HEALTH VISITORS

What can you expect from us?

Boroughbridge, Green Hammerton and Tockwith Health Visitors contact details:

Church Lane Surgery
Boroughbridge
YO51 9BD

To speak to a health visitor/ or leave a message: Tel: 01423 557794

What are Health Visitors?

Health visitors are part of the NHS service. Health visitors are Registered General Nurses, many of which have a background in midwifery or paediatrics prior to completing further specialist training in child health, health promotion and health education. Health visitors are subject to a professional Code of Conduct which requires us to act in your best interests. Our role is to help people, families and communities to stay healthy and avoid illness.

What do we do?

Many people think that health visitors only visit new babies and their families at home however this not the complete picture. Within the Harrogate and Rural area the health visiting service work with the 0 – 19 year age range.

Every child under 5 years old has a named health visitor who can advise the family on their child’s:

- Growth and development
- Immunisations programmes
- Safety prevention inside/outside the home
- Common illnesses
- Healthy eating
- Everyday difficulties e.g. teething, sleeping, breastfeeding, bottle feeding, weaning, nappy rash, temper tantrums
- Signposting to various postnatal/toddler groups and local children centre facilities.

Health visitors can also offer advice about:

- Family planning
- Adjusting to parenthood
- Baby blues/ postnatal depression
- Disabilities
- Signposting to appropriate teams re: benefits
- Prevention of minor illness
- Parenting skills
- Bereavement support
- Women’s health
- Domestic abuse
- Homelessness
- Health promotion groups e.g. smoking cessation groups
How Do We Do This Work?

Health visitors and other members of the health visiting team can work with individuals, families or groups within family homes, GP practices, and local children centre premises, schools or nursery settings depending on the situation.

Who do we work with?

Health visitor’s work closely with general practitioners, practice nurses, midwives, speech and language therapists, primary mental health workers, physiotherapists, occupational therapists, paediatric nurses and all statutory and voluntary agencies. The health visiting team also has close links with local children’s centres, social services and schools.

What are Local Baby Clinics for?

The local baby clinics are held in various locations in Boroughbridge and the surrounding area. The local baby clinics are a means of gaining information on your baby’s growth and development and providing the opportunity to discuss any issues you may have. Families have a choice as to whether they want to see a health visitor or an assistant practitioner within the clinics. Families are advised to attend one of the clinics from 6 weeks onwards unless further home visits have been arranged by the health visitor. It is advised that routine weight checks should be undertaken once a month for the first 6 months; thereafter every 2/3 months until your baby is 1 year old. However every child is different and this may alter depending on results.

Record Keeping

All records are held electronically. Your health visitor will discuss this with you.

Useful Contact Numbers

Boroughbridge Children’s Centre – 01609 797037

Children’s Information Service – 0845 6011630

NHS Telephone Advice Service - 111

Independent Domestic Abuse Services – 01904 646630

Drop In Well Child Clinics

TUESDAY - 09.30 – 11.30am:
Boroughbridge Children’s Centre

1st THURSDAY OF MONTH 1.30 - 3PM:
Dishforth Airfield (Community Centre)

WEDNESDAY 12.00 – 1.30pm:
Green Hammerton Springbank Surgery

MONDAY 09.30 – 10.30am:
Tockwith Surgery

Netmums – www.netmums.com