



## 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

## LOCAL INFORMATION

If you have any questions or for more information please call a member of our team:

- Alsager:** 0300 123 4898
- Congleton:** 0300 123 4311
- Crewe:** 0300 123 4578
- Knutsford:** 0300 123 4059
- Macclesfield:** 0300 123 4067
- Middlewich/Sandbach:** 0300 123 4597
- Nantwich:** 0300 123 4929
- Poynton:** 0300 123 9273
- Wilmslow:** 0300 123 4290

# Getting to know your health visiting and school nursing service





## How can we help?



### 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 for 0-5 year olds, offering support to all families in pregnancy up to when children are aged 5.
- School nurses lead and deliver the Healthy Child Programme for 5-19 year olds, working predominately 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.
- We work with other services to ensure each and every child and young person lives in a safe environment.

### 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, weaning 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 postnatal 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.