

# Healthy Together Newsletter

ISSUE 07



**Welcome to your latest Healthy Together newsletter**  
 Hello and welcome to the seventh edition of your newsletter for parents/carers and school staff from Healthy Together, and the second of the 2024/25 academic year.  
 In this update, you can find out about the free online parental courses available to you, our animation to support you in preparing your child for secondary school and how to access our new speech and language toolkits.

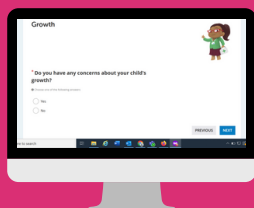


## Digital health contact to launch for parents/carers of children in reception

Following the Easter holidays, parents/carers of children in reception will have access to a Digital Health Contact; an online questionnaire that covers various topics linked to your child's health and wellbeing and offers you support.

The contact covers a variety of topics including:

- Growth
- Development
- Speech and language
- Toileting



Be sure to look out for communications from your child's school in the coming weeks with information on how to access the Reception Digital Health Contact.

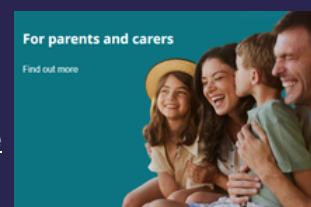
## Access free online parenting courses

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](#)



## In the Spotlight

### Parental speech and language toolkit

We have recently published a speech, language and communication toolkit developed by Speech and Language Therapists to help you support your child's communication at home

Whether you're looking for quick tips or detailed guidance, you'll find practical advice, videos, and resources tailored to your child's needs



 [Click here to view the speech and language toolkit](#)

### 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.

### Supporting your child prepare for secondary school

With families with children in Year 6 recently finding out about their child's secondary school place for the next academic year, we wanted to remind you of our animation which offers advice and guidance for parents/carers in supporting your child as they prepare for this next step in their education.



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

There's also an animation that your child can watch too to help them feel prepared for their first day.