Page Title: Healthy Together and your Public Health (School) Nursing Service

Healthy Together is a universal service from Leicestershire Partnership NHS Trust for children and their families from 0-19 in Leicester City.

(add Healthy Together logo as accompanying image)

Header: Your Public Health (School) Nursing Service

Public Health (School) Nurses from Healthy Together are available to help you and your child in many different ways. You can find help and support with:

- Behaviour
- Continence
- Physical health
- Emotional health
- Parenting
- Healthy lifestyles
- Diet and nutrition
- Plus much more

Your Public Health (School) Nursing team can be contacted via your child's school, or through the Healthy Together Helpline.

Discover more about the school nursing team here.

Header: Healthy Together Helpline *(add Healthy Together Helpline logo as accompanying image)*

The Healthy Together Helpline is run by Healthy Together's health visiting and school nursing services, enabling parents and carers to contact a health professional over the phone.

The helpline's qualified health and administrative professionals offer easy to access, safe and free advice, support and signposting, including help with booking and rearranging appointments and support for a variety of health, developmental and mental and emotional wellbeing topic areas affecting babies, children and young people.

Call the Healthy Together Helpline on: 0300 300 3001

Calls are answered from 9am – 4.30pm on weekdays, excluding bank holidays. Calls are charged at the same rate as calling a standard landline number.

Header: ChatHealth *(add ChatHealth logo as accompanying image)*

ChatHealth is a confidential text messaging service provided by Healthy Together that enables parents and carers to contact their Public Health (School) Nursing team for advice and support. You

can get in touch for advice and guidance about any aspect of your child's physical or emotional health.

Text a Public Health (School) Nurse on: 07520 615 382

The service operates between 9am and 5pm Monday to Friday, excluding bank holidays. The team aim to reply to you within one working day and you should get an immediate message back to confirm your message has been received.

If you need help before you hear back, you should visit your local walk-in centre, GP or call 111. In an emergency, call 999.

Header: Health for Kids *(add Health for Kids logo as accompanying image)*

Health for Kids enables primary school aged children to learn about health in a fun and interactive way. With different worlds to explore and content, games, videos, quizzes and animations to enjoy across topics including health, feelings, illness and getting help, children can sit and learn with parents, carers, grandparents, siblings and teachers in a fun and safe online environment.

Visit Health for Kids at: www.healthforkids.co.uk

Header: Health for Kids: Grownups

Health for Kids: Grownups is an extension of the Health for Kids platform, providing health related advice and information specifically for parents and carers of children aged 5-11. Content is available across many topics around the four main areas of Healthy Bodies, Healthy Minds, Health Issues and Getting Help.

Grownups can also access localised information, including news, local services and public health (school) nurse contact details in the dedicated Leicester, Leicestershire and Rutland area that can be accessed when you first visit the website.

Visit Health for Kids: Grownups- https://www.healthforkids.co.uk/grownups

You can also keep up to date with the latest posts, advice and information by following the Health for Kids social platforms:

Facebook- @healthforkids1

Instagram- @healthforkidsgrownups