



# Living Well North Tyneside

Supporting Health and Wellbeing

As we settle into the colder months, it's not too late to get winter-ready and ensure families have the tools they need to manage their health effectively. **The North East and North Cumbria Child Health and Wellbeing Network** is encouraging everyone to explore the **Healthier Together website and mobile app**. These resources are designed to support parents and carers with trusted health advice for their children, helping them make informed decisions and access the right care when needed.

## What Is the Healthier Together App?

The Healthier Together app and website offer practical, reliable advice on managing common childhood illnesses. By equipping families with the right information, the app helps:

- **Provide tailored advice:** Covering symptoms and conditions specific to babies, children, and young people.
- **Reduce unnecessary visits:** Helping families decide when to visit A&E, book a GP appointment, or seek alternative care.
- **Support urgent needs:** Ensuring those who need immediate care are guided to the appropriate services.

## Why Download the Healthier Together App?

This app can make a real difference during winter when health services often experience high demand. By downloading the app, families can:

- Get instant access to health advice tailored to their local area.
- Receive links to individual pages via the 'SMS Share' functionality, making it easy to share information with others.
- Find additional support for families, including cost-of-living resources to connect vulnerable households with local aid.

## How Can Professionals Help?

If you work with children, young people, or families, you can play an important role in promoting Healthier Together:

1. **Share the App:** Encourage families to download the app or bookmark the website for reliable health advice.
2. **Download the Healthier Together app**
3. **Visit the Healthier Together website**
4. **Use SMS Share:** Use the app's functionality to send links directly to a family's mobile phone, guiding them to the right information when they need it most.
5. **Signpost Resources:** Highlight the cost-of-living section on the website to ensure vulnerable families can access local support services.

## Why It Matters

With its user-friendly features and trusted guidance, Healthier Together is a valuable resource for families and professionals alike. By reducing unnecessary visits to A&E and GP surgeries, it also supports the NHS during this busy season, ensuring those in urgent need can access care promptly.

Help spread the word about the Healthier Together app and website today, and together we can create healthier, more resilient communities this winter.

## Related Links

- [Visit the Healthier Together website](#)
- [Download the Healthier Together app](#)

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