

Healthy Together Newsletter

Issue 06



Welcome to your Healthy Together newsletter


Hello and welcome to your latest newsletter from Healthy Together, and the first one of the 2024/25 academic year.

In this update, you can find out more about the self-care content we have on Health for Under 5s, information on vaccinations you'll have in secondary school and much more.

Immunisations: Helping you stay protected

During your time at secondary school, you will be offered a number of immunisations to help protect you against a variety of dangerous diseases and illnesses.

We've created lots of content around the vaccinations you'll have in secondary school so you know exactly what to expect.

 **Check out our
vaccination
content by
clicking here.**

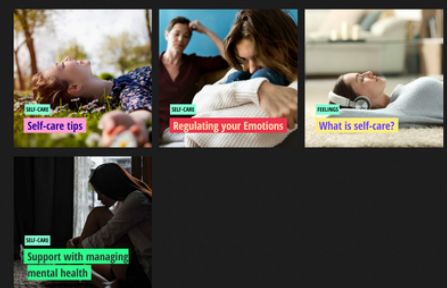
Self-care: Looking after your physical and emotional health

Taking the time to look after yourself can have a positive impact on both your overall physical health as well as your emotional health.

On Health for Teens, we have created a number of posts offering tips and advice around self-care, with simple tips that you can implement every day.

**[Click here or on
the image to view
our self-care
content](#)**

SELF-CARE



In the Spotlight

Are you in a healthy relationship?

When you're in a relationship, you should be able to be open and honest at all times, and never feel pressured to do things that you don't want to.

Unfortunately, not all relationships are like this, so we have created a short quiz to help you identify if you're in a healthy relationship or not.

Take the quiz today!



[Click here to take the 'Are you in a healthy relationship?' quiz](#)

Need support from your school nursing team?

If you attend a school in and live in Leicester City, text your School Nursing team on:

07520 615 386

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



Call a health professional through the Healthy Together Helpline



Speak to qualified health 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.

Sexual health support from the school nursing service

Did you know that in school you can get advice and support from your school nurse on a range of topics, including sexual health?

Take a look at our video to find out more about the sexual health support your school nurse can provide you with



[Click here to view the video](#)

Could you stand in Leicester's Young People's Elections?

If you're interested in representing other young people, Leicester's Young People's Elections are coming soon.

LEICESTER WANTS YOU!
Young People's Elections 2024

- Are you aged 11-18 years or up to the age of 25 for young people with special educational needs & disability (SEND)?
- Could you represent other young people and have something to say?
- If the answer is **Yes** to both!

CHOOSE OR LOSE!

Then stand in the next elections for Leicester City's Young People's Council

TO FIND OUT MORE CONTACT:
RAP-service@leicester.gov.uk