

Healthy Families Team

The Healthy Families Team is a varied role and one that is an integral part of the NHS Community Health Service.

Your Healthy Families Team can provide you with advice and support in the following areas:

- Your child's growth and development
- Common infections in childhood
- Common skin problems
- Behavioural difficulties, including, sleeping, eating, potty training, temper tantrums and teething
- Support with breast feeding, weaning, healthy eating, hygiene, safety and exercise
- Postnatal depression, bereavement and violence in the family
- ADHD support and referrals
- Children's emotional health and wellbeing inc: anger management, eating disorders, self-harm, anxiety & depression
- Alcohol, smoking and substance misuse support

The healthy Families Teamwork closely with other services involved in your child's care, such as, GP, Speech Therapist and Social Workers

To access the Team call: **0300 123 5436**

Mon-Fri: 9am – 4.30pm



VACCINATION SCHEDULE

Young babies are vulnerable to infections and your child's immune system needs help to fight some infectious diseases. Immunisations prepare the body to fight serious infections that may happen.

[Routine childhood immunisation schedule - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

SUPPORT GROUPS IN YOUR AREA

Hawtonville Children's Centre
0115 977 3745

BABES Breast Feeding Support
01636 593580

Infant Feeding Support
07584 384911

Home Start – Mums in Mind (post-natal depression)
01636 705011

Sure Start
01636 675960

Sure Start they can also provide support in the following areas:

- Lone Parent Advisor
- Well Baby Clinic
- Young Parents Support
- Sensory Play – for children with special needs
- The Weaning Cafe



Carers Information:

A Carer is someone who provides unpaid care for a family member, such as, a parent, brother, sister or grandparent.

Did you know you can get help and support?

Nottinghamshire Carers Hub: 0300 500 8080 or 0115 824 8824



Fountain Medical Centre

Dr Mark Jefford
Dr Mark Folman
Dr David Wicks
Dr James Bignall
Dr Natalia Mulhern
Dr Felicity Hart
Dr Jessica Holt

New Parents

Sherwood Avenue Newark NG24 1QH
01636 704378

