



What can I expect from my health visitor?

Health Visitors are qualified nurses and / or Midwives who have undertaken extra training to become Specialist Community Public Health Practitioners.

They have expertise and experience in child development and family health.

Health Visitors have knowledge about adult and child health promotion and education.

They work in partnership with you and other agencies such as GP's, nurseries, hospitals, Dentists, Physiotherapists, Speech and Language Therapists and Dieticians to understand and address yours and your family's health needs.

What do we offer children and families?

All pre-school children have a Health Visitor. Nursery Nurses work alongside the Health Visiting Team to support children and families and help them reach their full potential.



We offer 4 levels of support depending on you and your family's need:

COMMUNITY

We work with other agencies to signpost and deliver a range of services in your area.

UNIVERSAL SERVICES

We deliver the Healthy Child Programme to ensure a healthy start for your children and family. These include the following core contacts:

- Antenatal contact
- New Birth Visit
- 6-8 week review of you and your baby's wellbeing
- 9-12 month health review
- 2-2 ½ year health review

At each contact, we provide parents and carers with information and guidance to support parenting and healthy life choices.

UNIVERSAL PLUS

We also provide you and your family with additional support when you need specific help/advice with:

- Breastfeeding
- Accident prevention and management
- Perinatal and Postnatal depression
- Parenting concerns, such as a sleepless baby
- Introducing solid foods and maintaining a healthy weight
- Referrals to specialist services if required
- Any other concerns you may have

UNIVERSAL PARTNERSHIP PLUS:

If you and your family require on-going support to cope with difficult issues, such as:

- Domestic abuse
- Substance misuse
- Mental health concerns
- Special educational /health needs

We will work in partnership with you, your family and a range of local services to support you with these issues. We also work alongside families to keep children safe.

Opening Hours

You can contact your local Health Visiting service Monday to Friday between 9am and 5pm excluding bank holidays. Please use the contact numbers as follows:

WOLVERHAMPTON

Wolverhampton operates a central point of contact for parents, enquiries will then be shared with locality teams. **Call 01902 444 161**

SANDWELL

Contact the **Health Visitor Contact Centre 0121 612 5021** (Our message taking service) who will take your call and then send a task to the appropriate team. The duty HV for the team will then respond to the task and allocate accordingly to Health Visitor or Community Nursery Nurse.

Smethwick - Smethwick and Soho, Victoria Ward

Warley - Old Warley and Abbey

Lyng - West Bromwich Central, Greets Green and Lyng

Oldbury - Oldbury and Bristnall

Tipton - Great Bridge, Princess End and Tipton Green

Whiteheath - Tividale and Langley

Yew Tree - Great Barr, Yew Tree, Charlemont with Grove Vale and Newton

Hateley Heath - Hateley Heath, Wednesbury South and Wednesbury North Ward

Friar Park

Mace Street - Cradley Heath, Old Hill,



WALSALL

Single Point of Access Duty Team Health Visitors based at Willenhall Health Centre.

Email: healthvisiting.spa@nhs.net

Single Point of Access Admin Hub based at Willenhall Health Centre, Field St, Willenhall, WV13 2NZ. TEAM EMAIL: HCP0-5.AdminHub@walsallhealthcare.nhs.uk

East Team - Park View Health Centre, Chester Road North, Brownhills, WS8 7JB.

Email: healthvisiting.eastcluster@nhs.net

North Team- Beechdale HC, Edison Road, Beechdale, Walsall, WS2 7EZ.

Email: beechdale.healthvisiting@nhs.net

South Team - Brace St Health Centre, 63 Brace St, Walsall, WS1 3PS.

Email: bracest.healthvisiting@nhs.net

West Team - Darlaston Health Centre, Pinfold Street, Darlaston, WS10 8SY. TEAM

EMAIL: darlaston.healthvisiting@nhs.net

Infant Feeding Team - based at Bentley HC, Churchill Road, Bentley, Walsall, WS2 0AW.

TEAM EMAIL: HVteam.infantfeeding@walsallhealthcare.nhs.uk

Health in Pregnancy Team - Based at Harden HC, Harden Road, Walsall, WS3 1ET

DUDLEY

Halesowen 01384 367014

Brierley Hill 01384 321 489

Stourbridge 01384 323 186

Dudley Central 01384 366 222

Dudley North 01902 575 917

USEFUL LINKS

NHS UK – services and support for parents

Healthstart.nhs.uk – application for vouchers for vitamins, milk and vegetables

Nhs.uk/start4life – Giving your baby a better start in life. Getting babies healthy and active from birth.

Lullabytrust.org.uk – Safe sleep guidelines

iHV.org.uk – ‘for families’ page – parent tips and fact sheets

Unicef.org.uk

Laleche.org.uk – Friendly breastfeeding support

National breastfeeding helpline 0300 100 0212

www.firststepsnutrition.org - information and resources to support eating well from pre-conception to five years.

Blackcountrywomensaid.co.uk – Independent charity which supports survivors of domestic abuse.

