

# THE HEALTHY FAMILY TEAM



## ADVICE LINE 0300 123 5436

The advice line offers advice and support over the telephone.  
Open Monday - Friday  
9am - 4.30pm



The Healthy Family Team (HFT), previously known as Health Visitors and School Nurses, work with families with children aged 0 - 19 years. Routine healthy child development reviews will be offered to all children and their carer's at Antenatal, Birth to 14 days, 6-8 weeks, 1 year and 2- 2½ years. Breastfeeding and continence support is also available.

## PARENTLINE TEXT 07520 619919

A confidential text messaging service for parents and carers across Nottinghamshire.



## CHATHEALTH 07507 329952

A confidential text messaging service for young people aged between 11 and 19 years.  
Open Monday - Friday,  
9am - 4.30pm



## NOTTINGHAMSHIRE HEALTHCARE WEBSITE

Our website to share all our information.  
[www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)



## HEALTH FOR TEENS WEBSITE

A health website for young people aged between 11 and 19 years.  
[www.healthforteens.co.uk](http://www.healthforteens.co.uk)



## HEALTH FOR KIDS WEBSITE

A health website for children and families offering advice and signposting.  
[www.healthforkids.co.uk](http://www.healthforkids.co.uk)



## HEALTH FOR UNDER FIVES WEBSITE

A health website for families with children under 5 years, offering advice and signposting.  
[www.healthforunder5s.co.uk](http://www.healthforunder5s.co.uk)

