

For more information contact:

Your local Health Visiting team can be contacted Monday to Friday from 9am to 5pm for advice and support.

We will usually arrange to see you at home where you and your child are most comfortable; however alternative arrangements can be made on occasion as needed.

You can contact all teams on

0151 247 6354

www.merseycare.nhs.uk



Confidentiality

All members of the Health Visiting team have a duty to protect your privacy and confidentiality.

We would only share information with your consent.

Information without consent could only be shared in situations where we have a concern that there was a risk of harm to your child or a member of your family.

If you have any worries about confidentiality please talk to a member of staff.

Our patients matter

Mersey Care NHS Foundation Trust listens and responds to patients and their carers to help improve the services we deliver.

If you have any comments, compliments or concerns you can speak with a member of staff or contact our **Patient Advice and Liaison Service (PALS) and Complaints Team**

Telephone: **0151 471 2377**

Freephone: **0800 328 2941**

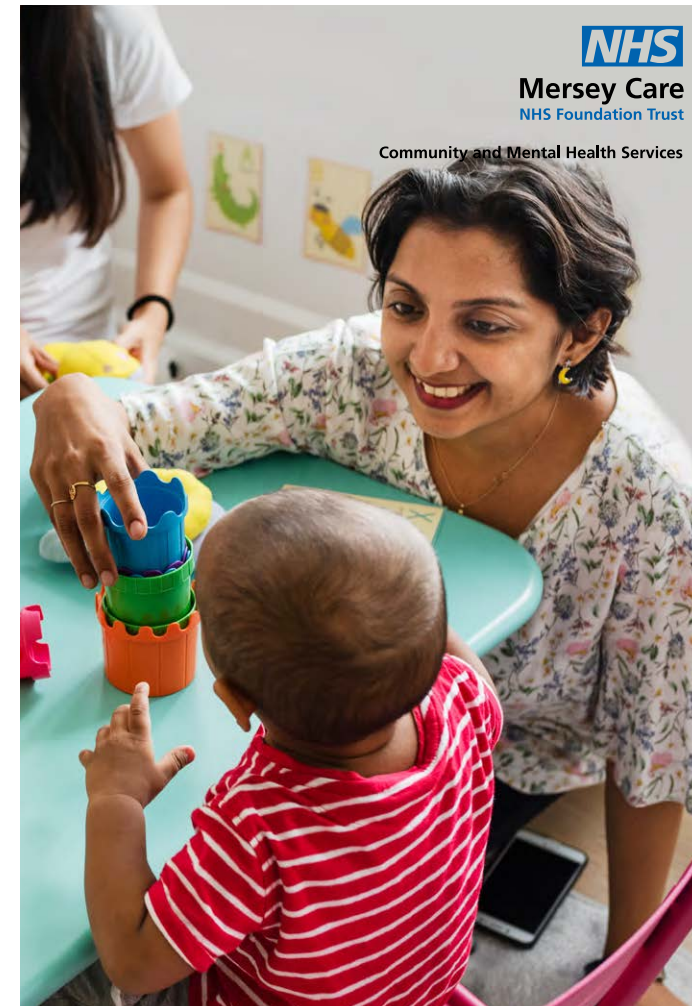
Email: palsandcomplaints@merseycare.nhs.uk

To request this leaflet in an alternative format or language, please speak to a member of staff.

Mersey Care NHS Foundation Trust

V7 Building, Kings Business Park, Prescot L34 1PJ

February 2023



Sefton Health Visiting Service

merseycare.nhs.uk

Who are Health Visitors?

- Registered nurses and midwives with specialist training in child health and development
- We work in partnership with parents and carers to support the health and wellbeing of every child aged 0 to 5 years
- We will visit you at home for your convenience and can also prescribe medication for some minor illnesses
- We work within a multi skilled team so we can ensure the practitioner with the right skills can support you as quickly as possible.

Public Health role

We can support you with:

- Transition to parenthood
- Maternal emotional health
- Infant feeding
- Healthy weight
- Managing minor illness and accident prevention
- Preparing for school.

What we offer to everyone

Health Visitors work within the 0 to 19 Service to deliver the National Healthy Child Programme and offer a universal service to all.

As part of this we will contact you to undertake the following visits:

- Antenatal contact from 28 weeks of pregnancy
- Birth contact 10 to 14 days after delivery
- 6 to 8 week review
- 9 to 12 months review
- 2 to 2½ year review.

In addition we are always here to listen to any additional concerns you may have about yourself or your child and can provide extra support to assist you in overcoming these.

For well babies we offer weekly clinics where you can get your baby weighed or speak to a health visitor for advice. When your child starts reception class their care will transfer to the school nursing service.



Safeguarding Children and Young People

- If you are worried about an adult or child's safety including your own, at home or anywhere else you can speak to us
- We work closely with other services to keep you and your child/children safe
- There may be occasions when we are asked to attend meetings with other agencies about you or your child/ children and family, we may see you more frequently if this happens
- Whenever possible anything we do will be discussed and agreed with you.

Children with Special Educational Needs and Disabilities (SEND)

We will work in partnership to create a support system for all children with SEND.

Working together with families to make sure all children have an opportunity to reach their full potential and live healthy, happy lives.