Where can I get more information?

If you would like to speak to us, or have a question about our services and how we can help, please ring us on the telephone numbers below:

<table>
<thead>
<tr>
<th>Area</th>
<th>Clinic</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Havering</td>
<td>Cranham Clinic</td>
<td>0300 300 1864</td>
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<tr>
<td></td>
<td>Harold Hill Clinic</td>
<td>0300 300 1857</td>
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<tr>
<td></td>
<td>South Hornchurch Clinic</td>
<td>0300 300 1685</td>
</tr>
<tr>
<td></td>
<td>Romford Clinic</td>
<td>0300 300 1605</td>
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</tbody>
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Would you like this information in another format?

For copies of this information in a different language, or a different format such as braille, audio or larger print, please contact our patient experience team on 0800 783 8519

Updated: Aug 2018
Review date: Aug 2020
Ref: 201311.06.3
About this leaflet
This leaflet provides information about the health visiting team and explains:
• who we are
• what we do
• who we work with
• how we can help you
• how to contact us

Who are we?
Health visitors are qualified nurses with special training and experience in child and family health and development.
We also work with nursery nurses, administrative support staff, healthcare support workers and student health visitors in our team.

What do we do?
We work with all families who have children under 5 years old. We offer helpful advice on keeping healthy and avoiding illness.
We work closely with other services including GP’s, childrens centres, pre school centres and social care.

How can we help you?
Your health visiting team can give you helpful advice on:
• breastfeeding
• milk and food for babies, toddlers and older children
• parenting skills
• sleep problems
• children’s behaviour
• immunisations
• speech and language
• how to play with your child to help them learn
• toilet training
• preventing accidents
• dental care
We can support you in lots of ways, including:
• if you are feeling worried or depressed
• if you have post natal depression
• if you have other mental health concerns
• if you are in an unhappy or abusive relationship
• if a friend, relative or loved one has died
• if your child has a disability or health problem
• if you have concerns about drug and/or alcohol dependencies

When will you meet with us?
Health visitors are based at a variety of locations and you can contact us at your local health clinics.
As a minimum, a member of your health visiting team will meet with you when your baby is:
• 10 - 14 days old
• 6 - 8 weeks old (if indicated)
• 8 months to 1 year old
• between 2 and 2½ years old
We will contact you to make these appointments.

Child health clinics
We run child health clinics where you can talk to a member of the health visiting team about you and your child.
Call your local health clinic for opening times, or for more information.

Children’s Centres
Children’s centres provide support and advice to families with children under 5 years old. Your health visitor can give you details of your nearest one.

At our children’s centres we offer activities such as:
• parenting programmes
• play activities
• baby massage
• language and communication groups
• breastfeeding support
• father groups

Families with children over 5 years old
From the age of 5 years, your health visitor will transfer your care to our school nurse teams, who will continue to offer health advice, support and guidance until your child reaches 19 years of age.

Some families benefit from more intensive support. To find out more, speak to your health visitor.