

Healthy Together Newsletter

ISSUE 08



Welcome to your latest

Healthy Together newsletter

Hello and welcome to the latest edition of your newsletter for parents/carers and school staff from Healthy Together, and the final one of the 2024/25 academic year.

In this update, you can find out our advice related to staying safe in the sun this summer, information about free online parenting courses and tips for supporting your child if they are moving to secondary school.

Supporting your child prepare for secondary school

As the school summer holidays approach, if your child is in Year 6 and their primary school journey will be ending soon, why not take a look at our [animation offering support to parents/carers as you help prepare your child for secondary school?](#)



[Click here to watch our starting secondary school animation](#)

Looking for support and advice related to autism?

ChatAutism is a text messaging service that offers support for autistic people and their parents/carers/families or allies living in Leicester, Leicestershire and Rutland.

You can text for advice on:

- Emotional wellbeing
- Healthy lifestyle
- Understanding autism
- Assessments and diagnosis



Text: 07312 277097

The service is available 9am-5pm every week day



[Click here to find out more about the ChatAutism service](#)

ChatAutism

In the Spotlight

Guide to staying safe in the sun

With the fantastic weather we've experienced lately and the summer holidays fast approaching, protecting your children from the potentially harmful effects of the sun is vitally important.

We've pulled together some quick tips in our '[Staying safe in the sun guide](#)' to help you and also ensure you can have the most fun possible during the summer!



 **[Click here to our guide to staying safe in the sun](#)**

Contact a school nurse by text message

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-19 in Leicester City, which enables you to get professional health advice and support.

Text a Public Health Nurse (School Nurse) on:

07520 615 381



Contact a health professional via the Healthy Together Helpline

You can also call to speak to the Helpline's qualified health and administrative professionals who offer easy to access, safe and free advice, support and signposting.



Call 0300 300 3001

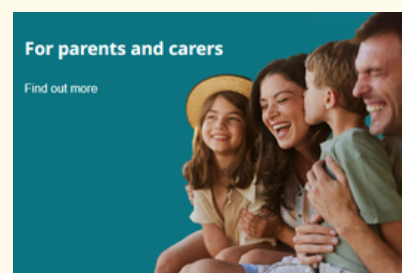
Calls are answered from 9am – 4.30pm on weekdays, excluding bank holidays.


Access free online parenting courses

Leicestershire Partnership NHS Trust has partnered with Solihull Approach to offer free access to expertly designed online courses, which cover concerns that parents, carers, grandparents often face.

Courses include:

- Understanding your child with additional needs
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding your teenager's brain



 **[Click here or on the image to access the courses](#)**