

Support for parents and carers across Leicester, Leicestershire and Rutland

Discover some of the fantastic support services for parents and carers of primary school aged children offered by Leicestershire Partnership NHS Trust and other agencies across the local area



Grownups

[Health for Kids: Grownups](https://healthforkids.co.uk/grownups) is an online platform provided by the NHS which is full of advice for parents and carers, covering various topics including communication, neurodiversity, emotional health and more healthforkids.co.uk/grownups



AutismSpace

[Autism Space](https://leicspart.nhs.uk/autism-space/) is a local site providing support, advice and guidance on autism in helpful categories, including assessment and diagnosis, education, communication and relationships and more. leicspart.nhs.uk/autism-space/



Leicestershire Partnership
NHS Trust

[The Leicestershire Partnership NHS Trust website offers a 'While you wait' space](https://leicspart.nhs.uk/while-you-wait/), providing advice and guidance for those waiting for assessments from services such as CAMHS and for conditions like ADHD.

leicspart.nhs.uk/while-you-wait/

TOGETHERNESS

Bringing the Solihull Approach to the world

[Togetherness](https://togetherness.co.uk/) offers a range of accessible learning pathways to help everyone understand more about brain development, emotional wellbeing and parenting for healthier relationships and happier lives.

Access code: CURVE

togetherness.co.uk/



The Healthy Together Helpline's qualified health and administrative professionals offer easy to access, safe and free advice, support and signposting. Calls are answered from 9am – 4.30pm on weekdays, excluding bank holidays.

Call: 0300 300 3001



Parents and carers can text a Healthy Together public health nurse (health visitor/school nurse) with questions about any aspect of their child's physical and emotional health.

If you live in Leicester

text: 07520 615 381

If you live in Leicestershire or Rutland

text: 07520 615 382



ChatAutism is a local text messaging service for autistic people and their parents/carers/families and allies. It's staffed by qualified NHS health professionals so you can be confident in the advice they share with you.

You can send a text to: 07312 277097



Providing a one-stop shop for support, advice and information, Family Hubs have been set up across Leicester, Leicestershire and Rutland, helping families navigate every stage of life.



Family Hubs Leicester

families.leicester.gov.uk

Family Hubs Leicestershire

familyhubsleicestershire.org.uk/

Family Hubs Rutland

rutland.gov.uk/rutland-information-service/rutland-family-hub



The Leicester, Leicestershire and Rutland Integrated Care Board (ICB) offer advice on how to look after your own health and wellbeing, as well as services that can support you.

<https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/>



HEADS UP
Supporting families through life's challenges

Heads Up provide a wide range of support to parents and carers across the local area, including antenatal education, early years groups, ADHD support and more.

headsupleicester.org.uk/