

# Referrals and Immunisations for your child

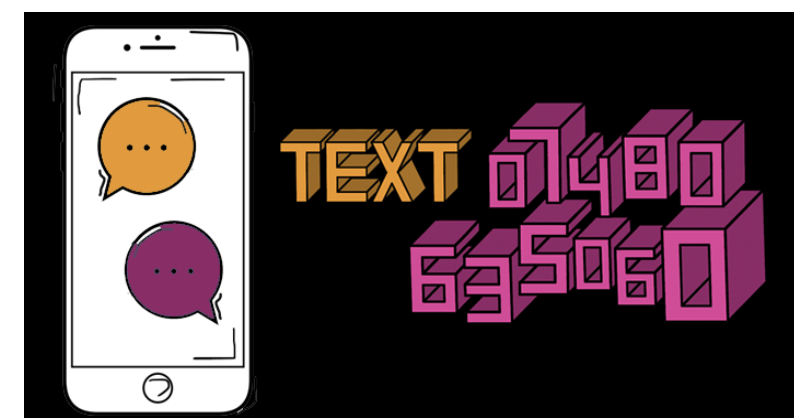
## Contacting us

If you need health advice about your child age 0 - 19 then please contact our **Just One Number team** on **0300 300 0123**. Monday to Friday 8am - 6pm or Saturday 9am - 1pm.

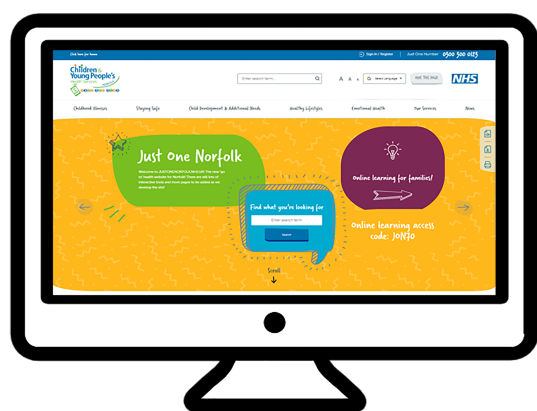


0300 300 0123

Young people aged 11- 19 can text **Chat Health** on **07480 635060** for confidential advice. Monday - Friday 9am - 5pm.



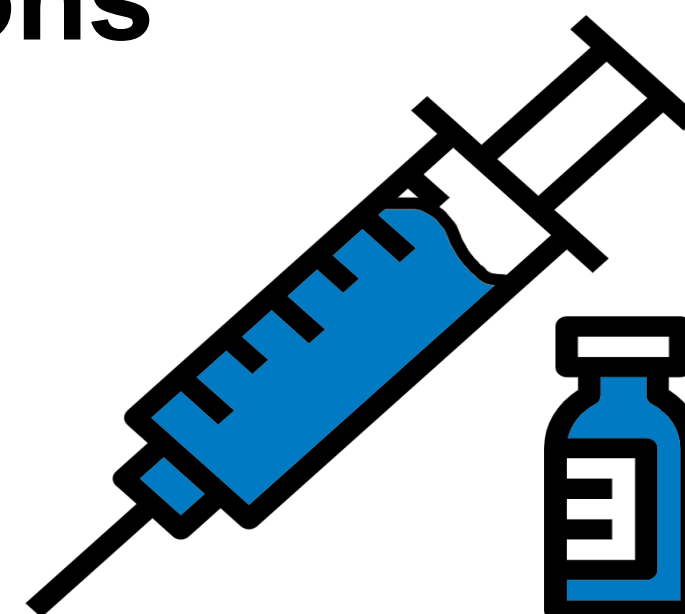
[JustOneNorfolk.nhs.uk](http://JustOneNorfolk.nhs.uk)



Please do take a look at our website **Just One Norfolk** for lots of useful information and guidance on our services and health advice. [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk)

## School Immunisations

We are working hard to ensure that we catch-up the young people (now year 10) who missed their Meningitis vaccinations last year due to the school closures. It is vital that we protect them at the earliest opportunity as Meningitis circulates amongst older teenagers and young adults in the general population.



The School Immunisation Team, provided by Cambridgeshire Community Services NHS Trust will be contacting schools to agree a date in September/October that they can visit before the winter pressures of the flu season start.

We will be immunising the year 7s against flu. This year, more than ever, the flu programme is so important to protect children's and young people's health, as well as the school staff, families and local community.

For further information, please contact: [ccs.norfolk.immunisationteam@nhs.net](mailto:ccs.norfolk.immunisationteam@nhs.net) or 0300 555 5055.

## Return to School

Whether children have returned to school, started school or changed school, everything might have felt a little bit different this year. Norfolk children, families and professionals have helped us put together lots of information and advice to support you and your family. Find out more here:

[www.JustOneNorfolk.nhs.uk/return-to-school](http://www.JustOneNorfolk.nhs.uk/return-to-school)

