

Healthy Together Newsletter

ISSUE 01



Welcome to your latest Healthy Together newsletter

Hello and welcome to the fifth edition of your newsletter for parents/carers and school staff from Healthy Together, and the final one for the 2023/24 academic year.

In this update, you can find out about Leicestershire Partnership NHS Trust's ChatAutism service, newly released speech and language content and our animation to support your child if they are moving to secondary school.

Supporting your child's speech, language and communication development

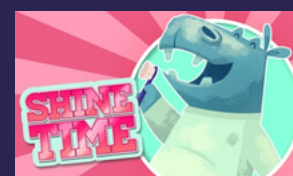
A series of new articles have recently been published on Health for Kids: Grownups, created in partnership with Leicestershire Partnership NHS Trust's Children's Speech and Language Service, to help support your child's communication development.

Click on the links below to access this brand new content:

- [How to support your child to understand language](#)
- [How to use choice boards](#)
- [How to use communication boards](#)
- [How to use signing](#)

Fun and educational games on Health for Kids

With summer approaching and the British weather unpredictable, there are a number of [fun and educational games](#) for children to play over on Health for Kids to keep them entertained if it's raining outside!



In the Spotlight

Supporting your child as they move on to secondary school

With Year 6 pupils set to leave primary school behind in the coming weeks, we've created a [short animation for parents with advice on how you can support your child as they make the move to secondary school](#).

Filled with lots of hints, tips and advice, hopefully you can help make the transition as smooth as possible for your child.



 [Click here to view the 'Starting secondary school' animation](#)

Contact a school nurse by text message during the holidays

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



Autism support services

Leicestershire Partnership NHS Trust provides digital support services for autistic people and their families living in Leicestershire and Rutland.

ChatAutism

Text 07312 277 097

with any autism related query and a qualified health professional will respond

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.



[Autism Space](#) is a website [providing information and advice on a wide range of autism related topics](#), plus a directory of local support services