

# Care navigation

This leaflet gives you information about the role of the care navigator and how they can help co-ordinate services to support children aged 0-19

Please contact your area care navigator (details on pages three and four of this leaflet) or if you do not know who your care navigator is, please contact us:

**Tel: 0116 215 3269**  
**Email: [lpt.carenavigators@nhs.net](mailto:lpt.carenavigators@nhs.net)**

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## What is a care navigator?

We are an administrative team working together with health professionals and external partner agencies to support young people aged 0-19.

We can support with:

- Directing you to local support networks.
- Collating and sharing information with professionals involved to enable a more efficient service.
- Providing confirmation of health appointments detailing the clinic, date, time, and venue.

## What sort of information is shared?

- Health professionals that are currently involved.
- Referral updates.
- Appointment information.

## Consent to share information.

Consent will be gained to share information between professionals.

We may request further information from, and work with relevant agencies, so that we can make sure that any help needed is made available. For schools/nurseries requesting support from a care navigator directly, please share the link or QR code with parents/carers to gain consent.

<https://forms.chathealth.nhs.uk/index.php/957513?lang=en>



## **Healthy Together helpline. (Health Visiting & School Nursing)**

Families and professionals can also contact our helpline on  
**0300 300 3001**

For free, confidential, safe advice and support from a qualified health professional.

### **Care navigator contact details**

#### **Leicester City**

##### **Central Area 1**

(Highfields, St Matthews)  
Sulinder Sandhu  
Tel: 07717 548229

##### **South Area 2**

(Saffron, Eyres Monsell)  
Jane Hunt  
Tel: 07884 458533

##### **West Area 3**

(Braunstone, New Parks)  
Jane Hunt  
Tel: 07884 458533

##### **North West Area 4**

(Beaumont Leys, Bewcastle)  
Sejal Patel  
Tel: 07909 401204

#### **Leicestershire and Rutland**

##### **Melton and Rutland**

Jo Houlston  
Tel: 07900 914728

##### **Harborough**

Alina Labudek  
Tel: 07385 227452

##### **Charnwood**

Michelle Harris  
Tel: 07917 550020

##### **North West Leicestershire**

Vanessa Adamson  
Tel: 07827 879700

### **North Area 5**

(Belgrave, Woodbridge)  
Sulinder Sandhu  
Tel: 07717 548229

### **Hinckley and Bosworth**

Alina Labudek  
Tel: 07385 227452

### **East Area 6**

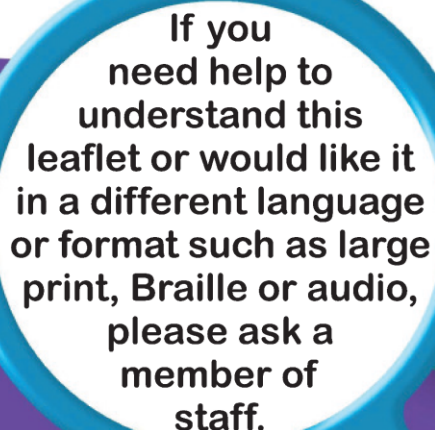
(Thurnby Lodge, Netherhall)  
Sejal Patel  
Tel: 07909 401204

### **Blaby, Oadby and Wigston**

Steph Burton  
Tel: 07464 493836

## **Our Promise to Carers**

We will provide you with support and information that you can understand for your caring needs. Please ask a member of staff for a copy of our carers pack.



**If you  
need help to  
understand this  
leaflet or would like it  
in a different language  
or format such as large  
print, Braille or audio,  
please ask a  
member of  
staff.**