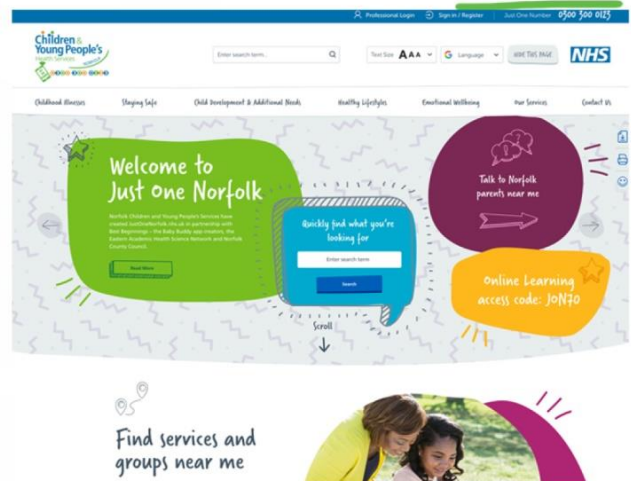


# JustOneNorfolk.nhs.uk

What is it?

JustOneNorfolk.nhs.uk is the new Norfolk based health advice website.

Norfolk Children and Young People's Health Services created JustOneNorfolk.nhs.uk in partnership with Best Beginnings – the Baby Buddy app creators, the Eastern Academic Health Science Network and Norfolk County Council.



The website aims to:

1. Build confidence in families, children and young people to care for their own health and wellbeing.
2. Help families, children and young people in Norfolk access the right services for advice and help.
3. Improve health outcomes for children and young people in Norfolk.

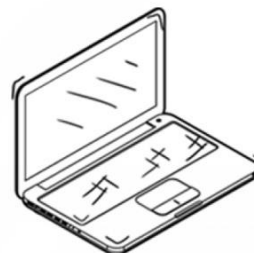
JustOneNorfolk.nhs.uk uses videos and animation to keep content interesting and easy for users to understand. The website also features short films starring real Norfolk families talking about their own experiences.



All the content and advice is NHS approved. It is signed off by clinicians working in the Norfolk Children and Young People's Health services.

At the moment our main subjects are:

- Emotional wellbeing
- Healthy lifestyles
- Staying safe
- Childhood illnesses
- Child development
- Additional needs



You can visit [www.JustOneNorfolk.nhs.uk](http://www.JustOneNorfolk.nhs.uk) or type **just one norfolk** into your search bar.

# Information Sheet

## Just one number

0300 300 0123

### Who is it for?

Young people, parents, carers and professionals in Norfolk.

### What is it?

A single point of access to get in contact with the Norfolk Healthy Child Programme. Just One Number 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.

Monday to Friday 8am - 6pm and Saturday 9am - 1pm

## Parentline



07520 631590

### Who is it for?

Norfolk parents and carers of 0 -19 year olds.

### 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.

Monday - Friday 8am- 6pm and Saturday 9am - 1pm

## ChatHealth 07480 635060



### Who is it for?

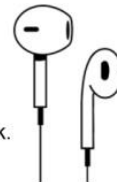
Anyone aged 11-19 living in Norfolk.

### 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.

Monday to Friday 9am - 5pm

## 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.



## online Learning

### 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.

Follow the link:

[bit.ly/norfolkcyplearning](https://bit.ly/norfolkcyplearning) Access Code: JON70

## #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.



Find us on:



@norfolkcy



Subscribe to us on:



CCS NHS Trust

[bit.ly/norfolkcyvideos](https://bit.ly/norfolkcyvideos)