What we provide
The health visiting service in South Gloucestershire is made up of health visitors and community nursery nurses who work in the community with children and families from the antenatal period until they go to school. The service offers support for all parents of all children (from pregnancy to age 5), whatever their circumstances.

Health visitors
Health Visitors are qualified nurses or midwives with a specialist qualification in public health for children, young people and families. They work alongside families offering support and information around parenthood and early parenting. Their training in public health enables them to provide evidence based support and information on a wide range of topics that can affect the health and wellbeing of families.

Community nursery nurses
Community nursery nurses also work alongside families, using their knowledge of child development to support parents to understand their child’s behaviour, build a loving relationship with their child and enjoy their parenting journey.

How can I contact my health visiting team?
By phone: You can call your health visiting team at any time during office hours. All teams have an answer machine where you can leave a message during times when nobody is available to take your call. If you are not sure of the number of your health visiting team you can contact the service on 01225 838555.

In person: You can drop into any of the baby clinics or baby hubs across South Gloucestershire. Baby hubs are gradually replacing baby clinics as supportive drop ins that offer families support and information around early parenting.

Social Media
Keep in touch with the health visiting service in South Gloucestershire through facebook and twitter
facebook: fb.me/sgbabyhubs
Twitter: @sironababyhubs

For more information / Accessibility
t: 0300 124 5300*

This leaflet can be provided in other formats and languages, please contact us for more information.

e: askSirona@sirona-cic.org.uk
w: www.sirona-cic.org.uk

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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When will I see a member of my health visiting team?

**While you are pregnant**
Your health visitor will arrange to see you at home before your baby is born, usually at around 28 – 34 weeks. You are also very welcome to drop into any of the baby hubs, see your health visitor and meet other parents.

**The early weeks after birth**
Your health visitor will arrange to visit you at home before your baby is 14 days old to support you with feeding and caring for your baby and adjusting to having a new family member.
You can stay in touch with your health visitor by dropping into your local weekly baby hub and can phone for further support if you have concerns.

**6 – 8 weeks**
Your health visitor will speak with you again at around 2 month to see how things are going and how you are feeling.

**Continuing support into school**
You can continue to access support from the health visiting service until your child starts school, support will then be available from their school nurse.

**9 – 12 months**
Before your baby is a year old, a community nursery nurse will arrange to meet with you, either at home or at a local community setting, to discuss how things are going and how your child is developing.

**2 – 2 1/2 years**
A health visitor will arrange to meet with you either at home or in a community setting – this is an opportunity to review and discuss your child’s health and development.

Baby hubs are open to families with preschool children, you can drop in and see your health visitor whenever you need support.