

# School Age Health Advice Drop In for 5-19 year olds

Drop In sessions at your local Family Hub to get advice and support for your school aged child with a member of our school health team, where you can discuss things which may be concerning you.

## Areas of support

- Diet / Nutritional support
- Improving sleep
- Day and night wetting
- Behavioural concerns
- Support with emotional health and wellbeing and regulation
- Personal hygiene
- Sexual health
- Health needs assessment
- Managing health conditions
- And much more - signposting, advice, and support.

**Day:** First Tuesday of the month

**Time:** 3pm-4:30pm

**Location:** Tree House Family Hub, CM18 7NG

**Day:** Third Thursday of the month

**Time:** 3pm-4.30pm

**Location:** Meadows Delivery Site, CM19 4DL

Commissioned by