Newsletter

Summer term 2023

and to book events.



Today's Health, Tomorrow's Future

Workshops and courses Welcome Welcome to our first Early Years newsletter. Is your child starting school in September? What does ready for school mean? What is Hampshire Healthy Families? Join us on our **FREE** 'School Readiness' workshops. A partnership between Southern Health NHS Foundation Trust and Barnardo's to support the Starting school can raise many questions, feelings, and emotions for you and health and wellbeing of families, parents and your family. These sessions aim to help the whole family to prepare and carers of children aged 0-19-years-old. adjust to school life and help ease any worries you may have at this stage of your child's life. Scan the QR code for lots of advice, resources, "Regardless of their "I got answers for a ability, every parent "Clear advice and will have a better lot of questions guidance and lots of understanding of how to support my helpful resources child in all the school readiness and Discover sent promptly school find something useful afterwards." more here preparation." to take away from the session." Discover our full range of free of workshops and events on our website. Why wait? Book today. **Book your** place here NHS Southern Health Crying Sleep Parent Information Solid Portal foods The Parent Information Portal (PIP) is a brand new digital platform from Behaviour (Southern Health, designed to give you easy access and control over your

ChatHealth

Have you got a health concern? Need advice? Parents of 0-5-year-olds can text questions to ChatHealth to an expert health visitor on hand for guidance.

ChatHealth

Text 075206 15720

Mon-Fri

9-4pm

Notice board

- It's World Immunisation Week 24-30 • April. Is your child fully protected?
- Follow our socials for latest updates, health guidance, and info on courses:

@hantsfamilies @hampshirehealthyfamilies

child's health information.

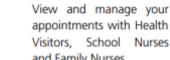


Search a wide range of resources about children's health



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appointments with Health Visitors, School Nurses and Family Nurses

If you would like access to the portal, send your child's details (NHS number and full name) to **pip@southernhealth.nhs.uk.** Once your details are checked and verified, you will be able to log in.