Newsletter

Summer term 2023

Hampshire Healthy Families

Today's Health, Tomorrow's Future

Welcome

Welcome to our first newsletter.

What is Hampshire Healthy Families?

A partnership between Southern Health NHS Foundation Trust and Barnardo's to support the health and wellbeing of families, parents and carers of children aged 0-19-years-old.

Scan the QR code for lots of advice, resources, and to book events.

Discover more here

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.



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

Workshops and courses

Is your child starting school in September? What does ready for school mean?

Join us on our **FREE** 'School Readiness' workshops.

Starting school can raise many questions, feelings, and emotions for you and your family. These sessions aim to help the whole family to prepare and adjust to school life and help ease any worries you may have at this stage of your child's life.

"Regardless of their ability, every parent will have a better understanding of school readiness and find something useful to take away from the session."

"I got answers for a lot of questions - how to support my child in all the school preparation."

"Clear advice and guidance and lots of helpful resources sent promptly afterwards."

Discover our full range of free of workshops and events on our website. Why wait? Book today.

Book your place here

Parent Information Portal

The Parent Information Portal (PIP) is a brand new digital platform from Southern Health, designed to give you easy access and control over your child's health information.

- Search a wide range of resources about children's health
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- View and manage your appointments with Health Visitors, School Nurses and Family Nurses
- Give feedback via short questionnaires
- View your child's vaccination history

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.