

# Healthy Family Team: 0 - 19 Public Health Nursing Service

AHOJ TERE HALLO  
 IHOLA TERE OLA HEJ  
**HELLO**  
 MERHABA KUMUSTA  
 BONJOUR

## Welcome to Primary 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:



#### Appointment Line

You can access support from your local Healthy Family Team through a range of appointment-based health sessions for parents, children and young people.

[www.nottinghamshirehealthcare.nhs.uk/healthy-families-additional-support](http://www.nottinghamshirehealthcare.nhs.uk/healthy-families-additional-support)



#### Advice Line

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

Telephone  
 0300 123 5436



#### Parentline

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

Text  
 07520 619919



#### Health For Kids

This website offers a fun, engaging and interactive way for children to learn about health. It links parents and children to appropriate health and wellbeing services.

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

