS**  
Nottinghamshire Healthcare  
NHS Foundation Trust