

Healthy Together



NHS

Leicestershire Partnership
NHS Trust

Healthy Together is a public health programme for children and young people aged 0-19 and their families across Leicester, Leicestershire and Rutland.



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Healthy Together includes public health nursing services (previously known as health visiting and school nursing), giving families the care they need including early help if necessary.



Healthy Together



If you need advice about your child's health and wellbeing, you can call to speak directly to a public health nurse. You can also use this number to make an appointment.

 0300 3000 007

The line is open Monday to Friday 9am-5pm.

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Contact a public health nurse for advice about your child's health and wellbeing via our secure text messaging service, Chat Health.

In Leicester

Text 07520 615381

In Leicestershire & Rutland

Text 07520 615382

Monday to Friday 9am-5pm

You will receive a text within 24 hours

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 **ChatHealth**

Healthy Together



Young people can also text a public health nurse (school nurse) for confidential advice on a range of physical and emotional health concerns.

In Leicester

Text 07520 615386

In Leicestershire & Rutland

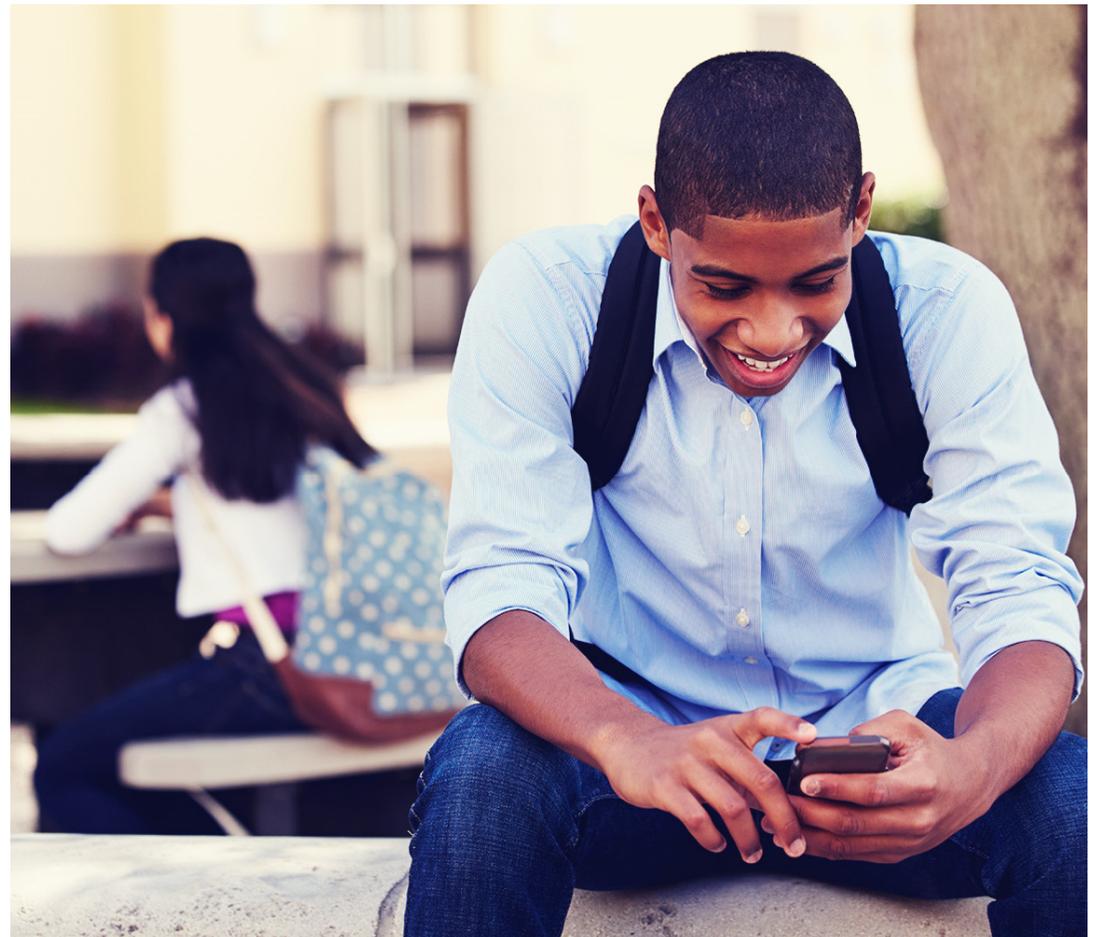
Text 07520 615387

**Monday to Friday 9am-5pm
You will receive a text within
24 hours**

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 **ChatHealth**





www.healthforunder5s.co.uk



www.healthforkids.co.uk



www.healthforteens.co.uk



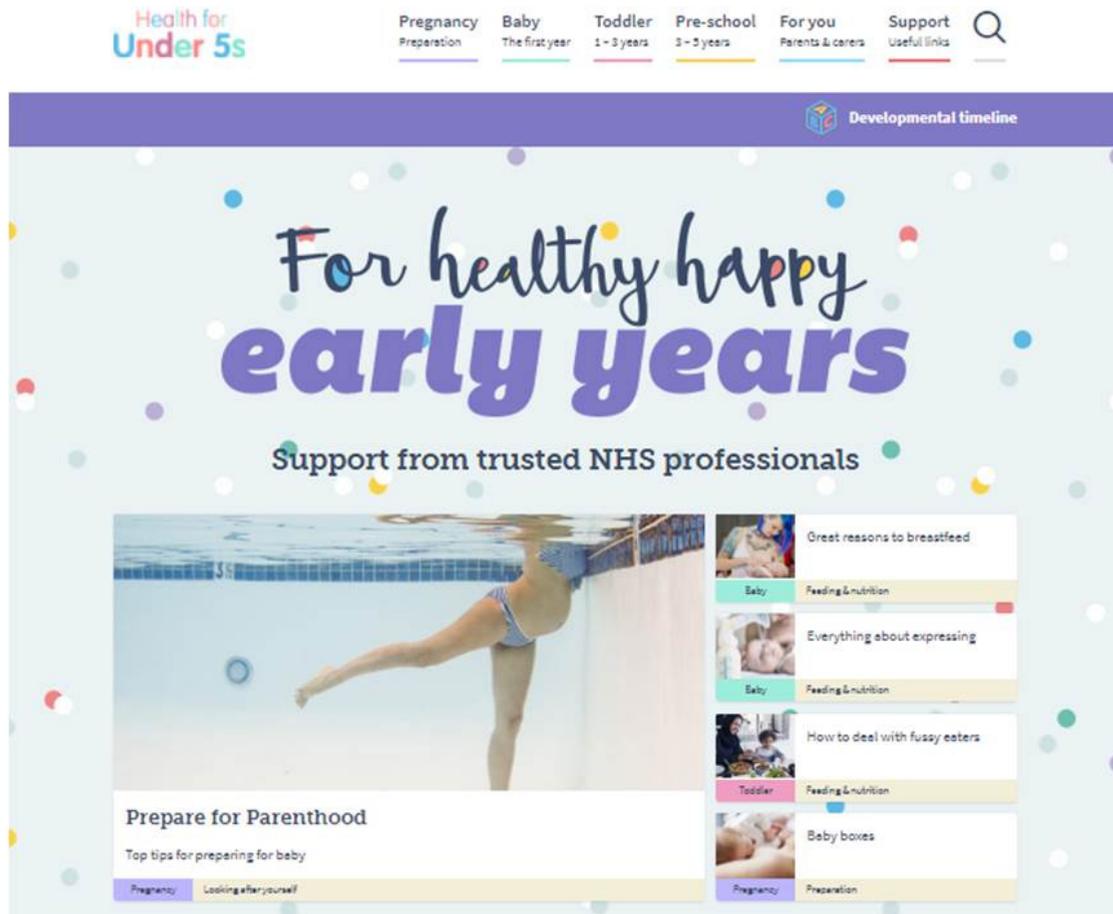
Our suite of websites provide trusted advice from health professionals every step of the way.

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The screenshot shows the homepage of the 'Health for Under 5s' website. At the top, there is a navigation bar with categories: Pregnancy Preparation, Baby The first year, Toddler 1-3 years, Pre-school 3-5 years, For you Parents & carers, and Support Useful links. A search icon is also present. Below the navigation bar is a purple header with the text 'Developmental timeline'. The main content area features a large, colorful graphic with the text 'For healthy happy early years' and 'Support from trusted NHS professionals'. Below this, there is a large image of a pregnant woman in a pool, with the text 'Prepare for Parenthood' and 'Top tips for preparing for baby'. To the right of this image is a list of featured articles, each with a small image and a title: 'Great reasons to breastfeed' (Baby, Feeding & nutrition), 'Everything about expressing' (Baby, Feeding & nutrition), 'How to deal with fussy eaters' (Toddler, Feeding & nutrition), and 'Baby boxes' (Pregnancy, Preparation).

Health for Under 5s

Advice from pregnancy through to pre-school on everything from infant feeding to learning and play, healthy eating to having fun together.

www.healthforunder5s.co.uk

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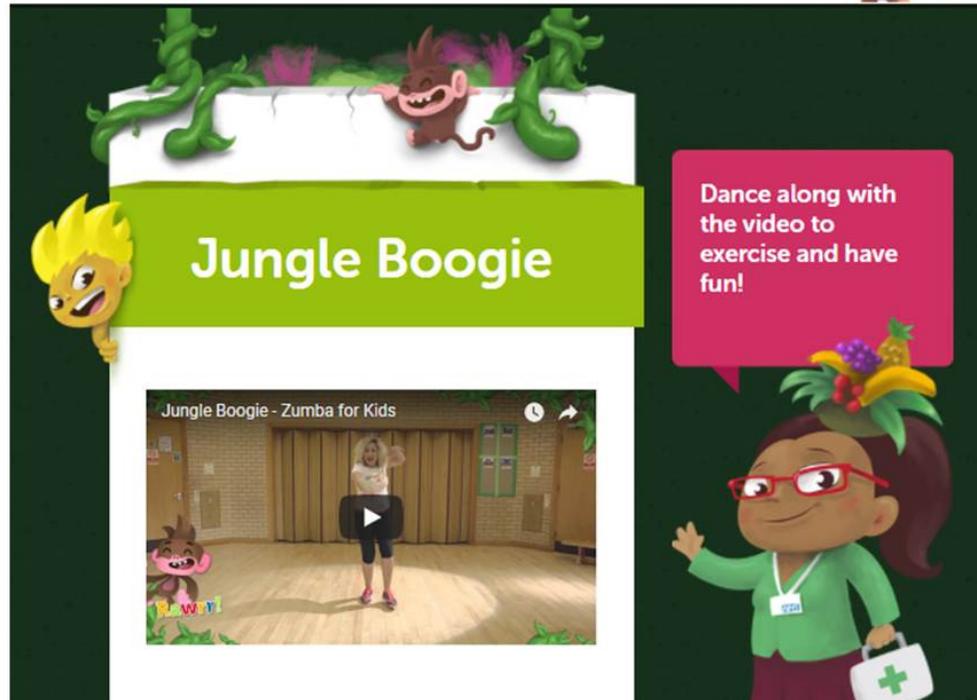
**Health
for Kids!**

Staying Healthy

Illness

Feelings

Getting Help



Jungle Boogie

Dance along with the video to exercise and have fun!

Jungle Boogie - Zumba for Kids

**Health
for Kids!**

Helping kids learn about health and wellbeing through fun and interactive games and activities. Plus, advice and resources for parents and carers.

www.healthforkids.co.uk

Healthy Together

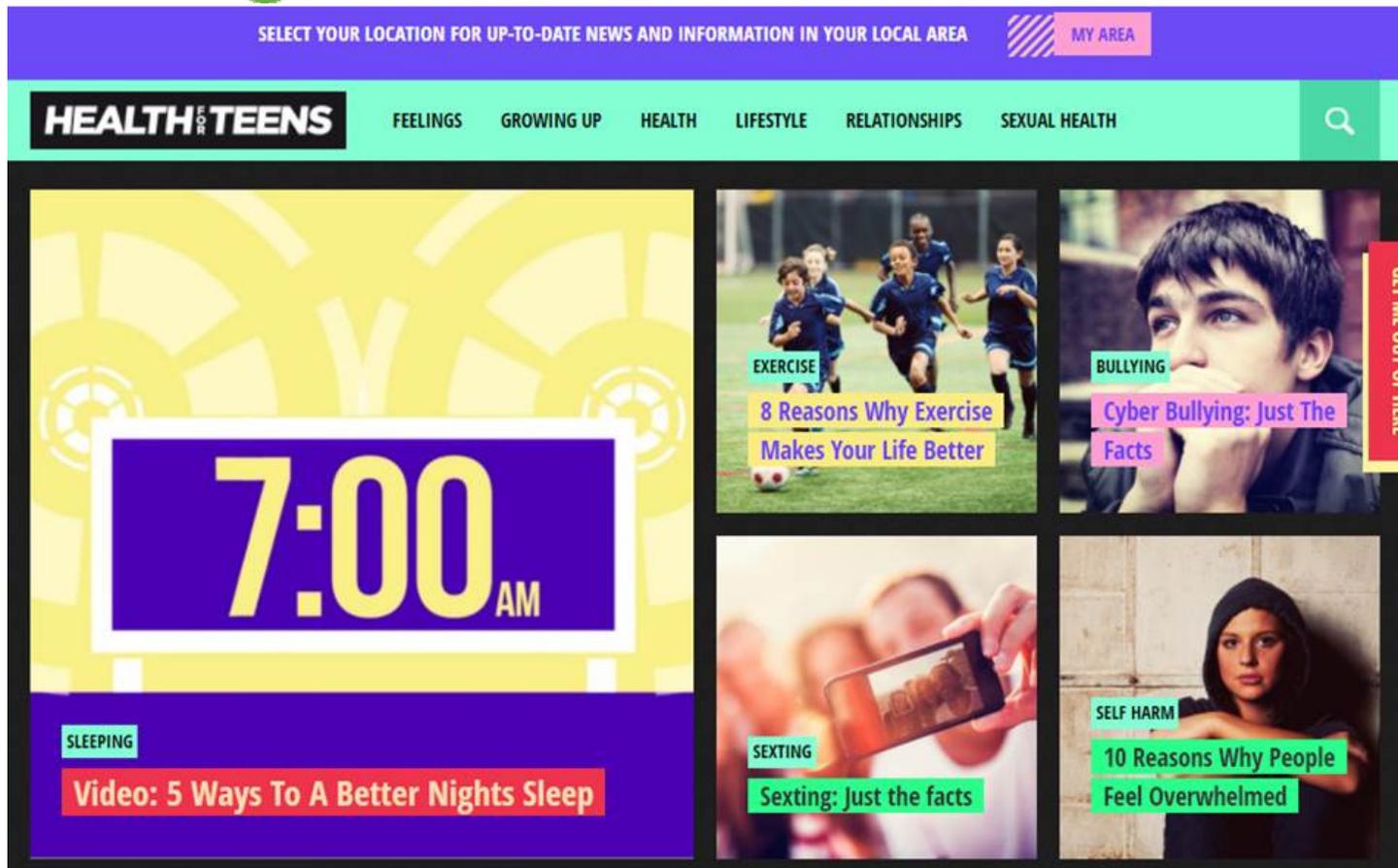


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SELECT YOUR LOCATION FOR UP-TO-DATE NEWS AND INFORMATION IN YOUR LOCAL AREA **MY AREA**

HEALTH FOR TEENS FEELINGS GROWING UP HEALTH LIFESTYLE RELATIONSHIPS SEXUAL HEALTH



7:00 AM

SLEEPING
Video: 5 Ways To A Better Nights Sleep

EXERCISE
8 Reasons Why Exercise Makes Your Life Better

BULLYING
Cyber Bullying: Just The Facts

SEXTING
Sexting: Just the facts

SELF HARM
10 Reasons Why People Feel Overwhelmed

GET ME OUT OF HERE

Health tips and advice just for teens. Plus, weekly webchats on a range of topics.

www.healthforteens.co.uk

Is your child a flu hero?

Find out when our children's community immunisations team will be visiting your child's school at:
www.leicspart.nhs.uk/communityimms

If your child's not yet at school, ask your GP for an appointment.

