

# Protect-Now

Proactive Population Health and Care for Norfolk and Waveney

The Protect-Now team is employed by the NHS to reach out and offer support to people living in Norfolk and Waveney.

The team will contact you by phone to talk about free services and support for you and your family during your pregnancy and after your baby is born.

The team will prioritise families living in places identified as having the greatest need for support.

## The Protect-Now team can talk to you about:

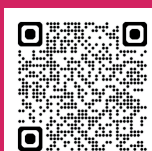
- Parenting support
- Your health and wellbeing
- Your baby's health and development
- Feeding your baby
- Mental health
- Money
- Work
- Housing advice
- Childcare
- Education
- Isolation and loneliness
- Community groups and activities

Following your midwife appointment, if you live in a priority area, the Protect-Now team will call you in the next few weeks to talk to about the support and services available to you. Caller ID will display "Norfolk & Waveney ICB".

Find out more by scanning these QR codes:



About  
Protect-Now



Support if you  
live in **Norfolk**



Support if you  
live in **Suffolk**