

# 0-19 Public Health Integrated Nursing Service

Starting **2<sup>nd</sup> March 2020 (Monday to Thursday)**

If you have a child under the age of 5 years old, you will be able to contact the admin SPA on 0113 8435683 Monday to Thursday **between the hours of 8.30 am & 7.45 pm to:**

- Book or change an appointment
- Book onto a well-baby clinic
- Book onto Preparation for Birth and Beyond course

**We also have 'on the day' pre - bookable telephone appointments available between the hours of 5pm and 7.30 pm with a 0-19 Specialist Public Health Nurse (Health Visitor).**

**If you contact our service and are unable to speak with your named 0-19 Specialist Public Health Nurse that day, you may be offered one of these appointments for advice and support on these topics:**

- Breast Feeding
- General feeding advice
- Sleep
- Managing a crying baby

If your child is unwell or needs medical attention, please contact NHS 111 or your GP.

