

Supporting you and your family

During the Coronavirus (COVID-19) outbreak, Healthy Together, the 0-19 public health nursing service for Leicester, Leicestershire and Rutland, will not be routinely offering face-to-face visits.

Health visitors will only be visiting families for critical visits, such as the new birth visit, until further notice, with other contacts carried out over the phone.

However, families still have access to a whole range of digital resources from Healthy Together, including the Health for Under 5s website (www.healthforunder5s.co.uk) and the secure text messaging service, ChatHealth, which enables you to contact a public health nurse for advice and information.



Health for Under 5s

Health for Under 5s provides health information for parents and carers, and covers pregnancy through to pre-school.

All of the content is written and developed by NHS professionals working for Leicestershire Partnership NHS Trust with support from Leicester City Council, Leicestershire County Council and Rutland County Council.

For example, you will find advice about:

- Health and wellbeing during pregnancy, including through a range of antenatal videos
- Feeding and caring for your new baby, including safer sleep advice
- Your baby's development and learning through play
- Introducing solid foods
- Safety in the home
- School readiness



There is also guidance on managing challenges, such as helping your child sleep well, fussy eating and toddler behaviour, as well as great resources to support toilet training, including a video and downloadable reward chart.

Specific content supporting your family during the COVID-19 (Coronavirus) outbreak is available on the website.



ChatHealth

Leicestershire Partnership NHS Trust runs a confidential and secure text messaging service for parents of children aged 0-19 called ChatHealth.

Getting in touch

If you live in Leicester city, text your public health nurse (health visitor) on:

07520 615 381

If you live in Leicestershire and Rutland, text your public health nurse (health visitor) on:

07520 615 382

How does it work?

The service is available **Monday to Friday between 9am and 5pm**, excluding bank holidays. All texts will be responded to by a public health nurse (health visitor/school nurse) within 24 hours. Outside of the service working hours, you'll receive a message back to inform you that your text will be responded to once the line reopens.

Should you require urgent health advice in the meantime, use the online 111 service or call your GP. For emergencies, call 999 or visit A&E.