

Dec 2019

Dear GP Practice Manager

Please could you ensure the information below is shared with all your GP and Practice Nurses.

The Health visiting service is undergoing some changes, as part of Swindon Borough Council's move to create Early Help Hubs. We are now located in two teams one based at Reuben George Hall in The Parks and the other based at the Meadow in Penhill.

In our move to be part of the Early Help Hubs our email addresses have changed to:

Health Visiting, North Team, Meadows Leigh Rd, Swindon, SN2 5DE 01793 465050
earlyhelpteamnorth@swindon.gov.uk

Health Visiting, South Team, Reuben George Hall, Royston Rd, SN3 2LZ 01793 465030
earlyhelpteamsouth@swindon.gov.uk

Emails to these accounts from an NHS net account is secure. You can email either account, the admin team will make sure that your email reaches the right Health Visitor and team.

We continue to have a duty Health Visitor in each team, who looks at all emails and phone calls that are received by the team each day, so your email should be read on the day it is received, if this is within working hours.

The most effective way of contacting the health visitors is by email, if you call and leave a return number, please could this be a direct line and not the patient line where the health visitor has to sit in call ques for long period of times.

Our current universal offer is;

- Antenatal contact for Safeguarding / Cause for concern
- New birth
- 6 week
- 12 week (for mothers who have had previous mental health issues before pregnancy or identified as low in mood at 6 weeks)
- 16 weeks Introduction to solids (weaning group, parents book onto these)
- 9-12 month contact for children where concerns are identified
- 24-30 month contact for all children
- Child health hubs (these are for 12 & 16 week weights and for health advice) If you require a weight to support the prescribing of medication this should be completed within the surgery, please do not refer these to the health visitors)

We also provide support for parent's around infant feeding, sleep, behaviour, development concerns, toilet training and early speech and language interventions.

Yours faithfully

Liz Wiltshire

Professional Lead for Health Visiting

GP Information Pack

Health Visiting and Early Years

Contents	Page
Health Visitor contact	2
Hubs	3
Little Troopers Hub for under 25's	3
Introducing solids workshop	4
Healthy Start vitamins	4
Resources for parents	4
GP Breastfeeding information	5
Pathway for Exclusively Breastfed Babies	6/7
Useful information about Health Visiting Service	8



Health Visitor Contact Information

Each child has a named Health visitor, the team number for their Health Visitor is normally in the front of their Red Book

New Health Visitors web page: www.swindon.gov.uk/healthvisitorservices

For information on services, support and information on key subjects relating to your child's development i.e. weaning, sleep, behaviour, toilet training, development etc.

The Meadows

Business Support Team

Tel: 01793 465050

E-mail: earlyhelpteamnorth@swindon.gov.uk

Or email us at our clinic feedback email: FeedbackChildHealthClinics@swindon.gov.uk
(please do not include confidential enquires about your child)

Area	Health Visitors Location		Localities Area
North Team	The Meadow, Leigh Road Penhill, SN2 5DE Tel: 01793 465050	Business Support The Meadow Tel: 01793 465050 earlyhelpteamnorth@swindon.gov.uk	Moredon – Pinehurst – Penhill – Gorsehill – Ferndale -Woodhall Park – Cheney Manor Haydon wick - North Swindon – Highworth – Stratton – Greenmeadow - South Marston - Hannington – Sevenhampton - Stanton Fitzwarren - Castle Easton - Border of Walcot
South Team	Reuben George Cavendish Square Royston Road SN3 2FD Tel: 01793 465030	Business Support Reuben George Tel: 01793 465030 earlyhelpteamsouth@swindon.gov.uk	Eldene – Covingham – Nythe – Walcot - Park South - Park North - Town Centre – Coleview – Liden - Old Walcot - Broad Hinton – Chiseldon - Badbury Park - West Swindon -Wroughton - Town Centre- Old Town- Lawn- Broome Manor - Wichelstowe – Rodbourne - Liddington and Wanborough
Family Nurse Partnership	The Meadow, Leigh Road Swindon SN2 5DE Tel: 01793 466767	Email: FNP@swindon.gov.uk	
Baby Steps	The Meadow, Leigh Road Swindon SN2 5DE Tel: 01793 465666	Baby Steps Email Babysteps@swindon.gov.uk	

Child Health Hubs

The Child Health Hubs offer support on topics such as accident prevention, basic child first aid, advice on weaning, fussy eating, feeding choices, oral health and tooth brushing, smoking cessation, play, language development, storytelling and promoting mental well-being.

We weigh babies at 8, 12, 16 weeks, then at healthy child programme contacts 12 months and 2-2.5yrs which follows national guidelines on when a baby needs to be weighed.

If you wish to weigh your baby, to check their weight we have a self-weigh point, but if you have concerns about feeding or your baby's weight gain, come and discuss this with one of the health visitors.

Broadgreen Community Centre

Salisbury St Swindon SN1 2AN

(Please note parking is limited at this site, but you can park at County Ground which is a short walk)

1st Tuesday of every month - 12:30-14:30

3rd Wednesday of every month - 10:00-12:00

Haydon Wick Sports Centre

Thames Ave, Haydon Wick, Swindon SN25 1QQ

4th Monday of every month - 13.15-15.15

(On Bank Holidays this will revert to the Tuesday)

Please put your buggies in the undercover shelter by the front door of the centre

The Meadow

Leigh Rd, Penhill, SN2 5DE

2nd Friday of every month - 10:00-12:00

01793 465050

Email us at our clinic feedback email: FeedbackChildHealthClinics@swindon.gov.uk

(please do not include confidential enquires about your child)

Little Troopers

Are you under 25 with a bump or a child under 3 years old?

Would you like to meet other parents and mums to be?

Come along to our new group for:

Arts and Crafts

Stories

Cold drinks

Snacks

Games

Voluntary donation of 50p

At: The Meadow, Leigh Road, Penhill SN2 5DE

For more information please phone 01793 466767

Changes to Introduction to Solids Groups

Introducing Solid Food Workshops can be booked by **parents** calling any of the team phone numbers below

Location	Month	Time
The Meadow Leigh Road	1 st Wednesday of the month	09:30am -11:00am
Broad Green Community Centre Salisbury Street	3 rd Friday of the month	10:00am-11:30am
Parks Library Cavendish Square	2 nd Monday of the month	10.30am -11.30am
West Swindon Library link centre	4 th Thursday of the month	1:00pm - 2:00pm
Eldene School Acorns Building various	Thursdays in the year	Please see rota for details.
Highworth Library	3 rd Tuesday of the month starting 18/2/20	1:00pm - 2:00pm see flyers for dates
North Team	01793 465050	South Team
		01793 465030


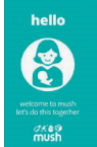

Healthy Start Vitamins Information for Families

Healthy Start is a UK-wide government scheme which aims to improve the health of pregnant women and families on benefits or low incomes. Beneficiaries receive vitamin coupons every 8 weeks – contact your Midwife or Health Visitor for more information and details on how to apply

Use your coupon to obtain free vitamins from any of the following Centres

The Meadow Leigh Road Penhill SN2 5DE	Saltway Centre Pearl Road Middleleaze SN5 5TD	Reuben George Hall Cavendish Square Royston Road Park North SN3 2LZ.
The Hubs		
2 nd Friday of every month 10:00 to 12:00	1 st Tuesday of every month - 12:30-14:30 3 rd Wednesday of every month 10:00-12:00	4 th Monday of every month 13:15 – 15:15
The Meadow Leigh Road Penhill SN2 5DE	Broadgreen Community Centre Salisbury Street SN1 2AN	Haydon Wick Sports Centre Thames Avenue Haydon Wick SN25 1QQ

Resources for Parents

 <p>App – shows parents activities and groups going on for their children in Swindon</p>	 <p>Mush App – puts mum's in contact with other mum's in their local area.</p>
 <p>App for dads on caring and interacting with their baby</p>	

Breastfeeding information for GP practices

Can I Breastfeed on it?

If you are unsure if medication can be taken by a breastfeeding mother please visit <https://www.breastfeedingnetwork.org.uk/drugs-factsheets/>
you can also email druginformation@breastfeedingnetwork.org.uk
this service is managed by **qualified pharmacists**

Mum needing breastfeeding support?

She can call National Breastfeeding Helpline on 0300 100 0212 365 days a year from 9.30am-9.30pm

There is also an online chat facility accessible via www.breastfeedingnetwork.org.uk/chat



Swindon Breastmates

Informal drop-in groups, run by mums who are trained in breastfeeding support, who have breastfed and in most cases are still breastfeeding.

Monday – Highworth Methodist church (term time only). 9.30-11.30am

Monday – Croft Playgroup (term time only). 12-1.30pm

Tuesday - Robert Le Kyng Children's Centre (term time only). 9.30-11am

Tuesday - Lower Shaw Farm 12.30-2.30

Thursday - The Underground, Orbital Retail Park. 12.30-2.30pm



Breastfed baby with Faltering growth?

Recommend skin to skin contact to encourage hormone response
Discuss feeding cues and responsive feeding
Increase breastfeeds
Recommend hand expressing to increase milk supply

THINK! Does this baby *really* need formula supplementation?

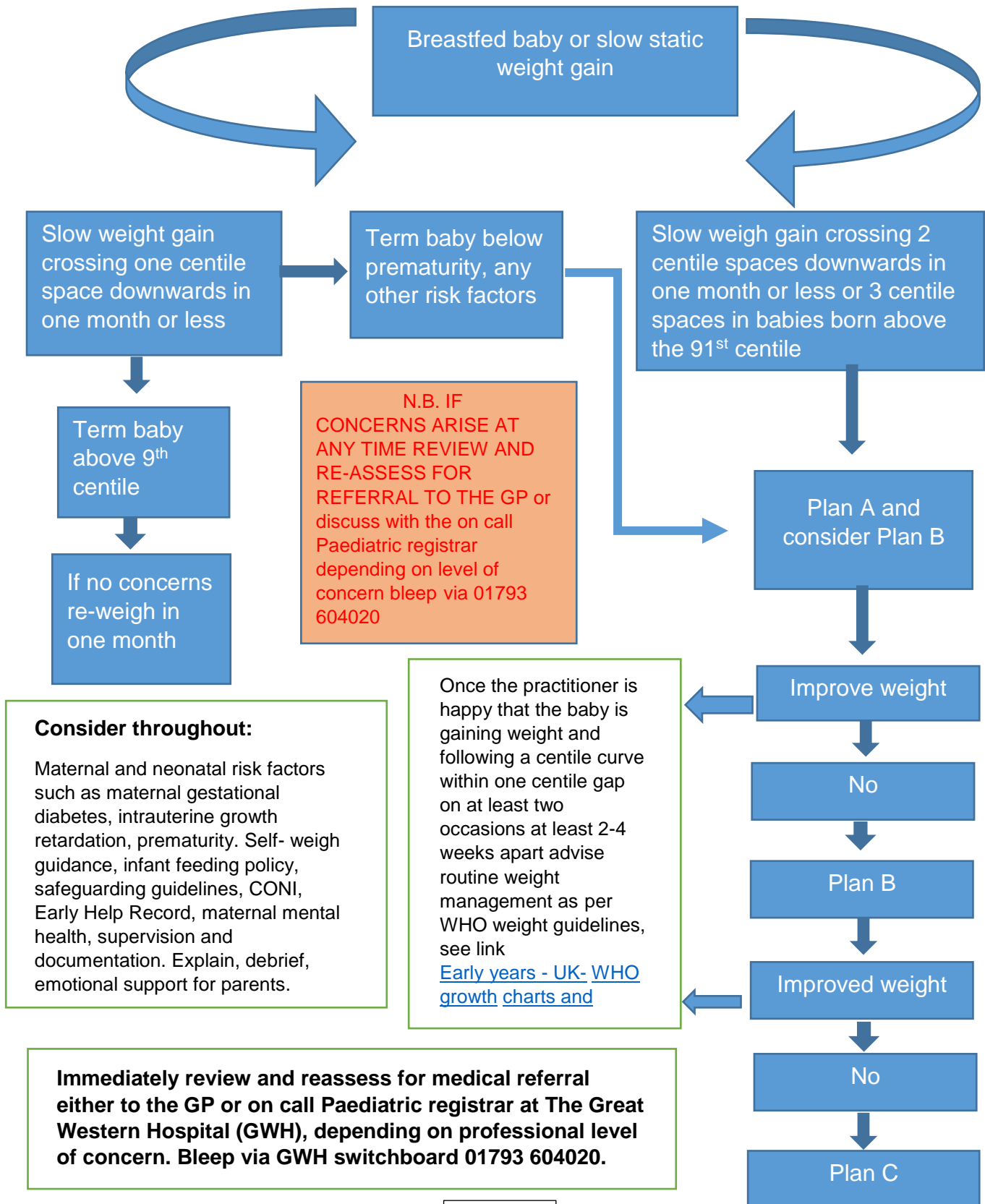
GP Infant Feeding Network

GPIFN is a national network of Primary Care Professionals and supportive colleagues advocating for improvements in Infant Feeding Practice

The website can be used as a basic reference for learning more about infant feeding issues that may present to the GP. It also signposts to further information from trusted independent sources.

www.gpifn.org.uk

Pathway for exclusively breastfed babies up to six months with slow or static weight gain. For use with guidelines 'Prevention and management of faltering weight gain in breastfed babies'



Plan A

Complete full Assessment

- Ensure that the mother is aware of feeding cues and is feeding responsively.
- Explain the technique of hand expression and the benefit of this in increasing milk supply
- Recommend skin to skin contact to encourage hormonal response and responsive feeding.
- Liaise with NCT breastfeeding counsellor and peer support at Breastmates. Breastfeeding peer supporters are not health professionals and it is not within their role to identify health concerns or problem solve Make a plan of care with the mother and partner, if present and offer advice on when to seek medical intervention.
- Review in one week or less and re-weigh in one to two weeks depending on wellbeing and risk factors.
- If the baby's weight increases, continue **to monitor closely and provide support until the baby is following a growth trend an upward weight gain trend on at least two occasions at least 2-4 weeks** apart depending on the history and risk factors.
- If there is no or minimal weight gain, move to Management Plan B.

Plan B

Carry out plan A, and also:

- Express breast milk after each feed (or as often as the mother can manage) and offer to the baby by cup. Explain use of bottles and PACE feeding
- Consider referral to the GP if the baby presents with any signs of illness or if there are maternal and/or neonatal/infant risk
- Consider referral to Infant Feeding Clinic
- For sleepy babies, suggest switch feeding.
- Discuss with the mother and liaise with the GP to consider medication to increase milk supply (Domperidone).
- Contact the mother within 2-3 days to review.
- Reweigh the baby in 7-14 days depending on assessment outcomes and risk factors.
- If there is no or minimal weight gain, move to Management Plan C.

Plan C

Carry out plans A and B, and also:

- Refer to GP to exclude underlying illnesses. If organic illness is suspected a referral to PAU may be appropriate and a referral to the dietician may be appropriate.
- Refer to Specialist Infant Feeding Clinic.
- Discussion regarding introducing formula feeds if expressed breastmilk is unavailable and discuss safe sterilisation, preparation and PACE feed
- Reduce formula as breastmilk increases
- Review 2-4 days after introduction to formula
- Re-assess and weigh one week after starting formula feeds unless advised otherwise by medical practitioner.
- Monitor weight in 1 week. Continue to monitor closely until baby is following an upward weight gain trend as above



**Breastfeeding
support**



**Infant
Feeding**

**To find more information about your Health Visiting
Service and useful sources of support.**

Please look at our local offer page

www.swindon.gov.uk/healthvisitorservices



**Diet
Nutrition**



Sleep



**Behaviour
Management**



**Toilet
Training**