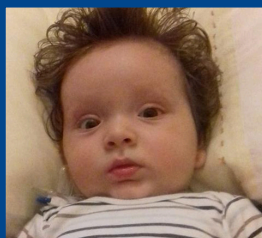


Health information for families with children aged between 0-19 years old



This is a free service provided by NHS Healthcare staff and offered to all families living in Newcastle.



Health Visitors and School Nurses are professionals from the NHS who can help you and your family to be healthy. We can meet you at home, in a clinic or in school.

The services we provide include:

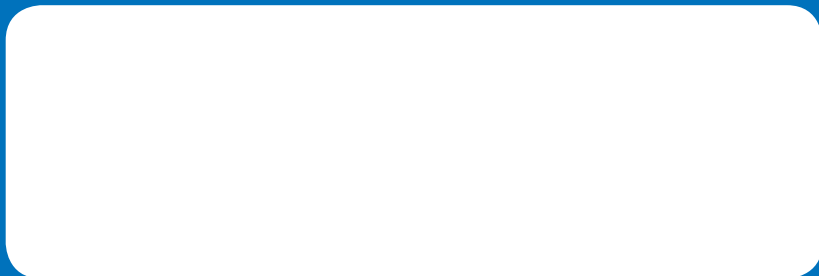
- Support for your child's growth and development.
- Information about a healthy lifestyle, e.g. stop-smoking advice, dental health, contraception, nutrition and supporting your child's emotional wellbeing.
- Offer support and guidance to find the best solution for your child's health.

The support we provide is in partnership with you and is confidential. There may be times when other support is needed and this will be done with your knowledge.

Everything we do is to improve the health and wellbeing of your family.

The women's group, who created this leaflet said: "You can trust the services offered by the Health Visitors and the School Nurses. They will give you all the help and support you need."

Contact details:



This leaflet was developed by the Women's Riverside Group in partnership with the Newcastle upon Tyne NHS Foundation Trust, 0-19 health service.

PALS (Patient Advice and Liaison Service) for help, advice and information about NHS services. You can contact them on freephone: 0800 032 02 02, e-mail: northoftynepals@nhct.nhs.uk or text to: 0167 051 1098