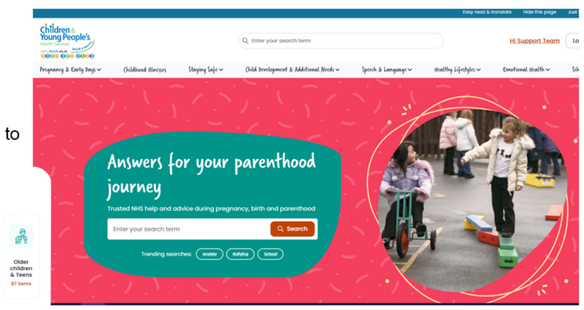
Children & Young People's Health Services
Just one Norfolk.nhs.uk
0300 300 0123
Norfolk & Waveney

Norfolk and Waveney Children and Young People's Health Services

NHS

JustoneNorfolk.nhs.uk

The 'go to' health website for Norfolk families Trusted help, advice and information from your local health teams during pregnancy, birth and your parenthood journey.
You can create an account, track your child's progress and complete quizzes to support your child's health and development.



Just One Number

0300 300 0123

Who is it for?
Young people, parents, carers and professionals in Norfolk.
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.

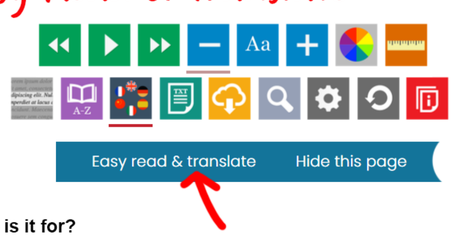
Parentline

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 our clinicians who will offer health related advice.

Easy Read & Translate



Who is it for?
Anyone on JustOneNorfolk.nhs.uk who needs extra help with accessibility or translation. Just click the 'Easy read & translate' button at the top of the website to activate the tools.

Webinars and Online Events

We offer a range of online events and webinars covering topics such as infant feeding, potty training, emotional health, pelvic health and more! Visit the page to see the latest webinars and book a place!

JustOneNorfolk.nhs.uk/webinars-online-events

ChatHealth 07480 635060

Who is it for?
Anyone aged 11-19 living in Norfolk.
Monday to Friday 9am - 5pm

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 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.

Additional Needs

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/additional-needs

Video Appointments

We offer video appointments to some of our families. This forms part of our response to COVID-19 (Coronavirus). The decision to offer this type of appointment will be made by our clinicians and is a service for pre-booked appointments only.

JustOneNorfolk.nhs.uk/appointments

Online Solihull

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

Who is it for?
Norfolk parents and carers and professionals

What is it?
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.

JustOneNorfolk.nhs.uk/online-learning

Speech and Language Therapy

Our Speech and Language Therapists support children with speech, language and communication needs, to help them to communicate better. They also work with children who have eating and swallowing problems.

JustOneNorfolk.nhs.uk/salt

Healthy Child Programme

JustOneNorfolk.nhs.uk/services

- Antenatal Visit
- New Birth Visit
- 6 - 8 Week Check
- 1 Year Review
- 2 - 2.5 Year Review
- School Readiness Check
- Hearing and Vision Screening
- Height and Weight Screening
- 5 - 19 Health Promotion and Support
- 5- 19 Transitions
- Additional Needs Pathway
- Emotional Health Pathway
- Teenage Parents Pathway

Ask Norfolk Parents Online Community

Who is it for?
Norfolk parents and carers

What is it?
An online community forum where parents and carers can support eachother, give advice and ask questions.

healthunlocked.com/one-norfolk-parents

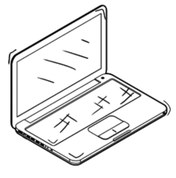
Get involved

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.

Justonenorfolk.nhs.uk/our-services/get-involved

Find us on social media

@NorfolkCYP



Find us on

vimeo

Norfolk & Waveney CYP