

Cambridge South City Health Visiting Team and Local Information



What is a Health Visitor?

A Health Visitor is a qualified registered nurse with additional training in public health and working in the community to provide health advice and education. Part of their role includes the assessment of a child's development, environment and assessment of the health and wellbeing of parents. The role also includes safeguarding children and other vulnerable members of the family, which includes recognition of indicators of child abuse and vulnerability and then signposting to other appropriate agencies and resources.

They work as part of a wider team which can consist of Staff Nurses and Nursery Nurses and alongside other professionals such as GP's, Paediatricians, Speech Therapists, Dieticians, Family Support Workers and Social Workers. They offer advice and support on a number of issues including:

- Breastfeeding support
- Feeding advice/issues
- Postnatal Depression
- Sleep Management
- Speech/hearing/vision concerns
- Child development advice/support
- Immunisation advice
- Behaviour management
- Childhood ailments
- School readiness

The Health Visiting Team offer support throughout a number of visits to parents and carers of children. These visits may include:

- Birth visit (between 10-14 days)
- Development reviews at 6-8 weeks, 10-12 months and 2-2 ½ years.



How to contact your Health Visitor

We are available between Monday and Friday from 09:00 to 16:00.

You can contact us on: 01223 723075 (answer machine available out of office hours).

Email: CCS-TR.HVBrookfields@nhs.net

In the case of immediate medical attention please call 111. Advice and support can be offered via a range of methods including telephone, text message, email contact and at a drop-in clinic visit.

Well Baby Clinics - Drop in Basis. These are held every week unless indicated

Monday:

Fawcett Children's Centre, Alpha Terrace, Trumpington, CB2 9FS
1pm - 2.30pm.

North Cambridge Children's Centre, Campkin Road, Cambridge,
CB4 2LD 2nd and 4th Mondays
1.30pm-3pm

Tuesday:

Cherry Hinton Children's Centre, Community Wing, Bewick Bridge
School, Fulbourn Old Drift,
Cherry Hinton, CB1 9ND 9.30 a.m. - 11.00a.m.

Nuffield Road Surgery, Pippin Drive, Cambridge, CB4 1GL
1.30pm - 3pm

Wednesday:

Romsey Mill Children's Centre, Hemingford Rd, CB1 3BZ
2pm - 3.30pm

Thursday: The Fields Children's Centre, Galfrid Road, CB5 8ND
1pm - 2.30 pm

Friday:

Chesterton Children's Centre, Nuffield Road, Cambridge, CB4 1TF 1st Friday
of the month
10am -11.30am

Suggested Times to Weigh Your Baby:

Birth / 2-4 weeks / 6 weeks / 12 weeks / 16 weeks / 6-8 months

Breast Feeding - Drop in basis

Trumpington Meadows Primary School CB2 9AY:

Mondays 12.30pm-2.30pm (excluding bank holidays)

Tel: 01223 508766

Nuffield Road Children's Centre CB4 1TF:

Wednesdays 10am-12pm

Tel: 01223 729081

Brookfields Health Centre CB1 3DQ:

Fridays 1.30pm-3pm

Tel: 01223 723075

Children's Centres

(all available at: www.cambridgeshirechildrenscentres.org.uk)

Cherry Hinton - Community Wing of Bewick Bridge School, CB1 9ND
Tel: 01223 712082

Chesterton - Nuffield Rd, CB4 1TF
Tel: 01223 729081

Fawcett - Fawcett Primary School, CB2 9FS
Tel: 01223 840299

The Fields - Galfrid Rd, CB5 8ND
Tel: 01223 518333

Homerton - Holbrook Rd, CB1 7ST
Tel: 01223 508766

North Cambs Children Centre - Campkin Road, CB4 2LD
Tel: 01223 728118

Romsey Mill - Hemingford Rd, CB1 3BZ
Tel: 01223 213162

Useful Websites/Apps/Phone Numbers

www.cambscommunityservices.nhs.uk/what-we-do/children-young-people/healthvisiting

www.nhs.uk

www.babyfriendly.org.uk

www.apni.org

www.bestbeginnings.org

www.netmums.com

www.nhs.uk/parents

www.nct.org.uk

www.fathersreachingout.uk

www.your-baby.org.uk

www.nationalbreastfeedinghelpline.org.uk

- Breast Start - app available for Android and iPhones
- Out of Hours - NHS 111
- National Childbirth Trust - 01223 567900
- National Childbirth Trust Helpline - 08442-436071 - option 1

For further information about this service contact:

South City Health Visiting Team

Telephone: 01223 723075

Email: CCS-TR.HVBrookfields@nhs.net

Please leave comments on our Facebook page at: www.facebook.com/cambridgeshireinfantfeeding#CambsIF



If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any concerns about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on Freephone 0800 013 2511 or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.