

NEW

Healthy Family Team Newsletter



NHS

Nottinghamshire Healthcare
NHS Foundation Trust

SPRING
2026



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Hi!

We just wanted to say a big hello
and remind you about the services
on offer locally to support families.

Parentline

Text 07520 619919

This is a text messaging service
delivered by the Healthy Family Team
for parents and carers.

Monday to Friday,
from 9am to 4.30pm

IT'S OKAY
to ASK
for HELP

Advice Line

Telephone

0300 123 5436

This is for parents, carers and practitioners who want to speak to the
Healthy Family Team for advice or support.

Monday to Friday, from 9am to 4.30pm

Nottingham City Contact

This is for parents, carers and
practitioners who want to speak to the
Children's Health Advice Hub for
advice or support.

Call: 0300 300 0040

Doncaster Contact

This is for parents, carers and
practitioners who want to speak to the
Doncaster Health Visiting Team for
advice or support.

Call: 03000 218 997



SEND

The Healthy Family Team may be able to contribute to EHCP requests and Annual reviews when actively working with your child/young person or where they have been involved within the last 12 months. Please inform your EHCP case worker or school Senco if input is required.

SUPPORT

YOUR NOTTS DIRECTORY

Your Notts Directory is the local offer for Nottinghamshire.

www.yournottsdirectory.org.uk



ASK US

Offers free, impartial and confidential advice.

www.askusnotts.org.uk



MINDS OF ALL KINDS

Offers free, impartial and confidential advice.

www.mindsofallkinds.co.uk



**Health
for Kids!**

WOW!



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

You can download articles into other languages at the click of a button on the new ReciteMe toolbar.

To use, click the ReciteMe image at the bottom right of the screen.



The ReciteMe toolbar will open at the top of the screen.



www.healthforkids.co.uk



Speech and Language



Do you have any questions or concerns about your child's talking or communication?

We are happy to help, please call the advice line on:

0300 123 3387
OPTION 1



LOCAL HELP

Find your local library:

Visit: www.nottinghamshire.gov.uk/culture-leisure/libraries



Find your local Family Hub

Call: 0300 500 80 80

Visit: www.nottinghamshire.gov.uk/care/family-hub-networks/find-nearest-family-hub-team



PARENT AND CARER GROUP

Do you want to make a difference to Children and Young People's Health Services?



Why not join our Parent and Carer Involvement Group?

We meet online, once a month. You do not have to attend every meeting, just the ones you can.

www.nottinghamshirehealthcare.nhs.uk/iev-involvement-partner-opportunities



MORE INFO

Have you seen:

Health For Under 5s website

www.healthforunder5s.co.uk

Health For Teens website

www.healthforteens.co.uk

