

SOLIHULL HEALTH VISITING SERVICE

Dear Parent / Carer

We would like to welcome you to the 0 – 19 Healthy Child Service for

Solihull. This includes the following services;

- Health Visiting for children aged 0 -5 years
- Infant Feeding Service to help support with feeding
- Family Nurse Partnership
- School Nursing Service for those children at School.

We are writing on behalf of the Health Visiting Team. You will be able to access our services until your child reaches school age, when we will hand over care to the School Nursing Service.

Health Visitors work to improve the health and wellbeing of children and families in the first years of life. Our community teams offer friendly support and advice and we work closely with GPs, midwives, other health professionals and the wider local community.

Health Visitors are experienced, specialist nurses who offer help, information, support and advice to families with pre-school children. Your health visitor can support you from pregnancy until your child is 5. You will also receive 5 key visits.

- At 28 weeks pregnant.
- 10 – 14 days following the birth of your baby.
- When your baby is 6 – 8 weeks old.
- A review of your child's development at 9 – 12 months.
- A review of your child's development at 2 – 2 and a half years

Health Visitors can offer advice and support on a number of issues, including breastfeeding and the health and development of babies and children, lifestyle and health matters that might affect you as well as your baby. These can include healthy diets, stopping smoking and coping with stress. Health visitors can also refer you to other health professionals who may be able to help you.

The Health Visitor can help you gain confidence in caring for your baby in a friendly and supportive atmosphere and attending clinic offers you the chance to meet other families in the early stages of parenthood.

Clinics run by the NORTH TEAM: 0121 329 0120

Wednesday, 1.00 – 3.00 pm

Suite 2.05, The Enterprise Centre, 1 Hedingham Grove, Chelmunds Cross, Chelmsley Wood, B37 7TP

Wednesday, 1.30 – 2.30 pm

Wise Owls Nursery, Wheatfield Close, Smithswood, Birmingham, B36 0QP

Clinics run by CENTRAL TEAM: 0121 726 6756

Tuesday, 9.00 – 11.00 am

Grove Road Clinic, Grove Rd, Solihull B91 2AQ

Thursday, 9.30 – 11.00 am

Hatchford Brook Youth Centre, Old Lode Lane, Solihull B92 8JE

Clinics run by the SOUTH TEAM: 0121 726 6755

Tuesday 1.30 – 3.30 pm

Shirley Clinic, 276 Stratford Rd, Shirley, Solihull, B90 3AD,

Thursday, 9.30 – 11.30 am

Shirley Clinic, 276 Stratford Rd, Shirley, Solihull, B90 3AD

Clinics run by RURAL TEAM: 0121 726 6757

Tuesday, 9.00 – 11.00 am

Freshfields Clinic, Downing Close, Knowle, B93 0QA

Wednesday, 9.00 – 11.00 am

Balsall Common Health Centre, 1 Ashley Drive, Off Hallmeadow Road, CV7 7RA,

SOLIHULL INFANT FEEDING GROUPS

Website: www.youplusbaby.co.uk

Tel: 0121 726 6753

Facebook: Breastfeeding Solihull

App: Feeding Friend

Instagram:

@youplusbaby **Twitter:**

@youplusbaby

Email: swg-tr.infantfeedingteam@nhs.net

Come and join us at one of our groups where you can get information, support, share experiences and make new friends along the way. All groups are informal, there is no need to book – just turn up!

BREASTFEEDING CAFES

For information and support specifically around breastfeeding / expressing:

Tuesday, 10.30 am – 12.00 pm

The Bridge, 234 Stratford Road, Shirley, B90 3AG

Wednesday, 10.00 am – 11.30 am

Renewal Family Centre, Vulcan Road, Solihull, B91 2JY,

Thursday, 9.30 am – 11.00 am

Hatchford Brook Youth Centre, Old Lode Lade, Solihull, B92 8JE,

BREASTFEEDING CLINICS

For more complex challenges, ie tongue tie assessment, baby weight loss etc.

Please contact your Health Visitor / Midwife / GP for referral or contact Solihull Infant Feeding Team on 0121 726 6753.

Wednesday, 9.00 am – 11.00 am

Balsall Common Health Centre, 1 Ashley Drive, CV7 7RW,

For more information please ask your Health Visitor or go to our website and social media pages:

Website: <https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/health-visiting-solihull>

Facebook:

@solihullhealthvisitors

Instagram:

solihullhealthvisitors **Twitter:**

@solihullHVs

<https://www.swft.nhs.uk/privacy-policy>