

Enhanced Health Visiting Service Personalised Service



The Personalised Health Visiting service supports families and enables them to have improved chances of keeping children healthy and safe to give them the best start in life. The service is led by the high impact health visitors and the specialist community nursery nurses.



What does the Personalised Service do?



Health visitors can provide additional one to one support.



Aimed at pregnant people (28 weeks +) and infants from 0 to 2 years with additional risk factors and health needs.



Enable families to receive the right help, at the right time, for the right reasons; supporting improved chances parents keeping children safe from harm, achieving good health outcomes and enabling them to thrive as they transition to school with the best chances of learning and achieving.



The QR code will take you to the Enhanced Health Visiting Service website, which provides useful information and updates.





The service can help with different areas of your child's health as well as supporting your own health. If you have an allocated social worker, your health visitor can create a tailored plan to help demonstrate the work that you are doing to support your child.

If you are pregnant your midwife can refer you to the "Personalised Service" to provide extra support through pregnancy. The team are here to provide additional support for you and your baby/child. We know some parents may need extra support with their mental health, the "Personalised Service" can help you.

Criteria

All clients 18 years and below are automatically eligible.

The service is for families with children under 2.5 years who meet the vulnerability criteria.

The Tailored Service Areas



Healthy Weight and Health Nutrition

- Develop healthy habits that will last a lifetime.
- Underweight and overweight children.



Integrated Reviews

- Supporting school readiness through the delivery of health promotion sessions.



Homeless and Vulnerably Housed

- Families may be asylum seekers or refugees seeking sanctuary.
- Factors can be cost of living crisis, relationship and family breakdown, mental health issues and domestic violence.



Transition to Parenthood and Early Weeks

- Improving relationships and health outcomes for families.



Family Communication

- Linking families to support agencies and helping them access health services hospital and in the community.



Special Additional Needs

- Providing guidance, and advocacy to children with additional needs and their families, including the process of diagnosis, and discussing developmental concerns.



Infant Feeding

- Specialist training to support with general reassurance and guidance alongside support with more complex feeding needs.



Childhood Immunisations

- Increase immunisation with the help of health campaigns to reduce health inequalities.



Substance Use

- Promote smoke-free homes.
- Intervention and support to children and families affected by substance misuse.



Domestic Abuse/Violence

- Provide support for survivors of abuse including referral and signposting.



Maternal and Infant Mental Health

- Provide support to parents and children around their mental health.

Specialist Community Nursery Nurses

Working alongside the Health Visitors to help support parents with healthy eating, weaning, sleep, potty training, behaviour/tantrums, social and growth development, family support and baby care. Working with parents to strengthen relationship with their baby and home safety. Connecting families to the right support and finding solutions together, building community connections like stay-and-play activities.

Please talk to your Health Visitor or email huh-tr.hackneyandcityhvintensive@nhs.net
Health Visiting Contact Number - 020 7683 4151

Instagram: [homerton_health_visiting](https://www.instagram.com/homerton_health_visiting)