

Healthy Together Newsletter

ISSUE 09



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 first of the 2025/26 academic year.

In this update, you can find advice around flu, tips for keeping your family well this winter in our winter hub and a new animation aimed at children to raise awareness of the support a school nurse can offer.

Introducing your school nurse (for primary school children)

To help primary school children be more aware of who a school nurse is and the support that is available to them, we have created a short animation that we'd encourage you to share with your child.



 [Click here to watch our animation with your child](#)

Staying well over winter hub is back

Launched for the first time last year, our winter hub is back to provide you with support, advice and information to help you and your family stay well over the winter months.

The hub is packed with advice around flu, local vaccination clinics, general winter health advice and a brand-new 'Stay Well Guide' with guidance on when and where to seek medical help for certain ailments.



[Click here to access our winter hub](#)



[Staying well over winter](#)

In the Spotlight

Flu: What you need to know

With the flu vaccination programme in primary schools in full swing, take a look at our 'what you need to know' information around flu to identify some of the most common symptoms and to discover why consenting for your child to have their nasal flu vaccination in school is so important.



 [Click here to view our advice around flu](#)

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



Support for parents from the school nursing service

Leicestershire Partnership NHS Trust's school nursing service is available to support parents/carers with any concern's you might have about your child's health and wellbeing.

From their growth and development to toileting worries or concerns about what they are eating, the team are here for you.

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

[Click here to leave feedback about school nursing service](#)

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.

Free online parenting pathways for healthier relationships and happier lives

TOGETHERNESS

Online learning pathways for your parenting journey and important relationships.

For healthier relationships and happier lives

- Antenatal and postnatal learning pathways for the foundations of emotional health
- Children's early development and behaviour
- Special educational needs and disabilities (SEND)
- Adolescence and young people's mental health
- Adult emotional health including trauma



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