

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.



PAM Health Questionnaire

Who is it for?
Norfolk Parents & Carers

What is it?

A online health questionnaire which will help you to think about your knowledge, skills and confidence in understanding and supporting your child or unborn baby's health. The results of this can help us to support you in setting your goals and priorities in a way that is right for you and your family.



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 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.



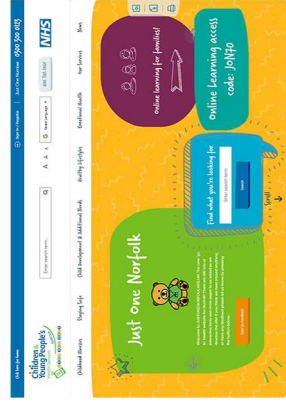
ChatHealth 07480 635060

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.



ReciteME - accessibility



Who is it for?

Anyone on JustOneNorfolk.nhs.uk who needs extra help with accessibility.

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.



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.



online Solihull

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



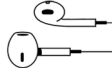
Podcasts

Who is it for?

Anyone aged 11-19 living in Norfolk.

What is it?

A series of podcasts hosted by BBC Radio One presenter Cel Spellman. Each 20 minute episode features a different topic including self-harm, depression, substance misuse and sexual health. Just search for 'Health Uncovered' in iTunes or podcast app.



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



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

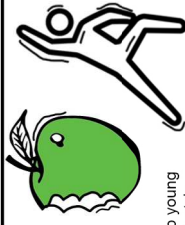
Who is it for?

Norfolk families.

What is it?

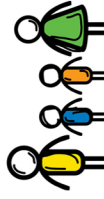
NorfolkCan is a new campaign to help young people and families make healthier lifestyle choices. A referral is not required and anyone can request help and support by calling Just One Number on 0300 300 0123.

JustOneNorfolk.nhs.uk/healthylifestyles



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.



Find us on social media



Find us on

vimeo

@NorfolkCYP

CCS NHS Trust