



**Oxford Health**  
NHS Foundation Trust



Children and young people

# Oxfordshire Health Visiting Service

## Information for families

*Oxford Health NHS Foundation Trust—Caring, safe and excellent*

## What are health visitors?

Health visitors are qualified nurses or midwives with specialist public health training. We are trained in child health & development and protecting children.



We advise and support the health and wellbeing of babies, children to the age of five and their families. Our teams include community staff nurses, community nursery nurses and administrative staff.

Our core contacts are:

- Antenatal
- New birth visit
- 6-8 week visit
- Developmental reviews at 9-12 and 24-30 months
- Contacting you when you move into a new area.





We hold regular child health clinics. You can also contact us at any time for advice on your child's health and development or your health and wellbeing.

Health visitors work to promote equal health opportunities, reduce health inequalities, promote health and wellbeing and provide services for children, families and communities.



We work closely and in partnership with GPs, midwives, school health nurses, early years settings, community & voluntary settings and Social and Health Care.

## What services do health visitors provide?

### Working in the community:

We make sure you know about the services available in your community and help you to access them

### A healthy start for your family:

We lead the Healthy Child Programme to ensure a healthy start for your family. This programme includes immunisations, Developmental checks, child health clinics and health promotion advice. We also provide support to help you develop healthy relationships with your baby and child. We call this aspect of our work 'Universal Services'.

Our nursery nurses run health promotion parent groups. "Early Days" postnatal group and "Marvellous Me" groups at 6 months of age, 18 months of age and 3-4 years of age. For more information or to book a place email :  
CNNGroups@oxfordhealth.nhs.uk

### Providing additional support:

We provide additional support that any family may need. For example; parenting support, advice for a sleepless baby, emotional wellbeing including post-natal depression or anxiety, infant feeding or breastfeeding difficulties. We call this aspect of our work 'Targeted'.

### Working with other agencies:

We work together with other agencies and health professionals to provide additional services for families requiring on-going support for more complex issues. We call this aspect of our work 'Specialist'.

"When I need advice I can go to the child health clinic and talk to a health visitor"



"The health visitor offers me such valuable support, it's hard to put it into words"



"I felt confident and comfortable to ask them for help and advice"



How do I contact my health visitor?

Notes:

## Where can I find more information?



[www.nhs.uk](http://www.nhs.uk)



[www.fisd.oxfordshire.gov.uk](http://www.fisd.oxfordshire.gov.uk)



[www.unicef.org.uk/babyfriendly](http://www.unicef.org.uk/babyfriendly)



[@OxfordshireNHSHealthVisitors](https://www.facebook.com/OxfordshireNHSHealthVisitors)

Webpage - <https://www.oxfordhealth.nhs.uk/health-visitors>

### Comments, suggestions and complaints

We endeavour to ask for feedback as we value your thoughts to inform and improve our service. Please share your comments, suggestions, and positive feedback with a member of the team.

We are committed to providing a high standard of professional support and advice across the trust. To help us maintain this we welcome any feedback that you have regarding your experiences of our service.

PALS provides advice and support to patients, their families and carers and can help to resolve any problems, concerns or complaints that you may have.

You can contact PALS free on telephone 0800 328 7971, or by email: [PALS@oxfordhealth.nhs.uk](mailto:PALS@oxfordhealth.nhs.uk)



If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: [EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسويق مختلف.

**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।  
**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

Oxford Health NHS Foundation Trust  
Trust Headquarters  
Littlemore Mental Health Centre  
Sandford Road  
Littlemore  
Oxford  
OX4 4XN

Switchboard 01865 901 000  
Email [enquiries@oxfordhealth.nhs.uk](mailto:enquiries@oxfordhealth.nhs.uk)  
Website [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)

Become a member of our Foundation Trust  
[www.ohftnhs.uk/membership](http://www.ohftnhs.uk/membership)