

## 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](mailto:kentchft.kentschoolhealth@nhs.net)

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

Dear Parent / Carer,

Today your child has been given our 'Keep yourself fit and healthy' leaflet which offers some helpful tips to support their physical and emotional wellbeing. You might want to sit down and look at it together.

The Kent School Health team assess the health and development of children and young people aged 4 to 19 as they go through school. We have set contacts throughout their time at school (Reception year, year 6, 10 and 12). We are also here to offer support all the time your child is of school age. Your child does not need to be in school to use this service.

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

[Home - Kent family \(kentcht.nhs.uk\)](http://www.kentcht.nhs.uk)



Yours sincerely

**Kent School Health**

Chair John Goulston Chief Executive Mairead McCormick  
Trust HQ Trinity House, 110-120 Upper Pemberton, Eureka Park, Ashford, Kent TN25 4AZ

## 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](mailto:kentchft.PALS@nhs.net)

**Web:** [www.kentcht.nhs.uk/PALS](http://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