

Parentline for Nottinghamshire

Text messaging service for parents and carers of 0-19 years

Parentline

We now have a text messaging service for parents/carers of children aged 0-19.

Get confidential advice from our Healthy Family Teams on a range of issues.

Text Parentline:

07520 619919

- Feeding and Nutrition
- Child Development
- Parenting advice and support
- Emotional health and wellbeing
- Behaviour difficulties
- Family Health



We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Text will only be sent between 9am and 6.30pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number reading' mobile apps). To prevent our health professionals from sending messages to you, text STOP to our number. Messages are charged at your usual rates.



Making a
Difference

Trust Honesty Respect Compassion Teamwork

Parentline

Nottinghamshire

Parentline is aimed at parents and carers in Nottinghamshire.

Trained healthcare professionals ranging from Health Visitors to School Nurses can give you advice and support as a first line of intervention via text messaging.

The service runs from 9am-4.30pm Monday to Friday. Messages outside of these times receive a bounce back message advising on where to contact for urgent support and will be responded to the next working day.

We have a supply of posters and cards you can utilise in schools should you wish to.

To reach as many parents as possible we ask you to share this on newsletters and promotional packs for the school.

We are the Healthy Family Teams and are here to support the community of Nottinghamshire with Health and Wellbeing for 0-19 year olds.

Healthy Family Teams social media:

Twitter: [@NottsHFT](https://twitter.com/NottsHFT)

Instagram: [nottshealthyfamilyteams](https://www.instagram.com/nottshealthyfamilyteams)

Websites

We also offer websites which provide both general and localised advice, support and information for children, parents and carers.

For more about the Healthy Family Teams visit:

www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams

Health for U5s



For healthy happy early years, this website offers support from trusted NHS professionals and covers the 0-5 age range. It includes a Nottinghamshire section with local support and information.

Health for Kids



This links parents and young people aged 5-11 to appropriate health and wellbeing services. It supports parents and young children to manage their health and wellbeing, as well as providing fun educational activities for young people.

Healthy Family Teams Advice Line

A single point of access Advice Line for parents and carers.

Nottinghamshire Healthcare NHS Foundation Trust's Healthy Family Teams want parents, carers and health professionals to take advantage of the county-wide service, which offers advice and support over the telephone.

It is open to any parent or carer of children aged 0-19 in Nottinghamshire.

The Advice Line operates Monday to Friday, 9am to 4.30pm, and can be accessed by calling **0300 123 3387 (Option 4)**.