

For further information about this service contact:

The Health Visiting teams in your local area are happy to answer any queries or concerns you may have. To contact any of our teams (listed below), call our Single Point of Access (SPA) number (Monday - Friday during office hours).

Tel: 0300 555 0606 or email us: ccs.beds.childrens.spa@nhs.net

North Bedfordshire

Team Manager: Melanie Hayes

Bedford West HV Teams: Kempston Clinic, Queens Park, North Beds and Villages

Bedford East HV Teams: Brickhill, Putnoe, Shortstown, London Rd, Wilstead, Wixams

Mid Bedfordshire

Team Manager - Jane Brilus

Flitwick Team

Shefford Team Shefford Health Centre

Biggleswade Team

South Bedfordshire

Team Manager - Michelle Hill

Leighton Buzzard Team

Houghton Regis Team

Dunstable Team

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit www.cambscommunityservices.nhs.uk and follow the links or please contact us.



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



Getting to know your Health Visiting and School Nursing Service

0-19 Children's Service



What is the Healthy Child Programme?

The Healthy Child Programme is a programme for children, young people and families which focuses on early intervention and prevention, and offers research based guidance on development reviews, immunisations, screenings, and healthy choices.



Who are health visitors and school nurses?

- We are qualified nurses or midwives with specialist training in public health for children, young people and families.
- We work with local communities, the whole family and individual children in different settings, e.g. homes, children's centres, schools and GP surgeries.
- Health visitors lead and deliver the Healthy Child Programme with community nursery nurses for 0-5 yr olds, offering support to all families in pregnancy up to when a children are 5.
- School nurses lead and deliver the Healthy Child Programme with community staff nurses, associate practitioners and health care assistants for 5-19 year olds, working predominantly with children, young people and families.
- We work closely with other health services, including schools, to ensure that the child's health needs are met.
- We are skilled in spotting health problems or concerns early so that we can provide early support.
- Health Visitors and School Nurses are nurse prescribers which means some medications for minor complaints can be prescribed by them.
- We work with other services to ensure each and every child and young person lives in a safe environment.

Baby Brasseries

Social support groups for breastfeeding, mixed feeding and antenatal mums, where you can meet other mums, ask questions about feeding, and get skilled breastfeeding support.



North Bedfordshire

Monday: Bluebells Children's Centre, Bromham, 9.30 am to 11.30 am

Tuesday: Lakeview Village Hall, Wixams, 10.00 am to 11.30 am

Wednesday: Kingsbrook Children's Centre, 1.30 pm to 3.30 pm

Thursday: Goldington Children's Centre, 9.30 am to 11.30 am

Friday: Pine Cones Children's Centre, 9.30 am to 11.30 am

Mid Bedfordshire

Monday: Sandy Community Children's Centre, 1.00 pm to 2.00 pm

Tuesday: Shefford Children's Centre, 1.30pm to 3.00 pm

Wednesday: Flitwick Children's Centre, 9.30 am to 10.30 am

Friday: Stotfold & District Children's Centre, 10.30am –12pm

South Bedfordshire

Monday: Downside Children's Centre, 12.00 noon to 1.30 pm

Wednesday: Roundabout Children's Centre, 10.30 am to 12.00pm

Friday: Parkside Neighbourhood Centre, 9.30am to 11.00 am

Visit:

www.cambscommunityservices.nhs.uk/BedsBabyFriendlyTeam

www.cambscommunityservices.nhs.uk/babybrasseries

www.breastfeeding.nhs.uk

www.breastfeedingnetwork.co.uk

www.dad.info

www.nhs.uk

What does your local service provide?

Community (Your neighbourhood)

In the community there are a range of health services for children, young people and their families. Health visitors and school nurses lead in ensuring that you know about these services and that they are made accessible to everyone. We work with local communities to ensure they are equipped to deliver local services.

Universal Service (Offered to every family)

Health visitors and school nurses lead and deliver the healthy child programme to ensure a healthy start for each and every child. The healthy child programme starts in pregnancy and continues through to school leavers. This includes promoting positive physical, emotional and mental health and assessing the health and development of children and young people, whilst supporting new parents.

Universal Plus (Further support for families)

Health visitors and school nurses are able to support parents, children, young people and families when they need extra help. Some examples include support with specific parenting issues, post natal depression, asthma, emotional difficulties and bullying.

Universal Partnership Plus (Families who need additional support)

Health visitors and school nurses are able to provide ongoing support, with extra support from a range of local services working together with the family, to deal with more complex issues over a period of time. Some examples include special educational needs, drug and alcohol misuse, child and adolescent mental health services, looked after children and young carers. Health visitors and school nurses work together to protect children and ensure they are safe.

Health visitors and school nurses are responsible for delivering cost effective public health programmes and interventions to improve health outcomes for all parents, children, young people and families.

Some of the key public health issues include:

- Breastfeeding
- Dental health
- Growth and development
- Healthy weight and physical activity
- Emotional health and wellbeing
- Sexual health advice and guidance
- Smoking cessation
- Drug and alcohol misuse

How can health visitors support you and your child aged 0–5 years?

- We help support the health and wellbeing of your whole family, from ante-natal visits until your child goes to school.
- We provide advice on healthy choices, e.g. breastfeeding, moving onto solids and healthy eating.
- We work closely with children's centres to promote family activities which help build a strong bond with your child.
- We offer development reviews to ensure your child is reaching their full potential.
- We promote the childhood immunisation programme which ensures your child is protected against disease and infection.
- We offer support and information to families with specific difficulties, such as post natal depression.
- We help support your whole family into education, training or work.
- We offer advice and information on wider issues such as housing problems, domestic abuse or child abuse.
- We work in partnership with specialist services to support families with additional needs, e.g. speech and language therapists.
- We support parents to feel confident in their parenting skills and to provide the best opportunities for their baby.

How can school nurses support you and your child aged 5–19 years?

- We provide a confidential health service.
- We help support the physical and emotional health and wellbeing of children, young people and families.
- We provide advice on healthy choices, e.g. healthy eating, dental health, sexual health and substance misuse.
- We work closely with your child's school to promote a healthy lifestyle, including diet and exercise.
- We offer health reviews to ensure your child continues to reach their full potential by promoting optimal health and wellbeing for all children and young people.
- We offer the childhood immunisation programme which ensures your child is protected against disease and infection.
- We offer support and information for teenage parents.
- We provide specific support for families with complex needs such as diabetes and asthma, so that your child can continue to enjoy their education at school.
- We work in partnership with outside agencies to promote the rights and educational needs of young carers.
- We offer advice and information on the issues of bed wetting and constipation.
- We provide support to young people who have been abused or exploited.

Bedfordshire Community Services Pop-in Clinics

You do not need an appointment and all have self weigh facilities.

For more information please contact your Health Visitor using our Single Point of Access (SPA) number (Monday - Friday during office hours).

0300 555 0606

Health Visitors and Community Nursery Nurses will be available at all the sessions listed and will be able to provide information and support about a wide range of family health matters, including growth and development, child behaviour and minor illness.

South Bedfordshire

| Venue | Day and Time |
|--|--|
| Roundabout Children's Centre Leighton Buzzard, LU7 1EW | 1st Wednesday each month 12.00noon - 3pm |
| Downside Children's Centre, Dunstable LU5 4AS | 1st Monday each month 1pm - 3pm |
| Caddington Baptist Church, LU1 4AF | 2nd Thursday each month 09.30am - 11.30am |
| Houghton Regis Children's Centre, Parkside, LU5 5QN | 2nd Tuesday each month 1.30pm - 3pm |
| Beehive Children's Centre, Dunstable, LU6 1DW | 3rd Wednesday each month 1pm - 3.30pm |
| Astral Park Community Centre, Leighton Buzzard, LU7 4AY | 3rd Friday each month 9.30am - 11.30am |
| Houghton Regis Children's Centre, Tithe Farm, LU5 5JB | 4th Thursday each month 9.30am - 11.30am |
| Dunstable Health Centre, LU6 3SU | 4th Friday each month 1.30pm - 3pm |

Bedford Borough

| Venue | Day and Time |
|---|--|
| Daisy Hill Children's Centre MK42 8QH | 1st & 3rd Monday each month 9.30am – 11.30am |
| Queens Park Neighbourhood Centre, MK40 4LE | 2nd & 4th Tuesday each month 09.30 - 11.30am |
| Goldington Family Centre MK41 9HU | 1st & 3rd Thursday each month 9.30am – 11.30am |
| Cherry Trees Children's Centre MK41 9LS | 2nd and 4th Wednesday each month 1.30pm – 3.30pm |

Mid Bedfordshire

| Venue | Day and Time |
|---|---|
| Silsoe Community Sports Centre, MK45 4GP | 2nd and 4th Monday each month 10.00am - 11.45am |
| Sandy Children's Centre, SG19 1JQ | 3rd Tuesday each month 2pm - 3.15pm |
| Shefford Children's Centre, SG17 5XA | 3rd Wednesday each month 1pm - 3pm |
| Marston Surgery, MK43 0LA | 4th Wednesday each month 1pm - 3pm |
| Flitwick Children's Centre, MK45 1PU | 1st & 3rd Thursday each month 10.00am - 11.45am |
| Biggleswade Children's Centre, SG18 0PT | 2nd & 4th Thursday each month 1.30pm - 3pm |
| Stotfold Children's Centre, SG5 4DL | 1st Friday each month 9.30am - 12 noon |