

HEALTHY TOGETHER NEWSLETTER

ISSUE 03



WELCOME TO YOUR HEALTHY TOGETHER NEWSLETTER

Hello and welcome to the third issue of your newsletter from Healthy Together, and the first in the 2023-24 academic year. Each term you will receive this information leaflet designed for young people, parents/carers and school staff.

In this update, you can find out more about our new Teenage Booster vaccination animation, new autism focused animations, plus lots more.

CHECK OUT OUR NEURODIVERSITY CONTENT

We now have a varied range of content around neurodiversity on Health for Teens, including information on autism, tics, ADHD and more.

Check out this content by clicking here.



FREE ONLINE COURSES TO HELP UNDERSTAND YOUR FEELINGS

InOurPlace are hosting free online courses to help you understand your feelings and brain development, to support your wellbeing.

UNDERSTANDING YOUR CHILD'S BEHAVIOUR
inourplace NHS

For teenagers

Free online courses to help you understand your feelings and brain development, to support your wellbeing

- **Understanding your brain** development and what this means for how you feel and behave
- **Understanding your feelings** your mental health and how to nurture emotional wellbeing
- How your relationships and friendships may change and why
- Written for teenagers with teenagers

Designed by clinical psychologists in partnership with practitioners and teenagers

www.inourplace.co.uk



The courses are designed by clinical psychologists in partnership with practitioners and teenagers and are available to residents of Leicester, Leicestershire and Rutland for free



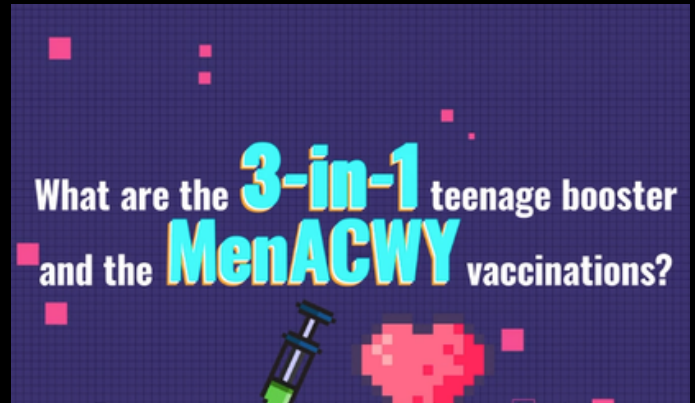
Click here to find out more and access the courses

IN THE SPOTLIGHT

FIND ABOUT MORE ABOUT THE 3-IN-1 TEENAGE BOOSTER & MEN ACWY VACCINATIONS

To help raise awareness and understanding of the 3-in-1 teenage booster and MenACWY vaccinations, we have launched a brand-new animation on Health for Teens.

Using a computer game theme, young people can find out more about the importance of getting vaccinated and the protection the vaccines provide.



[TAKE A LOOK AT OUR TEENAGE BOOSTER ANIMATION BY CLICKING HERE](#)

NEED SUPPORT?

WANT TO DISCUSS A WORRY OR CONCERN?

Text your Public Health Nurse (School Nurse) on:

07520 615 386

You can also text to book an appointment to see a School Nurse too



MEET A SCHOOL NURSE



Hi, I'm Leanne, a school nurse working in Leicester City

Which school(s) do you work in?

Tudor Grange Samworth Academy & Millgate School

Why do you enjoy being a school nurse?

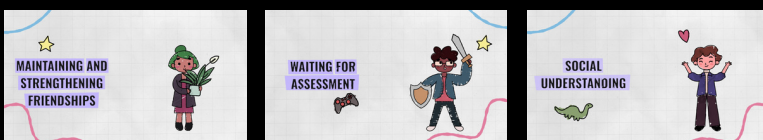
It is a privilege that children and young people feel able to share their difficulties with me, and trust that I can offer support or signpost to the most suitable service to help.

What's your favourite motivational quote/piece of advice?

Sleep, a healthy diet, and exercise are the foundation for positive physical and mental health.

NEW AUTISM ANIMATIONS LAUNCHED FOR YOUNG PEOPLE

Three new animations have recently been launched on designed specifically for young people.



Click on the images above or the links below to view the animations:

- [Maintaining and strengthening friendships](#)
- [Waiting for assessment](#)
- [Social understanding](#)