

Norfolk Healthy Child Programme



JustoneNorfolk.nhs.uk



Information Sheet





Information Sheet



JustoneNorfolk.nhs.uk

The new 'go to' health website for Norfolk families The site features advice and information on childhood illnesses, healthy lifestyles, emotional health, staying safe, child development and additional needs. JustOneNorfolk.nhs.uk uses videos and animations to keep content interesting and easy for users to understand. The website also features short films starring real Norfolk families talking about their own experiences. Anyone can create an account and complete a health questionnaire to help them gain skills and knowledge









Additional Needs Annual Contact

Children and young people aged 0-19 with an emerging or diagnosed additional need or disability

A telephone appointment with a practitioner from Children and Young People's Health Services during which we will talk with you about how your child or young person and your family are doing. We may offer advice on the telephone, discuss further support or signpost you to other helpful



Justonenorfolk.nhs.uk/childhood-development-additional-needs

ReciteME - accessibility inable/Disable Text Mode Anyone on JustOneNorfolk.nhs.uk who Downland Audio File [7] needs extra help with accessibility. Magnifying Glass

online Solihull

UNDERSTANDING YOUR CHILD

Who is it for? Norfolk parents and carers and professionals

New online learning to help parents, families, carers and professionals feel more confident when looking after children and young people The learning is interactive, easy to understand and focussed on helping you. The learning is free and once registered can be accessed 24/7.

bit.ly/sa-learning Access Code = JON70

Health Unlocked

Who is it for?

Norfolk parents and carers

What is it?

An online community forum where parents and carers can support eachother, give advice and ask questions





#NorFolk(an

Who is it for? Norfolk families

NorfolkCan is a new campaign to help young people and families make healthier lifestyle choices. A referral is not required and anyone can request help and support by calling Just One Number on 0300 300 0123

JustoneNorfolk.nhs.uk/healthylifestyles



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Just one Number

Who is it for?

Young people, parents, carers and professionals in Norfolk Phone lines are open Monday to Friday 8am - 6pm and Saturday 9am - 1pm

What is it?

A single point of access to get in contact with the Norfolk A single point of access to get in contact was user revines Healthy Child Programme. The Just Cen Number team can help you make or change an appointment, give you clinical advice and information, help you with referrals and connect the right people with the right services.



Parentline 07520 631590

Norfolk parents and carers of 0 -19 year olds.

Monday - Friday 8am-6pm Saturday 9am-1pm

A text message advice service for Norfolk parents of 0-19 year olds. Text messages can be anonymous and will cost the same as a standard text or come out of the message allowance. Texts will be replied to by one our clinicians who will offer health related advice



our Services 0-19

- Antenatal Visit - New Birth Visit
- 6 8 Week Check
- 1 Year Review
- 2 2.5 Year Review
- School Readiness Check School Age Immunisations
- Hearing and Vision Screening
- Height and Weight Screening
- 5 19 Health Promotion and Support
- 5- 19 Transitions School Entry to Adulthood - Additional Needs Pathway
- Emotional Health Pathway
- Teenage Parents Pathway



Get involved!

We've already had some fantastic input from Norfolk families to help us develop our services. We really value this and would love to get more people involved. If you are a Norfolk parent, carer or professional who would like to help us make our services even better - we would love to hear from you. Contact us through 0300 300 0123. JustOneNorfolk.nhs.uk or get in touch through our social media channels.





(hatHealth 07480 635060

Who is it for?

Anyone aged 11-19 living in Norfolk.

What is it?

A confidential text message advice service. Young people can ask for advice about contraception, mental health, bullying, alcohol, self harm, healthy eating, drugs, sex and smoking. Text messages can be anonymous and will cost the same as a standard text or come out of the message allowance. Texts will be replied to by one of our clinicians who will offer advice and support



16 - 19 Health App

Who is it for? Anyone aged 16 - 19

A new app for young people aged 16 - 19 years old. The app has advice on a range of topics including sexual health, drugs, mental health and travel safety. Young people can also access their own GP health record usiing Evergreeen life. Free to download from the app store or Google Play.





Find us on social media





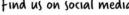






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