

YOUR SCHOOL HEALTH IMPROVEMENT PRACTITIONER

Supporting Healthy eating, Growth and Active Lifestyle

ABOUT HEALTH IMPROVEMENT PRACTITIONER

I'm Ayesha, your Health Improvement Practitioner (NELFT), working in partnership with your school and school nurse. Please contact me on dutydesk: 0300 300 1813 or email on nem-tr.dutydeskchildrenbd@nhs.net

Or call on 07714921149

Mon-Fri 9am to 5pm

**Here to support healthy growth -
not to judge**

CONFIDENTIAL & SUPPORTIVE

This is a confidential service.
Information is only shared when
needed to keep children safe.

ABOUT THE SERVICE

WHAT SUPPORT IS AVAILABLE?

One-to-one for children and their families focusing on healthy eating, physical activity, confidence and building healthy routines together.

WHO IS THIS FOR?

This service is for **Reception and Year 6 children and their families** who may benefit from extra support around healthy growth and lifestyle.

HOW CAN I HELP?

- Healthy eating habits
- Fun and enjoyable ways to be active
- Building confidence and self-esteem
- Supporting positive family routines
- Family-based lifestyle support

WHAT THIS SERVICE IS NOT ABOUT?

- Not about dieting
- Not about blame or judgement
- **Not for underweight concerns.** For this please contact the School Nursing Team via Dutydesk on 0300 300 1813 or email on:

nem-tr.dutydeskchildrenbd@nhs.net