

Your Health visitors are based at the following Health Centres:

- Friar Park Children's Centre
Glebefields Health Centre
- Hateley Heath Children's Centre
Holly Lane Clinic
- Mace Street Clinic
Neptune Health Centre
- Oldbury Health Centre
Victoria Health Centre
- Warley Medical Centre
Whiteheath Health Centre
- Yew Tree Healthy Living Centre

Health visiting Contact Centre Number

(Please leave a message for your health visitor on the following number)
0121 612 5021

GP registration

All children and young people should be registered with a GP. Please speak to your health visitor if your child is not registered.

Feedback

If you have any complaints or compliments about our service please contact the Patient Advice and Liaison Service (PALS) on:

Tel: 0121 507 5836

Email: swb-tr.pals@nhs.net

For more information about our hospitals and services please see our website www.swbh.nhs.uk, follow us on Twitter [@SWBHnhs](https://twitter.com/SWBHnhs) and like us on Facebook www.facebook.com/SWBHnhs.

Sandwell Health Visiting Service

Information and advice for families

Health visiting

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email:

swb-tr.swbh-gm-patient-information@nhs.net



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Incorporating City, Sandwell and Rowley Regis Hospitals
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Where
EVERYONE
Matters



Who we are

The health visiting teams are made up of:

- Health visitors who are registered nurses and/or midwives with a qualification in health visiting
- Community nursery nurses who support the work with health visitors
- Health visiting team leaders, practice teachers and specialist health visitors
- Administrative support staff

The health visiting teams work as part of the primary healthcare team with other professionals such as GPs, Midwives, Early Years Workers and Children's Centres.

Services we offer

The health visiting teams provide Four Levels of Service:

1. **Community** – Services provided in local community
2. **Universal** – Contact at key stages offered to all families
3. **Universal Plus** – Support when you need it
4. **Universal Partnership Plus** – On-going support for families/children

The service is provided to families/carers with children aged 0-5 years of age. The Health Visiting teams help and support families/carers with children 0-5 years who live in Sandwell. Every GP practice in Sandwell has a named link health visitor.

We offer advice and information on a wide variety of health issues in order to promote and encourage healthy lifestyles for you and your family.

We offer regular developmental reviews of your child for early detection of any problems, to address any concerns you may have and provide the appropriate advice and support.

What we can help you with:

- The health and wellbeing of your baby or young child
- The impact of a new baby in your family
- Breastfeeding, infant feeding and dietary advice for your family
- The growth and development of your child
- Accident prevention & Safety in the home and outdoors
- Antenatal advice and support

- Contraception and sexual health
- Parenting skills and managing children's behaviour
- Your physical and emotional well-being
- Post-natal depression support
- Domestic abuse support and advice
- Stopping smoking
- Preparing your child for school
- Immunisation advice
- Safeguarding advice and support
- Accessing your local children's centre and other community services/resources
- Sleep safety and sleep problems
- Any concerns you have

We also offer specialist support for families living in hostels and women's refuge, and for those who have had a sudden unexpected death of a young child.

We are able to arrange for an interpreter for your appointment either face to face or via the telephone. If you would like to have an interpreter, please let us know before your appointment.

Appointments with the health visiting team

You will see a member of the health visiting team at the following times:

- Ante-Natal Contact
- New Birth Visit
- 6-8 weeks Maternal Mental Health Screening
- 9-12 month Development Review
- 2-2.5 year Assessment

If you need any further appointments with your health visitor or have any concerns about your child's health, then please contact them at the clinic where they are based. You can find the clinic contact details in your child's red book. Please bring your child's red book to every appointment with the health visitor.

Where we will see you

The health visiting team can see you in your home, GP practice or in a clinic. We can see you on a one-to-one basis or in a group setting.

