

NEW

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HEALTHY FAMILY TEAM NEWSLETTER

Working together to share information and signpost local services and resources to support young people and their families.



School Nurse Contacts

ASHFIELD

[Ashfield0-19@nottshc.nhs.uk;](mailto:Ashfield0-19@nottshc.nhs.uk)

BASSETLAW

[BassetlawHFTClusters@nottshc.nhs.uk;](mailto:BassetlawHFTClusters@nottshc.nhs.uk)

BROXTOWE

[BroxtoweHFTClusters@nottshc.nhs.uk;](mailto:BroxtoweHFTClusters@nottshc.nhs.uk)

GEDLING

[GedlingHFTClusters@nottshc.nhs.uk;](mailto:GedlingHFTClusters@nottshc.nhs.uk)

MANSFIELD

[MansfieldHFTCluster@nottshc.nhs.uk;](mailto:MansfieldHFTCluster@nottshc.nhs.uk)

NEWARK

[NewarkandSherwoodHFTClusters@nottshc.nhs.uk;](mailto:NewarkandSherwoodHFTClusters@nottshc.nhs.uk)

RUSHCLIFFE

Rushcliffe0-19@nottshc.nhs.uk

Hello



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

The Healthy Family Team is made up of a huge range of practitioners, working together to support the community. The team includes: Health Visitors, School Nurses and their supporting staff, Practice Teachers, Continence Advisors, Youth Justice Team, and Health Promotion Team.

Supporting children, young people and families in the community.

Communication

Do you have any questions or concerns about a young person's talking or communication? The Speech and Language Team are happy to help, please call their advice line.

SUPPORT

0300

123 3387

OPTION 1

ADVICE LINE

Call

0300 123 5436



This is a 'single point of access' advice line for parents, carers and practitioners who want to speak to the Healthy Family Team for advice or support.

SEND

Do you need any support or information on Special Educational Needs? **Your Directory Notts** is the local offer for Nottinghamshire.

Visit: www.yournottsdirectory.org.uk

SCAN ME



Text 07507 329952

A confidential text messaging service for young people aged 11-19 years living in Nottinghamshire.



Digital Assemblies

A FREE resource offered to all Secondary Schools to support staff and students to access local support. The assemblies can be shown in class or used as a lesson. Each assembly comes with a useful handout to continue the message sharing for a later date. Why not ask our School Nurses to deliver a Year 9 or Year 11 assembly?

Year 7 Health Magazine



A FREE resource offered to all Secondary Schools to support Year 7 students to access information, resources and local support. The co-produced resource can be shown in class, uploaded to your portal or used as a lesson. The digital magazine has taken a year to produce due to the heavy involvement of Year 7 and Year 8 students. Need another look, check it out here: www.healthforteens.co.uk/nottinghamshire/health-for-me-year-7-magazine/

SCAN



Health For Teens Website

A FREE website regularly updated to showcase local services, resources and information. An ideal platform for young people to delve into their own health and wellbeing.

Visit: www.healthforteens.co.uk



Drop In Sessions

An opportunity to host a short session at your school, where students can access the local School Nursing Team. The team can offer support and signpost local services to help your students. Contact them today to book a visit! Details on front page.



Young Person Involvement Group

We are always looking to embed the voice of our young people in all our services. Our Young Person Involvement Group is for young people aged 14 - 18 years. The online session meets the first Tuesday of every month between 5pm and 6pm. The Young Person Roadshow will start in 2026 where we visit schools and settings to talk to young people on site! **Book in now!**



BOOK NOW

Share your feedback and real-life experiences of health services.

GIVE SUPPORT

SCAN ME



For more information and to register, please click the QR code or visit:

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



Year 9 Digital Health Questionnaires

A resource offered to all Secondary Schools to support students to access local help and support. The quick and easy digital survey takes minutes to complete and provides a personalised care plan for every young person taking part. Each school will receive a visual summary of the student population taking part. This service is offered once a year. Contact Your Healthy Family Team to find out more!



Was this resource useful? All feedback is appreciated.

Please contact The Health Promotion Team:

Call: 0115 8760136 Email: HealthPromotionTeam@nottshc.nhs.uk



Trust Honesty Respect Compassion Teamwork

DAVE & JULIA

