



Back to school now ... Well done, you have made it through the first few weeks of the Autumn term!

Remember that we are here for you if you have any worries about your health. We can help with so many things such as:

- *Healthy eating and exercise*
- *Emotional Health*
- *Attendance*
- *Relationships*

You can text our 'Parent ChatHealth' service on 07480 635 496

Best regards,

Alka Sabraiwal

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To help us improve your local health service and make sure our hospitals and community services are meeting your needs, please click <https://www.swft.nhs.uk/join-us/become-member> to become a member.