

Join  
us...



...at an antenatal course,  
**Preparation for Birth and  
Beyond**, for first time  
parents to help prepare  
you for your baby's  
arrival. Find out more  
from your midwife.

Come  
along...



...to one of our **breast  
feeding groups** or specialist  
clinic. Find out more from  
your 0-19 Specialist Public  
Health Nurse.

Or  
sign up  
for...



...**Health, Exercise, Nutrition  
for the Really Young (HENRY  
- Health Start Brighter  
Future)** programme. This  
is for parents or carers of  
children aged 0-5 years. Free  
to join and run locally in  
Children's Centres. It covers  
parenting confidence, physical  
activity for little ones, what  
children and families eat, family  
lifestyle habits and enjoying life as a  
family. Find out more from your 0-19 Specialist Public Health Nurse.



If you are aged 11-19 years, you can text a  
0-19 Specialist Public Health Nurse on  
**07520 619 750** for confidential health  
support and advice on a range of health issues.

For safety information about this service, please see the disclaimer  
on our website: [www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)



### Speak to us

If you would like to speak to us, or have a question about our services  
and how we can help, please ring the 0-19 Public Health Integrated  
Nursing Service Single Point of Access (SPA) on:  
**0113 843 5683**

### Where can I find more information?

You can find out more about our services, team and support available  
to you by visiting our website:  
[www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)



Or you can find us on Facebook:  
0-19 Public Health Integrated Nursing Service

### Help us get it right

If you have a complaint, concern, comment or compliment please let  
us know by speaking to a member of our staff. We learn from your  
feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the  
**Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am  
to 4.30pm or email [lch.pet@nhs.net](mailto:lch.pet@nhs.net)

**We can provide this information in large print, Braille,  
audio or other languages on request.**

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0-19

## Public Health Integrated Nursing Service



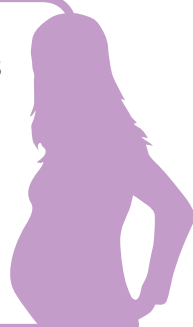
# How we can help...

Every family across Leeds, starting at pregnancy and continuing through to school leavers, receives support from the 0-19 Public Health Integrated Nursing Service.

We are here to offer you support and information to help you and your family stay as healthy as possible.

## Pregnancy (by 34 weeks of pregnancy)

A **0-19 Specialist Public Health Nurse** who specialises in Health Visiting will visit you at your home. We'll discuss the support we can offer and see if there is anything we can help you with before your baby arrives. You'll be given a personal child health record (PCHR). This is known as the 'red book'. We'll use this to record your child's weight and height, vaccinations and other important information.



## When baby arrives (10-14 days following delivery)



We will visit you again at your home and share information around feeding, safe sleeping and caring for your baby. We'll review your baby's development and discuss how you're feeling and any extra help you may need.

## 6-8 week visit

Your **0-19 Specialist Public Health Nurse** will visit you at home to discuss your baby's development and wellbeing. We will listen to how you are all feeling physically and emotionally since the birth of your baby and share information about topics such as feeding, immunisations and settling your baby.



## Aged 8-12 months and 2-2½ years

We offer developmental reviews for your baby/child at both these ages. They usually take place in a community setting such as a health centre or a children's centre by a **0-19 Family Health Worker**.

We will talk to you about how your baby/child is growing and developing. We'll share information about oral health, healthy eating, vision, hearing, language development and keeping your child safe. At the 2-2½ year development review we'll also discuss good sleeping habits, toilet training, speech and communicating with others.



## Aged 4-5



A **0-19 Healthcare Support Worker** will undertake your child's height and weight in line with the National Child Measurement Programme. We will also undertake vision screening. Usually this will take place in your child's school when they are in Reception and you will receive a letter about it.

Prior to your child starting primary school we will send you a questionnaire. It will ask questions about your child's health to see if there is any support you or your child may need.

## Aged 10-11

For children in year 6, a **0-19 Healthcare Support Worker** will undertake your child's height and weight in line with the National Child Measurement Programme. This will take place in your child's school and you will receive information about it.



## Aged 11-19

**0-19 Specialist Public Health Nurses** who specialise in school nursing will support your child in a range of ways: emotional health, weight management, healthy relationships and making sure young people with long term illnesses and other needs get extra support when needed. We help young people throughout their school life to reach their full potential.

Your child can text a 0-19 Specialist Public Health Nurse using ChatHealth (a confidential text messaging service) on **07520 619 750**. They will receive real-time advice between (8.30am-4.30pm, Mon-Fri) on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and general health concerns.



## Aged 19-25

We continue to support young people with additional needs up to the age of 25 and their families.



You can contact us on  
**0113 843 5683**

## Extra help

Further support is also on hand for families when they need it. For example with breastfeeding, bed wetting, emotional difficulties, oral health, bereavement and bullying.

We also work together with local health and social care services to support families who have additional needs. Some examples include if your child has a special education need or disability (SEND), a medical condition or there may be concerns about the safety of your child. We will work to make sure your child is safe and get the services and care they need.

Please speak to a member of the 0-19 Public Health Integrated Nursing Service if you or your family would like additional support.