

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 0-11 in Leicestershire and Rutland.



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 alternatively you can find the contact details [by selecting your child's school from the drop down list on our Health for Kids: Grownups website](#).

[Discover more about the school nursing team here](#).

ChatHealth



[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.



Health for Kids

[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

Health for Kids: Grownups

[Health for Kids: Grownups](#) is an extension of our 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 our Health for Kids social platforms:

Twitter- [@healthforkids1](https://twitter.com/healthforkids1)

Facebook- [@healthforkids1](https://www.facebook.com/healthforkids1)

Instagram- [@healthforkidsgrownups](https://www.instagram.com/healthforkidsgrownups)