

Local Services, Local Solutions



Leigh North & Leigh South Health Visiting Service



The Health Visiting Service promotes the health and well-being of families with children under the age of five. Health Visitors are trained nurses with specialist training in child development and family health. They work with families to provide a range of advice and support to improve parental confidence and ensure best outcomes for children and young people.

Talk to your health Visitor or their team if you have any worries or concerns with regards to:

- parental mental health, anxiety or depression
- breastfeeding, bottle feeding or general baby and toddler feeding
- introduction of solid food
- vitamins
- safety and accident prevention
- immunisations
- toilet training
- behaviour management
- sleep
- positive parenting
- child development
- family health

Your health visiting team work in partnership with families and in collaboration with other agencies such as Social Services, Housing Department, Children's Centres and Voluntary Support agencies.

When will I see a member of the Health Visiting team?

10-14 days: New birth health assessment
6-8 weeks: 6-8 week health review
Under 1 year: Development review
2-3 years: Development review

Additional contacts may be offered or requested dependent on individual families' needs.

Families often receive a service from different health professionals who work for SEPT. In order to ensure that care is co-ordinated, information recorded in health records will be shared where appropriate in order to facilitate this.

Where is your Health Visiting Team Based?

Leigh Primary Care Centre

918 London Road

Leigh on Sea

Essex

SS9 3NG

Your health visiting service can be contacted Monday to Friday* 9am to 5pm on Tel: 01702 482859

*Excluding bank holidays

Child Health Clinics

Child health clinics are run by a member of the health visiting team on a weekly basis. You can get your child weighed and can talk about any problems with your child and family health. If your child is ill and is likely to need treatment, you should go to your GP.

Clinics are good places to meet other parents too. Our clinics are held at children's centres that offer mother and baby or parent and toddler groups, breastfeeding and peer support groups.

Your local child health clinics are held at:

Leigh North Health Visiting team (Now based at Leigh PCC)

Prince Avenue Childen & Family Centre Tuesday	9:30 - 11:00
Blenheim Childen's Centre, School Way Wednesday	13:30 - 15:00
Sunny Days Children's Centre, Eastwood Primary School Thursday	13:00 - 14:30

Leigh South Health Visiting team

Leigh Childen & Family Centre (Darlinghurst Primary School) Monday	14:00 - 16:00
Blenheim Childen's Centre, Wednesday	13:30 - 15:00
Leigh Medical Centre Thursday	13:30 - 15:00

* Excluding bank holidays

Mum2Mum Breastfeeding Support Group runs alongside the child health clinic please ask your health visitor for further information.

How often should I bring my child to clinic?

Under 6 months:	monthly
6 months - 1 year:	2 monthly
Over 1 year or as advised by health visitor:	3 monthly



The DELTA Parenting Programme

The Delta programme is a FREE six week post-natal group for new mums. The Baby Programme consists of six weekly sessions of 2 hours and covers the following topics:

Week 1:	Beginnings
Week 2:	Communications / self-esteem
Week 3:	Routines
Week 4:	Nutrition
Week 5:	Child development
Week 6:	Moving on

Please contact your health visiting team for more information.

Vitamins

Vitamins are nutrients that our bodies need in small amounts so they can work properly. If you are on the Healthy Start Scheme and want to find out where you can get free vitamins, please speak to a member of your health visiting team.

Useful Contact Numbers

Breastfeeding Helpline: 0300 100 0212
Child Tax Credits: 0845 300 3900
Domestic Violence Helpline: 0845 702 3468
Healthy Start: 0845 607 6823
Stop Smoking Helpline: 0800 1690169

Useful Websites

Local breastfeeding:.....www.breastfeeding.see.nhs.uk

National breastfeeding:..... www.bestbeginnings.org.uk

Foundation of Sudden Infant Deaths: www.fsid.org.uk

National literacy trust:.....www.talktoyourbaby.org.uk

Parentingwww.nhs.uk/parent

To download 'Birth to Five' book www.dh.gov.uk

Patient Experience Team

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the Patient Experience Team on **0800 0131 223**.

or you can email pals.ppi@sept.nhs.uk

This leaflet can be produced in large print, audio cassette, Braille and other languages on request.



SEPT regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.