

Kent School Health Service

Central AdminTeam (CAT)

Trinity House,

110-120 Upper Pemberton,

Eureka Business Park,

Ashford,

Kent, TN25 4AZ

Phone: 0300 123 5205 Option 2 (8am to 6pm)

Email: kentchft.kentschoolhealth@nhs.net

Web: <https://www.kentcht.nhs.uk>

Dear Parent / Carer,

Your child has been given a 'Keep yourself fit and healthy' leaflet today from the Kent School Health Team. This fun and informative leaflet, created with year three pupils in Kent, offers helpful tips and activities to support your child's physical and emotional wellbeing. Sit down and take a look together.

The Kent School Health Team is here to support children and young people aged four to 19 as they grow, including screening for growth, vision and hearing during reception and growth in year six. We're always available to help, no matter when you need us during their school years. Children don't need to be at school to access our services. We're just a call away if you have questions or need support with any issues your family might face including day and night-time wetting and soiling, sleep, behaviour and healthy lifestyle.

You can find lots of helpful information to support your child's development, and keep them healthy and safe at our Kent Family website <https://family.kentcht.nhs.uk/>.

If you would like further support, please visit our website or call 0300 123 5205 to speak confidentially to a member of the team.



Yours sincerely

Chair John Goulston Chief Executive Mairead McCormick

Trust HQ Trinity House, 110-120 Upper Pemberton, Eureka Park, Ashford, Kent TN25 4AZ

Kent School Health

Do you have feedback about our health services?

Phone: 0800 030 4550

8am to 5pm, Monday to Friday

Text: 07899 903499

Email: kentchft.PALS@nhs.net

Web: www.kentcht.nhs.uk/PALS

If you need to speak to someone about your appointment, please contact the service directly using the details at the top of page one.



Patient Advice and Liaison

Service (PALS) Kent Community Health NHS

Foundation Trust Unit J, Concept Court Shearway Business Park

Folkestone Kent CT19 4RG