Health visiting team
Barking and Dagenham

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, children’s 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
• 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.

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 equality and diversity team on 0300 555 1201 ext. 65076

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:

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<th>Barking and Dagenham</th>
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<tbody>
<tr>
<td>Chadwell Heath Health Centre</td>
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<tr>
<td>Tel: 020 3644 2540</td>
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<tr>
<td>Five Elms Health Centre</td>
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<tr>
<td>Tel: 020 3644 2250</td>
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<tr>
<td>Marks Gate Health Centre</td>
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<tr>
<td>Tel: 020 3644 2400</td>
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<tr>
<td>Julia Engwell Health Centre</td>
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<td>Tel: 020 3644 2200</td>
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<td>Orchards Health Centre</td>
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<td>Tel: 020 3644 2162</td>
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<td>Oxlow Lane Health Centre</td>
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<tr>
<td>Tel: 020 3644 2900</td>
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<tr>
<td>Thames View</td>
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<td>Tel: 020 3644 2676</td>
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North East London NHS Foundation Trust (NELFT) provides community and mental health services for people of all ages in the London boroughs of Waltham Forest, Redbridge, Havering, Barking and Dagenham and community health services in south west Essex.

North East London NHS Foundation Trust
Trust Head Office, Goodmayes Hospital, Barley Lane, Ilford, Essex IG3 8XJ. Tel: 0300 555 1200