

Dear Parent/ Carer

As we head into winter, and our children are now picking up more common infections and illnesses, I am writing to remind you about an NHS website, developed by a range of doctors, health and care professionals and families from across Barnsley, Bassetlaw, Doncaster, Rotherham and Sheffield that was launched a few months ago.

The website draws on the experience and expertise from the region's leading children's health Trust, Sheffield Children's NHS Foundation Trust, and provides simple advice about a wide range of common illnesses and medical conditions that affect children and young people aged between 0 -18.

The '**Healthier Together**' website provides guidance on a huge range of health conditions including rashes, fever, coughs, asthma, sickness, earache, conjunctivitis, head injuries, limps and many more. There are also details about young people's mental health, COVID-19 and further signposting to health and care services in your local area.

If you are pregnant, you will also find a range of useful advice about how to look after yourself and your baby. You will also find useful guidance on healthy eating, oral and dental health and child development.



Web address:

<https://sybhealthiertogether.nhs.uk>

The Healthier Together website is an accessible website which includes the Browsealoud tool



This easy-to-use website uses a traffic-light system to help you quickly assess your child's symptoms especially when looking after a child at home or having been sent home from nursery, school, or college.

Symptoms are listed according to their severity – slight/minor (green), considerable/recommending further clinical advice (amber) and concerning/urgent medical attention required (red).

This website has been designed to help improve your knowledge and confidence in being able to spot the signs and symptoms of common causes of child ill-health, giving you peace of mind and important knowledge about when to seek further medical attention.

Visit the website for further information:

<https://sybhealthiertogether.nhs.uk>

Please feel free to provide any user feedback you have about the website by contacting the South Yorkshire and Bassetlaw Integrated Care System: helloworkingtogether@nhs.net

Yours Sincerely



Dr Nicola Jay

Consultant Paediatric Allergist at Sheffield Children's Hospital NHS Foundation Trust and Healthier Together Clinical Lead for South Yorkshire Yorkshire and Bassetlaw Integrated Care System