



JustOneNorfolk.nhs.uk

Edition 1

Just One Norfolk Newsletter

Update For Professionals

Welcome to the very first Just One Norfolk newsletter. We will be providing you with exciting updates to the Just One Norfolk website and highlighting the information and resources available to children and families across Norfolk.



Included in this newsletter:

- Supporting Children's Mental Health
- Additional Needs & Disabilities
- Family Network Approach
- Pregnancy
- Return to School
- Resources for Schools
- Emotional Health Activities

Supporting Children's

Mental Health

A new video and page has been put together to offer practical hints and tips to help parents and carers support their child's mental health.

The video explores some of the potential worries children may have and looks at how these could be managed. It is presented by Norfolk GP Dr Dave Ledward and covers subjects such as the emotional brain, how to manage emotions, traps we fall into, tips of what not to say and ideas of things you can do that might help. It also contains practical activities and ideas for parents and carers to try with their child.

[Find out more](#)



Supporting Children's Mental Health:
Advice for parents and carers

[Additional Needs and Disabilities](#)

The new 'Additional Needs & Disabilities' section is now live on Just One Norfolk. A dedicated space and various different pages to provide support to families who have children with additional needs. These pages include information and guidance to help with sleep, toileting and behaviour and many others.

[Find out more](#)

The new animation below shows how young people with additional needs can get a yearly health check that helps them stay healthy, giving them an opportunity to talk to a professional about their health or any other problems so they can get the right care.



[Find out more](#)

Family Networking

In partnership with the Family Network Approach Team within Norfolk County Council Services, we have added resources and animations that will help families to understand how to access support from friends and family members when needed, often removing the need for professional input. Resources include tools for families to help them identify who can be part of their support

network, how to make meetings with friends and families run smoothly and guidance for making a plan of support. We have also produced three 'Social Stories' animations that show how a family network can help and support families.



[Find out more](#)

Pregnancy



The pregnancy pages are a great resource for new and experienced parents and contain information from pregnancy planning all the way through to the first few weeks after birth. Recently, new pages have been added including 'Getting Back To Fitness After Childbirth' and 'What to Pack In A Hospital Bag'.

[Find out more](#)

Return to School

With all students having returned to school earlier in the year, we have updated our return to school pages. This includes information on the latest testing for Covid-19, information on social distancing and mask wearing, and also up to date information on self isolation. Click on the button below to find go to our return to school pages.



[Find out more](#)

Health Information & Resources for Schools

We have a wide range of health information and resources for education professionals on a variety of topics in our resources for schools section. Information on:

- Healthy lifestyles
- Keeping safe
- Resilience and wellbeing
- Puberty
- The Teenage brain

To go to our resources for schools pages, click the button below



[Find out more](#)

Emotional Health Activities

When children and young people can recognise and talk about their emotions, it can help them have a better understanding of how to deal with them. On Just One Norfolk we have a range of emotional health activities. These activities will help young people talk about feelings and think about how to cope with difficult emotions in a positive way.



[Find out more](#)



If you would like to link to Just One Norfolk homepage from your settings website, please save the banners below to embed in your site.

Children Young People's **Do you need health advice for your child aged 0-19?** **NHS**

Visit:
JustoneNorfolk.nhs.uk
Norfolk's online NHS resource for families

Text:
Parentline
07520 631590

Call:
Just one Number
0300 300 0123
Mon - Fri: 8am - 6pm
Sat: 9am - 1pm



Norfolk Healthy Child Programme

NHS

The Norfolk Healthy Child Programme offers help and advice to all Norfolk families as their children grow up and develop, such as :

- Toileting and bed wetting
- Eating, diet and staying active
- Development, transitions and growing up
- Emotions and behaviour
- Yearly contact if your child has additional needs
- Any other questions or worries you have?

Call: 0300 300 0123

Text: 07520 631590

Visit: [JustoneNorfolk.nhs.uk](https://www.justoneNorfolk.nhs.uk)



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