Healthy Together Newsletter

ISSUE 12



Welcome to your latest Healthy Together newsletter

Hello and welcome to your newsletter for parents/carers and school staff from Healthy Together and the first issue of of the 2026/27 academic year.

As we enter the colder winter months, here you'll find lots of advice and guidance on keeping your family well, tips for staying safe around ice and water during winter plus details of an exciting webinar for parents.

Introducing your school nursing service

The school nursing service is available to support both parents/carers and children all year round, so take a look at our videos for more information on the help available.



Click here to watch our animation aimed at children

Click here to watch our video aimed at parents and carers



You can also find out more on Health for Kids: Grownups

Helping your family stay well over winter

Providing you with support, advice and information to help you and your family stay well over the winter months, our winter hub is back on Health for Kids: Grownups.

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

Click here to access our winter hub



In the Spotlight

Ice and winter water safety

Frozen lakes and waterways can look very appealing to children during the cold winter months, however they pose many serious risks.

Take a look at our advice on staying safe around ice and winter water, and what to do if you see someone in trouble.



👉 **Click here to view our advice on winter water safety**

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

ChatHealth

Children's Winter Wellbeing Pack

With shorter days and less sunlight it can be difficult for some children can have a negative impact on their emotional health.

To help support children, take a look at this wellbeing pack created by the Mental Health Support Teams in Schools.



👉 **Click here to view the Winter Wellbeing Pack**

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.

Healthy Together Helpline

Call 0300 300 3001

Calls are answered from 9am – 4.30pm on weekdays, excluding bank holidays.

NHS University Hospitals of Leicester NHS Trust
Leicester's Marvellous Medicine talks

Join Professor Damian Roland, who will give a reassuring talk about common childhood illnesses and minor injuries with a focus on caring at home and recognising when your child needs medical attention.

Click here to book your place at this webinar on Thurs 10 Dec

NHS
Leicester, Leicestershire and Rutland

leicesterleicestershireandrutland.icb.nhs.uk/your-health/

Need help fast?



The NHS in Leicester, Leicestershire and Rutland wants to remind you how to get the right NHS care when you need it quickly and continues to recommend just two simple steps for situations when it isn't life threatening

Step 1: Try to manage the problem yourself or get help from a local pharmacy, NHS 111 online, or the NHS App.

Step 2: If that doesn't work or the problem is more serious, contact your GP practice or NHS 111 (when your GP practice is closed). They will help arrange the right appointment.

Click here to access the 'Need help fast?' information,



Flu is already effecting our communities with high numbers of people already needing hospital treatment.

Protect your child, family and any vulnerable people around you this winter by ensuring your child has their nasal flu vaccine either at school or children aged 2-3 can have the vaccine at their GP practice or selected pharmacies.

Click for vaccination information:

For pre-school

For school-age

Get the latest winter updates

For the latest advice, support and information throughout winter, we recommend following these local accounts on Instagram:

- **Leicester, Leicestershire and Rutland Integrated Care Board (@nhsllr)**
- **Leicester's Hospitals (@leicestershospitals)**
- **Leicestershire Partnership NHS Trust (@lptnhs)**
- **East Midlands Ambulance (@emasnhstrust)**

NHS 111

111

111.nhs.uk

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. They offer help 24 hours a day, seven days a week, and can:

- Tell you where to get help for your symptoms
- Direct you to appropriate local services for your medical condition and help arrange an appointment
- Direct you to where to get emergency medical prescriptions
- Provide general health information and advice

For life-threatening illnesses or injuries, you should always dial 999.

DID YOU KNOW....

Children's 'super bodies' are designed to fight off many common illnesses, without the need for antibiotics?

Most children will recover in the same amount of time with or without antibiotics.