

Healthy Together Newsletter

ISSUE 01



Welcome to your latest Healthy Together newsletter

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

In this update, you can find out about advice and information to help you and your family stay well this winter alongside links to videos from the BBC's Operation Ouch series and much more.

Staying well over winter





With the colder winter months upon us, we have pulled together advice and information from across Health for Kids and Health for Kids: Grownups to help you and your family stay well this winter.

Our winter hub collection of content will grow throughout the winter months, with advice around flu, local vaccination clinics, general winter health advice and a 'Stay Well Guide' with guidance on when to seek medical help for certain ailments already available to you.

[Click here or on the images to access the winter hub](#)



Take a closer look at our collection of content offering advice and information to help you and your family stay well over the winter months.

 <p>NEWS</p> <p>Parent's Stay Well Guide for children aged 0-9 years</p> <p>→</p>	 <p>HEALTH ISSUES</p> <p>Staying well over winter</p> <p>→</p>	 <p>HEALTH ISSUES</p> <p>Flu: What you need to know</p> <p>→</p>	 <p>NEWS</p> <p>Primary schools flu immunisation programme</p> <p>→</p>
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In the Spotlight

Operation Ouch! helps to keep your children safe

We are delighted to host a series of videos on Health for Kids featuring the well-known faces of Dr Chris, Dr Xand and Dr Ronx from the popular CBBC series.

The videos offer advice and support on how to look after yourself if you're experiencing a number of ailments including asthma, fever and head injuries, with subtitled versions in different languages also available.



[Click here to view the Operation Ouch! video series](#)

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 0-11 in Leicestershire and Rutland, which enables you to get professional health advice and support.

Text a Public Health Nurse (School Nurse) on:

07520 615 382



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.

Get your children involved in offering the right treatment

The Games area on Health for Kids is full of fun health based games for children to enjoy and learn from, including Knight Nurse!

Here we encourage children to become the nurse and identify the best course of treatment for the patient; treatment, medicine or advice!



Oh... and the patients aren't your regular human patients!!!

[Click here to play the game and become the Knight Nurse](#)