

A guide to your child's health – 2026/27

Designed for children in Derby aged 5-19



Introduction

Welcome to this guide for your child's health as they grow up through primary and secondary school!

This booklet is designed to give you the key information about your child's health as they grow older and to make you aware of the services available in Derby. There are also lots of links to more information for anything you're interested in.

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People involved in your child's care

Some of the key people who can help with your child's health are:

- **School nurses** – friendly and knowledgeable professionals who can give advice about both physical and mental health. They can help with things like eating problems, bladder or bowel issues, and worries about smoking, drugs, or alcohol. School nurses do health checks when children start school, in Year 6 or 7, and again in the teenage years. They also run drop-in sessions in secondary schools where students can ask for help or advice.
- **GP (family doctor)** – doctors who can help with most health problems. They can give medicine and refer your child to other specialist doctors if needed.
- **Dentist** – helps keep teeth and gums healthy by giving advice, checking teeth, and providing treatment when needed.

Every child should be registered with both a **GP** and a **dentist**.

The school nursing team

To find out more about the school nursing team in Derby visit: [School Nursing Team Support :: Derbyshire Healthcare NHS Foundation Trust](#)

To contact them you can complete a school health referral form on the Derbyshire Healthcare NHS Foundation Trust website and send it to dmh-tr.ChildFamily-Derby@nhs.net or call 0300 1234586 (select option 1).

You can also get in touch through **ChatHealth**.

ChatHealth is a safe and private text messaging service for parents and young people. It lets you easily contact a healthcare professional to get help, advice, or just talk about any worries. You don't have to give your name if you don't want to.

- Parents: send a message by texting 07507 327754
- Young people (aged 11-19) - send a message by texting 07507 327104

How to register for a GP

To register with a GP (family doctor), you might need to call the surgery, visit in person, or fill out a form online. Try to find a GP surgery close to where you live. Sometimes a surgery can't take new patients, so you might need to try a few different ones. Visit: [Find a GP - NHS](#) to find your nearest GP.

When you register, the GP surgery will ask you to fill in a GMS1 form. This form asks for things like:

- your child's name, date of birth, address, and phone number
- any medical conditions or health problems your child has

You don't have to show proof of ID, address, or immigration status — but it can help to bring something like a birth certificate or passport if you have one.

Registering with a GP is free and usually only takes about 15 minutes.

For a list of all GP surgeries in Derby city, see the final page of this booklet.

How to register for a dentist

To register for a dentist, you normally need to call up or visit the practice in person. Try to choose a dentist that is close to where you live. Not all dentists are taking new NHS patients, so you might need to try more than one.

You can use the NHS “Find a dentist” tool to look for the nearest practice: - [Find a dentist - NHS](#).

When you register, the dentist will normally ask for your child’s name, date of birth, and a phone number they can use to contact you.

Sometimes it can take a while to get an appointment, and even longer to start treatment. If your child is in a lot of pain and needs help quickly, you can look for an emergency dentist. For advice on what to do and how to get an emergency appointment, visit. [Emergency Dentist « NHS Emergency Appointments & Advice](#)

All children under 18 can get free NHS dental care.

Other support available

Screentime for under 5s

Many families find it really hard to manage screen time. About 1 out of 4 parents say it is tough to control how much time their young children spend on screens, and almost all two-year-olds watch a screen every day.

It's really difficult to get the balance right with busy family lives. But too much screen time alone can take away from the really important things like sleeping, playing, exercising, and talking with adults.

The good news is there are new tips to help parents get the balance right! You can find these on the [Best Start in Life website](#). Here are the key tips:

Avoiding screen time for under 2s other than shared activities that encourage bonding and conversation.

Trying to keep it to no more than one hour a day for 2 to 5-year-olds. Not whilst eating or in the hour before bed.

Choosing slower easy to follow content. Fast social media-style videos and AI toys or tools should not be used for young children.

Watching or using screens together. Talking and asking questions together rather than screen time alone.

Remember, fun times together like playing and reading are always better than sitting in front of a screen. These tips can help make sure screens don't take away real-life fun!

Financial support and free school meals

Eating a healthy and nutritious lunch helps children grow well and stay focused in class.

If your child is in a government-funded school and is in reception, year 1 or year 2, they can get free school meals.

After year 2, your child may still get free school meals, depending on your family's situation.

For full details about who can get free school meals, follow the link below.

[Free school meals - Derby City Council](#)

For more information about financial support, you can visit the Community Action Derby family support page: [Family Support](#)

Safeguarding – what do I do if I'm worried about a child's safety?

If you think a child is in **immediate danger** and needs protection right away, you should call the **police on 999** straight away.

If you need **advice from the police** but the child is **not in immediate danger**, you can call **101**.

If the child is not in danger right now and you want more information, you can visit:

[Safeguarding children - Derby City Council](#)

[Worried about someone's safety? :: Derbyshire Healthcare NHS Foundation Trust](#)

The Solihull Approach – Parenting support

The Solihull Approach offers support for the emotional health and wellbeing of children, parents, carers and even grandparents. They provide free online courses and resources for families.

They have a website called “inourplace”, where you can find parenting advice from pregnancy up until your child is 19 years old. The site gives guidance on both physical and mental health, and helps families build better relationships from before a baby is born through to early adulthood.

You can find more information — including how to sign up and use the online courses and resources — on the inourplace/Derby website: [Free wellbeing online courses in Derby – inourplace](#)

Vaccines offered to children of school age

Vaccines for school age children and young people are given by a team of nurses at schools or at the nurse's clinics.

The link below shows a list of all vaccines offered throughout life. It includes the list of vaccines offered to those of school age 2 years – up to 14 years. These vaccines are free and provided by the NHS. [NHS vaccinations and when to have them - NHS](#)

Why are school aged vaccinations so important?

Having your child vaccinated is the safest way to protect them from many different diseases. Millions of children are vaccinated in the UK and around the world. It is much safer to be vaccinated rather than be exposed to disease, as being infected with a disease can make us very unwell and risks long term complications. For example, measles infections is known to cause hearing loss. Certain vaccines are offered at school ages, because that is when the risk of catching those infections is greatest. Some children can't be vaccinated because they are too young or have medical problems. If those around them, and their family are vaccinated this helps protect them from disease.

The NHS vaccination programme has been developed over many years to give protection against some of the most serious and dangerous infections. All vaccines are tested carefully to make sure they are safe. Being vaccinated does not give a disease. Vaccines are a type of medicine designed to prevent disease, rather than treat a disease once you have caught it. They prepare the body to recognise and be able to fight the disease if needed.

After being vaccinated some children may get a sore arm or feel a bit unwell for a day or two. This happens because the body is responding to the vaccine.

Your child will have been offered vaccines before they were old enough to start school. If they have missed any vaccines, please contact your GP surgery to arrange for your child to be vaccinated and stay protected from infections.

Protection from Flu, HPV, MenACWY and Td/IPV infections is provided by vaccines, offered at school age.

Flu

Most children have the flu vaccine as a nasal spray. Gelatine is used to make the nasal spray. A gelatine-free version of the flu vaccine is available, if the spray vaccine isn't suitable. This is given as an injection, either in the upper arm or thigh. Children will need one dose of the flu vaccine (either spray or injection) **every year** until they reach year 11.

Human papilloma virus (HPV)

HPV vaccine is given in an injection. Children will only need one injection at ages 12 – 13 years. There is no gelatine used to make this vaccine.

Meningococcal groups A, C, W and Y (MenACWY)

MenACWY vaccine is given as an injection, and children only need one dose at age 14 years. There is no gelatine used to make this vaccine.

Tetanus, diphtheria and inactivated polio (Td/IPV)

Td/IPV vaccine (3-in-1 teenage booster) is given as an injection. Children will only need one injection at ages 14 years. There is no gelatine used to make this vaccine.

As a parent/carer you will be asked to give consent for your child to be vaccinated. Consent will be sought either digitally or by a paper letter. It is important to respond to the consent on time so the vaccinations can go ahead. If you are not sure about your child having a vaccine, or if you have any questions, you can speak to the school-age Immunisation Team, the school nurse, or your GP for advice.

[Derbyshire School Aged \(Immunisation Service\) | Intrahealth](#)

[School Nursing Team Support: Derbyshire Healthcare NHS Foundation Trust](#)

Missed vaccinations

If your child has missed any vaccinations, you can contact your GP surgery, who should be able to advise which vaccines are due.

Child development and puberty

When your child was younger, they reached different milestones, such as sitting up, crawling, and starting to talk. You may have been given an idea of the ages when these things usually happen.

Children keep developing when they start school. You will probably notice them becoming more independent and learning new skills very quickly.

They will also start to build stronger friendships and form closer relationships with the people around them. For information about healthy relationships, see page 10.

All children develop at different speeds, and it is normal for them to do things at different times compared to their friends. For more detailed information about child development and positive parenting tips for different ages, visit the CDC website: [Positive Parenting Tips | Child Development | CDC](#)

If you are worried about your child's development, you can talk to a school nurse or your GP (see page 2).

Puberty

Puberty is the word used to describe the time when the body starts to change and develop, both physically and mentally. This usually happens between the ages of 8 and 18, and it prepares the body so that one day a person can have children.

Everyone goes through puberty at different times and speeds, so don't worry if your child seems a bit earlier or later than their friends.

For more information about puberty, you can visit: [Puberty | Childline](#)

[Puberty - Brook](#)

If you or your child are worried about puberty, you can talk to a school nurse or your GP (see page 2).

Sleep

Sleep is very important for everyone, especially children, because it helps with healthy growth and development.

- Children aged 6–12 should try to get 9 to 12 hours of sleep.
- Children aged 13–18 should try to get 8 to 10 hours of sleep.

Falling asleep can sometimes be difficult. "Sleep hygiene" means the things we can do to help us fall asleep faster, stay asleep, and sleep better overall. Ways to improve sleep hygiene include:

- Try not to eat a big meal right before bed — wait at least an hour after dinner before going to sleep.
- Avoid drinks with caffeine later in the day. Caffeine is in most cola drinks.
- Get some fresh air and physical activity every day.
- Try to go to bed and wake up at the same time each day — even at weekends.
- Keep your bedroom at a comfortable temperature — not too hot and not too cold.
- Avoid TV, phones or tablets before bed. The light from screens can make your brain feel more awake.

For more information about sleep, including more sleep hygiene tips:

[Children - The Sleep Charity](#)

[GOSH_Sleep_Hygiene_in_children.pdf](#)

Healthy weight

What does “healthy weight” mean?

Children grow and develop at different speeds. One way to check if a child’s weight is healthy is by using something called Body Mass Index (BMI). BMI uses a child’s height, weight, sex and age to work out a number.

This number can then be put onto a chart (similar to the growth charts in a baby’s red book) to see if your child is underweight, a healthy weight, overweight, or very overweight.

Here is a link to measure your child’s BMI: [Calculate body mass index \(BMI\) for children and teenagers - NHS](#)

Children are weighed and measured at school in reception and year 6 to work out their BMI. This is part of the National Child Measurement Programme.

Here is a link for more information about BMI and the programme: [The National Child Measurement Programme - NHS](#)

Why is healthy weight important?

Having a healthy weight is important for many reasons. Being overweight can lead to health problems like type 2 diabetes, high blood pressure, heart disease, and more. It can also affect mental health, and may lead to anxiety or depression.

Children who are overweight are also more likely to be overweight as adults, which can increase these health risks even more.

It can be hard to talk to your child about weight, but it’s important to try and talk about it openly and kindly. This guide from the University of Bath has lots of helpful tips for talking to your child about their weight:

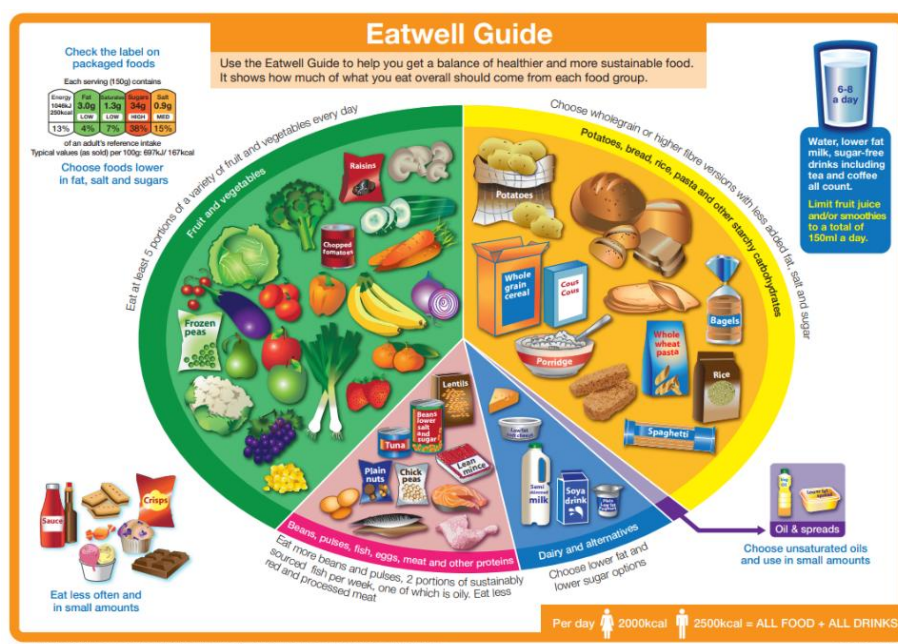
[Talking to your child about weight](#)

Eating well

People can become overweight when they eat more calories (energy) than they use up through exercise and activity.

It’s important for children to have a balanced diet with lots of different types of foods so they get all the nutrients they need to grow and develop.

The Eatwell Guide is a picture that shows how much we should eat from each food group. It’s a helpful starting point when planning your child’s meals.



A useful tool is the NHS Food Scanner App. It helps children learn what is in their food and drink, and suggests healthier swaps for items that are high in saturated fat, sugar, or salt.

To download the app, follow the instructions on: [NHS Food Scanner app - Healthier Families - NHS](#)

Physical activity and exercise

Eating healthy food is important for staying at a healthy weight, but exercise is really important too. Many of us spend a lot of time on screens, which can take time away from being active and playing. Most children should try to get at least one hour of exercise every day.

There are many fun ways for children to exercise, such as walking, running, bike rides, sports, swimming, or dancing.

Children and young people who are disabled should aim for at least 20 minutes of activity each day. This can be split into shorter chunks. They should also try to do strength and balance activities about three times a week.

Walking, Cycling or Wheeling to School

Walking, cycling or wheeling to school is an easy way to help your child be more active each day. Fresh air and exercise in the morning can help children feel awake, focused and ready to learn.

Many schools have safe places to store bikes and scooters, which helps make active travel a simple choice for families. It is good for your child's health and helps reduce traffic and pollution near the school gates.

It can also be a special time to talk and listen to your child at the start and end of the day.

If you cannot travel this way for the whole journey, perhaps try parking a little further away and walking the rest. Small changes can make a big difference. Every step counts.

More information can be found at [RoSPA- Active travel for parents and carers | Encouraging safe and sustainable travel for families](#)



What services are available in Derby?

- **Derby Active** runs lots of activities all year round in sports centres and parks across Derby. They also offer a busy holiday programme with plenty of things for children to do - [What's on offer | Children & Family activities| In Derby](#)
- **The Derby Holiday Activities and Food Programme (HAF)** supports families by offering free activities and meals during the school holidays. This helps children socialise, stay active, and eat healthy meals when school is not in session - [Derby Holiday Activities and Food Programme - Derby City Council](#)
- **Live IT is a programme** run by the Derby County Community Trust. It is for anyone aged 5–17 who is registered with a Derby or Derbyshire doctor and is on the 85th BMI centile or higher. The programme teaches young people about healthy eating and exercise in a fun and supportive environment - [Live IT | Derby County Community Trust](#)
- **Cycle Derby** encourages more people to ride bikes by offering lessons and providing useful cycling resources - [Cycle Derby | Home](#)

Looking after your teeth

It is important to keep teeth and gums healthy. This helps prevent problems like tooth decay and gum disease.

Tooth decay in children can cause pain, trouble sleeping, problems with chewing, and even speech difficulties. Sometimes children may need to go to hospital to have teeth taken out or to treat infections.

Top tips for healthy teeth:

Brush your teeth twice a day using fluoride toothpaste (1450ppm) — once before bed and once during the day.

- Spit out the toothpaste instead of rinsing, so the fluoride stays on your teeth and keeps them strong.
- Avoid too many sugary foods and drinks. If you do have them, try to have them with meals instead of as snacks.
- Visit the dentist regularly, as often as they recommend. This is usually every 6 or 12 months, but your dentist will tell you what's best.

Where can I find more information?

The best places to find more information about healthy teeth are:

- NHS website - [Healthy teeth and gums - NHS](#)
- Oral Health Foundation - [Children's teeth - Oral Health Foundation](#)
- Oral health section on Derbyshire County Council (applies to Derby city too!) - [Oral health - Derbyshire County Council](#)

What services are available in Derby?

- Your local dentist – see page 3 for how to register for a dentist if you haven't already
- Community dental services (by referral only) - [Derbyshire - Clinics - Community Dental Services](#)
- Royal Derby Hospital – your child may be referred here for tooth extractions or orthodontics (braces)

Mental health

What is mental health?

Everyone has mental health, and it's all about what we think and how we feel. We all have good days and bad days, and our mental health can be better or worse at different times. Most of the time, people can cope with the ups and downs by resting, getting support, and doing things that help them feel better.

But sometimes the bad days start to happen more often, and it becomes harder to feel okay again.

Mental health problems can happen when these bad days keep coming and don't seem to go away. They can start to affect a person's everyday life, including at home, at school, and with friends or family. They might also stop someone from enjoying the things they used to like doing.

Children and young people go through big changes in their bodies and minds, and this can make life feel challenging. These changes can sometimes affect their mental health.

Mental health problems can start at any age, and they can look different for every person.

Some common mental health problems include:

- Low mood and depression
- Worries and anxiety
- Eating disorders
- Obsessive Compulsive Disorder (OCD)
- Bipolar disorder

Low mood is very common in children and young people. Some signs to look out for include your child seeming sad, tearful, or irritable for a long time — sometimes for weeks or months.

They might stop doing things they enjoy or become less interested in spending time with family and friends. Low mood can also cause physical symptoms, such as feeling tired, feeling unwell, or sleeping or eating too little or too much.

They may also start to feel negative, hopeless, or think that things will never get better. Low mood can sometimes lead to self-harm or suicidal thoughts.

For more advice about low mood and depression, including how to support your child, visit:

[Depression & Low Mood | Signs, Symptoms & Treatment | YoungMinds](#)

For support and links to more help with specific conditions: [Other sources of help | Samaritans](#)

Mental health is important for everyone, even if you don't have a diagnosed condition. It's important to look after your emotional wellbeing so you can live a happier and healthier life, and to help stop problems from developing in the future.

The “5 Ways to Wellbeing” is a helpful guide that shows small, easy steps you can use every day to improve your



wellbeing and mental health. The BBC has some videos that explain each of the 5 ways: [Five ways to wellbeing - BBC Teach](#)

And for more tips and resources visit:

[5 ways to wellbeing for young people - Derbyshire County Council](#)

For more information about mental health visit:

[Understanding your child's needs - Derby City Council](#)

[What is Mental Health? | Symptoms of Mental Health Problems | YoungMinds](#)

[Parents and Carers | Mental health and your kids | Samaritans](#)

For advice on how to talk to your child about mental health:

- Primary school age: <https://mentallyhealthyschools.org.uk/media/1611/tips-for-having-a-conversation-with-a-child-about-mental-health.pdf>
- Secondary school age: <https://mentallyhealthyschools.org.uk/media/2453/tips-for-starting-a-conversation-about-mental-health-with-secondary-school-children.pdf>

Or for advice on how to cope with problems like low mood, anger, or stress:

[Advice for parents - NHS](#)

What services are available in Derby?

- 24/7 mental health helpline: 0800 028 0077 OR dial 111 and select option 2
- Public health nurses and ChatHealth (see page 2 for information on how to contact them)
- CAMHS – the main service for children’s mental health covering all struggles [Children's mental health services \(CAMHS\) - Derby and southern Derbyshire :: Derbyshire Healthcare NHS Foundation Trust](#)
- Compass Changing Lives - [Compass Changing Lives - Compass](#)
- Kooth – offers 1:1 support for a range of mental health struggles for children over 11 [Home - Kooth](#)
- Relate Derby – offers a range of local support as well as counselling and talking therapies [Children and Young People - Relate Derby and Southern Derbyshire](#)

Only a few links are shown here because there are so many available! For more information about **local and national services**, visit: [Derby & Derbyshire - Emotional Health & Wellbeing](#)

Healthy relationships

As your child grows up, they will meet lots of different people. Some of these people will become friends, and later on they may even have romantic partners. But not all relationships are easy, and it's normal for your child to meet people they don't get along with.

What does a healthy relationship look like?

- Being yourself and celebrating what makes you different and unique
- Communicating well — being able to say how you feel without being judged, and also being a good listener
- Trusting each other — feeling safe, being able to rely on one another, and being kind and supportive while still being honest
- Respecting each other and each other's boundaries — giving each other space, and being able to enjoy time with other people too

What does an unhealthy relationship look like?

All relationships are different, but some warning signs to look out for include:

- Not spending much time with family or friends — they might be told who they can and can't see
- Not wanting to go to school
- Doing things they feel uncomfortable with — this could be going to places they don't want to go, or feeling pressured into things like drinking, drugs, or sex

The NSPCC has helpful advice about healthy relationships, including how to talk to your child about them: [Healthy relationships | NSPCC](#)

Bullying

Bullying is when someone intentionally tries to hurt another person, usually again and again over a long time. Bullying can include:

- Physical bullying – like pushing, hitting, or hurting someone
- Verbal bullying – like name-calling, threats, or spreading rumours
- Emotional bullying – like trying to embarrass someone on purpose or making them feel scared
- Online bullying – like sending nasty messages, sharing embarrassing photos or videos, or sending inappropriate messages or images
- Targeting someone because of their race, sexuality, or disability – this is called a hate crime

Your child might not always tell you if they are being bullied, so it's important to talk about it openly. Some signs that your child might be being bullied include:

Physical injuries, like bruises they can't explain

- Being scared to go to school, pretending to be ill each morning, or skipping school
- Changes in behaviour, such as feeling nervous, losing confidence, or becoming upset and withdrawn
- Bullying other people

Some top tips for dealing with bullying:

- Avoid the bully and try to use a buddy system so they are not alone
- Act brave and walk away — don't let the bully see you angry or upset, as this is often what they want
- Talk to your parents, your school, or another trusted adult
- Build confidence by spending time with positive friends who make you feel good about yourself

The NSPCC has lots more information about bullying and what to do if you think your child is being bullied: [How can I help my child if they are being bullied? | NSPCC](#)

The Anti-Bullying Alliance also has helpful information and advice about bullying: [Anti-Bullying Alliance](#)

LGBTQ+

LGBTQ stands for lesbian, gay, bisexual, transgender, and queer. The + sign includes other identities in the community, such as asexual or non-binary.

It is really important to be accepting and supportive of people in the LGBTQ+ community. But it can sometimes be hard to know how to feel or what to say if your child identifies as LGBTQ+.

Just Like Us is a charity that has a very helpful guide for all parents, whether or not their child identifies as LGBTQ+: [LGBT+ Guide for Parents.](#)

Stonewall is a charity that offers support and advice for LGBTQ+ people and their parents: [LGBTQ+ Support | Stonewall](#)

People who identify as LGBTQ+ are at a higher risk of abuse, bullying, and hate crimes. Galop is a charity that supports people who have been victims of these kinds of harm: [Galop - the LGBT+ anti-abuse charity](#)

Sexual health

Knowing about sexual health is really important. It does not mean we are encouraging children or young people to have sex. It means that when they are older and ready, they will have the knowledge and tools to keep themselves safe.

It's a good idea to start talking to your child about sex as early as you feel comfortable. "PANTS" is a simple way to explain some of the most important messages about sex and consent: [Let's talk PANTS with Pantosaurus! | NSPCC](#)

For more advice on how to talk to your child about sex, visit: [Sex and Relationships - Advice for Parents | Children First](#)

Other good sources of information include:

- Brook – [Sexual Health & Wellbeing - Brook](#)
- Childline - [Sex and relationships | Childline](#)
- Your Sexual Health Matters (specific to Derby & Derbyshire) - [Home :: Your Sexual Health Matters](#)

Safe sex

Safe sex means sexual activity that is agreed to by everyone, is enjoyable, and has a low risk of unwanted pregnancy or sexually transmitted infections (STIs).

Safe sex includes:

- Consent – Everyone involved must agree to what is happening. They need to fully understand what they are saying yes to, and they must be able to say “no” or “stop” at any time. Consent is needed every single time, even if people are in a relationship or have done it before. The age of consent (the legal age to have sex) is 16. These laws are designed to protect children, not to punish young people.
- Contraception – This is used to avoid pregnancy.
- Condoms – These help prevent sexually transmitted infections (STIs) and also help prevent pregnancy.

Contraception

There are many different types of contraception, such as condoms, the pill, patches, implants, and coils. They all work in different ways and some are more effective than others at preventing pregnancy.

For more information on contraception:

[Home | Contraception Choices](#)

[Contraception Guide - the methods and how to get them](#)

To discuss more about or to get contraception, visit a GP (see page 2) or local sexual health **service** (see page...)

Emergency contraception

There are also options for emergency contraception. This means methods that can help stop a pregnancy after unprotected sex has already happened. These include the “morning after pill” and the copper IUD.

For more information about emergency contraception:

[Emergency Contraception: How The Morning After Pill Works](#)

[Emergency Contraception: The IUD](#)

Most pharmacies in Derby and Derbyshire can give free emergency contraception to anyone under 25. This includes both types of the emergency contraceptive pill.

Some walk-in centres, sexual health clinics, pharmacies, GPs, and contraception clinics can also provide free emergency contraception for people of any age, although this may be different from clinic to clinic. You can also order emergency contraception online by visiting: [Sexual Health Experts | SH:24](#)

Sexually Transmitted Infections (STIs)

STIs (sexually transmitted infections) are infections you can get through sexual activity, and they are more common than many people think. There are many different types of STIs, such as chlamydia, gonorrhoea, HIV, and herpes, along with several others.

Some symptoms of an STI might include unusual discharge, bleeding, itching, or rashes. But many STIs have no symptoms at all, which is why it's important to get tested. Even without symptoms, STIs can cause long-term problems, such as infertility (not being able to have children).

The good news is that most STIs can be treated easily with antibiotics.

For more information on STIs:

[Sexually Transmitted Infections \(STIs\): Worried You have an STI?](#)

[STIs and HIV :: Your Sexual Health Matters](#)

You can get tested for STIs using a kit at home or by going to a clinic. To order a home kit visit: [Order a test online :: Your Sexual Health Matters](#)

Pregnancy

Pregnancy can happen if no contraception is used, or if it was not used properly, such as missing a pill. A pregnancy test should be done about 21 days after unprotected sex, or sooner if a period is missed, because the pregnancy hormone needs time to build up before it can show on a test.

You can get free pregnancy testing from a sexual health clinic.

For more information about pregnancy and pregnancy tests, visit:

[Pregnancy Test: Am I Pregnant? Pregnancy Signs And Tests](#)

If someone becomes pregnant, there are three main options:

- continue the pregnancy and have the baby
- continue the pregnancy and place the baby for adoption
- have an abortion

If someone decides to continue with the pregnancy, it is important to know how to keep the pregnancy healthy. This includes things like stopping smoking or drinking alcohol and eating the right foods. It is also important to book an appointment with a midwife as early as possible to get the advice and care needed. This can be arranged through a GP.

For more information on being healthy during pregnancy, visit:

[Having a baby: What Happens At a Scan & After You've Had a Baby](#)

Abortion

Abortion is the term used when someone chooses to end a pregnancy. Abortions are legal in the UK up to 24 weeks, they are free, and they are usually very safe. In most cases, the earlier an abortion is done, the safer it is. Abortions can be done using medicines or through a small surgical procedure, depending on how far along the pregnancy is.

If someone is pregnant and wants an abortion, they can contact an abortion service directly, or they can speak to their GP or community midwife.

For more information and details on how to get an abortion in Derby, visit:

[Abortion advice :: Your Sexual Health Matters](#)

Sexual violence

Sexual violence is a term used for any unwanted sexual act or activity. This includes things like sexual assault, harassment, rape and abuse. Any kind of sexual violence can be extremely upsetting and can have a big impact on a person's life. It is important that these experiences are not ignored, and that support is offered.

If you are worried about sexual abuse or assault, you can speak to any health professional or the police. You can also use the free and confidential NSPCC helpline on 0808 800 5000. You can email the NSPCC at: help@NSPCC.org.uk

For more information, including where to find support, you can visit:

[What is sexual violence?](#)

[Sexual abuse and sexual assault :: Your Sexual Health Matters](#)

What services are available in Derby?

Sexual health services in Derby are free and confidential, even for people under 16. These services offer things like contraception and free condoms, STI testing and treatment, and other support.

The best places to find services near you are:

[Service finder :: Your Sexual Health Matters](#)

[Sexual Health Clinic Near Me - Brook & NHS Services](#)

There is also a local C-Scheme (previously called C-Card). This allows anyone aged 13 to 25 in Derby to get free condoms. [Free condoms :: Your Sexual Health Matters](#)

SV2 is a charity in Derby and Derbyshire that supports people who have experienced sexual violence. They offer things like counselling, therapy, support groups and legal advice: [SV2 - Supporting Victims of Sexual Violence - Home](#)

Online health

Staying safe online

Technology is always changing, and children are using the internet and social media more than ever.

Top tips for staying safe online:

- Think before you post — once something is online, it can be very hard to make it private again
- Don't share personal information, such as your school name, home address or phone number
- Be careful about who you talk to — not everyone is who they say they are online, so only talk to people you know and who are your age
- Use strong passwords and use different passwords for different accounts
- Cover your web camera when you're not using it

For more information about online safety, visit: [Online safety | Guidance and resources | NSPCC Learning](#)

[Childnet — Online safety for young people](#)

[Keeping children safe online | Barnardo's](#)

[Keep Children Safe Online: Information, advice, support - Internet Matters](#)

Gaming

Online gaming is very popular with children and young people. It can be a fun way to relax, make friends and learn new skills. But it can also become unhealthy if it takes up too much time.

For more advice about gaming, including how to talk to your child about it, you can visit:

[Gaming and Mental Health | Parent Guide To Support | YoungMinds](#)

[Gaming: what parents and carers need to know](#)

Gambling

Gambling in the UK is **illegal for anyone under 18**, but online gambling has become very easy to access. Sometimes websites do not check a person's age properly, which means under-18s might still be able to use them.

For more information about gambling and online gaming, including how to talk to your child about gambling, you can visit the Gambling Commission website:

[Gambling and young people](#)

GamCare runs the National Gambling Helpline. They offer information, advice and support for anyone affected by gambling. Advisers are available 24 hours a day on Freephone 0808 8020 133, or through web chat at: www.gamcare.org.uk.

You can find information especially for young people, parents and teachers at: www.bigdeal.org.uk, Young people are also welcome to contact their services for support.

Smoking, vaping, alcohol and drugs

Smoking and vaping

Although fewer children try smoking now, many people still try it before the age of 18 and some go on to become regular smokers. Children are more likely to start smoking if their parents or friends smoke.

Smoking is harmful for people of all ages, but the younger someone starts, the greater the risk of harm and addiction. Smoking can stop the lungs from developing properly and may make them work less well later in life.

Children who smoke are more likely to get coughs and breathing problems in the short term. In the future, smoking can lead to serious health problems, including heart disease, lung disease and many types of cancer.

Vaping can help people who already smoke to stop smoking, but it is not recommended for people who don't smoke – especially children and young people. Even though vaping is less harmful than smoking, there are still risks because vapes contain toxins.

Most vapes contain nicotine, which is addictive. Children and young people's brains are still developing, and they are more sensitive to nicotine. Young people who vape are also more likely to start smoking in the future.

It is illegal to sell tobacco or nicotine vaping products to anyone under 18 in the UK.

For more information about smoking and vaping:

[Action on Smoking and Health - ASH](#)

[Vaping: What you need to know - Grownups - Health for Kids](#)

Alcohol and Drugs

There is no safe level to drink alcohol. The healthiest and best option is for children to not drink until the age of 18. If they do drink this should not be before age 15 and should be with parental supervision.

If young people aged 15 -17 do drink, it should be infrequently, not more than once a week and should be within the low-risk drinking guidance for adults, which is:

- Adults should drink no more than 14 units a week – this is about 6 pints of beer or glasses of wine - you can check the label on a drink as it will often show the total number of alcohol units in the can or bottle.
- If adults drink as much as 14 units in a week, this should be spread out over three or more days and they should have several drink-free days each week.

Lots of young people try alcohol and drinking at a low level can be fun and make people feel sociable but drinking too much alcohol can cause both short and long term harm.

Short term harms include:

- Being intoxicated (drunk) which can include slurred speech, blurred vision and poor co-ordination which can lead to accidents and injuries.
- Alcohol poisoning, blackouts and memory loss.
- Dehydration.
- Poor sleep and depression.
- Change in judgement - taking risks that you wouldn't normally.
- Alcohol also raises testosterone levels which can affect sex drive and aggression.

There are a lot of longer term health risks linked to regularly drinking alcohol which include liver damage, heart disease, many types of cancer, poor brain development, poor mental health and addiction.

If a young person is getting drunk regularly, drinking alcohol by themselves, or feeling that they need to have a drink of alcohol, they should be supported to seek support.

It's normal for young people to be curious about drugs. There are lots of different types of drugs that young people might try which have different legal status.

Many drugs can cause harms, similar to those caused by alcohol. Regular drug use can have negative impacts on mental health, physical health, can change judgement to increase risk taking behaviour, impact relationships, finances and lead to absence and poor performance in education and work.

There is no safe drug use but there are ways to make drug use safer including: education about drugs, their effects and risks and never using drugs alone.

For more information about drugs and alcohol, and to find support available in Derby visit the websites below:

[Advice and for young people or anyone supporting a young person](#)

[Honest information about drugs | FRANK](#)

[Drink and Drugs | Legal & Illegal Drugs Facts & Information | The Mix](#)

What services are available in Derby?

- Livewell – service to help stop smoking; children aged 12-17 can email livewell@derby.gov.uk. Their website is: [stop smoking | Livewell](#)
- Breakout – alcohol and drugs support for children under 18; email dhcft.breakoutteam@nhs.net or call 01332 267979. Their website is: [Drugs and alcohol support for young people - Derby :: Derbyshire Healthcare NHS Foundation Trust](#)

GP surgeries in Derby city

The easiest way to find a GP surgery closest to you is through the NHS site: [Find a GP - NHS](#)

Otherwise, this page has a full list of the GP surgeries in and around Derby city. Look for a postcode that looks similar to yours – these will be the practices closest to you.

Derwent Medical Centre – DE1 3AZ
Friar Gate Surgery – DE1 1DZ
Horizon Healthcare – DE1 1TH
Macklin Street Surgery – DE1 1JX
Vernon Street Medical Centre – DE1 1FW
Vernon Street Surgery – DE1 1FR
Wilson Street Surgery – DE1 1PG
Mickleover Medical Centre – DE3 0HA
Mickleover Surgery – DE3 9BJ
Chapel Street Medical Centre – DE21 7RJ
Derwent Valley Medical Practice – DE21 7FH
Oakwood Medical Centre – DE21 2HT
Oakwood Surgery – DE21 2DF
Park Medical Practice – DE21 6LA
Taddington Road Surgery – DE21 4JU
Brook Medical Centre – DE22 1FT
Mackworth Surgery – DE22 4AU
Park Lane Surgery – DE22 2DS

Park Medical Practice – DE22 1GB
Park Farm Medical Centre – DE22 2QN
Park Farm Surgery – DE22 2RP
Derby Family Medical Centre – DE23 6QQ
Hollybrook Medical Centre – DE23 3TX
Lister House Surgery – DE23 8RJ
St Thomas Road Surgery – DE23 8RJ
Osmaston Surgery – DE23 8JX
Peartree Medical Centre – DE23 8NQ
The Lane Medical Centre – DE23 6LF
Village Surgery – DE23 8AL
Alvaston Medical Centre – DE24 0GE
Coleman Health Centre – DE24 8NH
Parkfields Surgery – DE24 8QJ
Sinfen Surgery – DE24 3DS
Haven Medical Centre (Keldhome Lane) – DE24 0RY
Haven Medical Centre (Osmaston Road) – DE24 8GT
Chellaston & Melbourne Medical Practice – DE73 5BG