

0 - 19 Health and Wellbeing Service

NHS

Wirral Community
NHS Foundation Trust

Health and Wellbeing Hub

For school aged children and young people.

Wirral's 0-19 Service is offering weekly drop-in clinics for school aged children, young people and their families.

A safe and confidential environment to discuss health related topics including: healthy eating, weight management, sleep behaviour, bed wetting, behavioural concerns, emotional wellbeing, confidence/self-esteem and lifestyle advice, as well as signposting and referrals to other services if needed.



Visit wirralct.nhs.uk for full details.

In partnership with:
Barnardo's, Brook and Home-Start Wirral

wirralct.nhs.uk

 Health Visiting Hub

0219
With you all the way