



Information Sheet



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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

Who is it for?
Children and young people aged 0-19 with an emerging or diagnosed additional need or disability.

What is it?
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 services.

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

ReciteME - accessibility

Change the colours
Ruler
Screen Mask
Dictionary
Select Language
Enable/Disable Text Mode
Download Audio File
Magnifying Glass

Who is it for?
Anyone on JustOneNorfolk.nhs.uk who needs extra help with accessibility.

online Solihull

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

Who is it for?
Norfolk parents and carers and professionals

What is it?
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 each other, give advice and ask questions.

bit.ly/jonparents

#NorfolkCan

Who is it for?
Norfolk families.

What is it?
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

Just one Number

0300 300 0123

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 Healthy Child Programme. The Just One 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

Who is it for?
Norfolk parents and carers of 0-19 year olds.
Monday - Friday 8am-6pm Saturday 9am-1pm

What is it?
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 of 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.

ChatHealth 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

What is it?
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 using Evergreen life. Free to download from the app store or Google Play.

Find us on social media

@NorfolkCYP

Find us on

vimeo

CCS NHS Trust