

**TALK BY RACHEL FIELD, HEALTH VISITOR TEAM LEADER, MID SUSSEX TEAM,
EAST GRINSTEAD TO FRIENDS OF CRAWLEY DOWN HEALTH CENTRE – 21ST
APRIL 2015**

The Healthy Child programme is a government- led scheme to provide information and support on all aspects of healthy living for those caring for pre-school children.

The service is split as follows:

Community: Supporting the development of services locally, like Sure Start and family centres that communities and families can provide for themselves. The Health Visitors (HVs) team work to develop these and make sure local families know about them. They include registered HVs, registered practitioners on a path to train as health visitors and community nursery nurses, supported by admin staff. They work in partnership with children and family centres, midwives, school nurses, GPs and other professionals to provide the services young families may need. There are 12 HVs in the East Grinstead team.

Health Visitors are registered nurses or midwives who have had additional training in public health and child development.

Universal: This is a core programme of scheduled assessments/reviews, open access, child health clinics and early parenting groups. All families are offered a contact:

Before the birth of a baby; within 10-14 days of birth; 10-12 weeks; by 1 year; by 2 and a half years

This offers the opportunity to review development, health promotion advice and to seek support on any issues discussed. Also provided are open access Child Health Clinics, Early Parenting Groups and 20 Milk Breastfeeding Drop-ins across W. Sussex offering professional advice and breast-feeding peer support.

Universal Plus: For families needing extra support for a period of time to meet an identified need. Examples are breastfeeding; parenting; healthy eating; toilet training

Universal Partnership Plus: For particularly vulnerable families who require a multi-agency approach to more complex needs. Examples are parents suffering mental health problems, substance abuse.

Safeguarding: If your children are at risk from harm, the HVs work within Sussex Child Protection and Safeguarding Procedures as part of the multi-agency team.