The Health Visitor will support you to identify and plan for your baby's needs, your needs and your family's

Further information about the MECSH programme is available through your Health Visitor

Let us know what you think and get involved

T: 0300 124 5300*
E: sirona.hello@nhs.net
W: www.sirona-cic.org.uk

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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This document can be provided in other formats and languages, please contact us for more

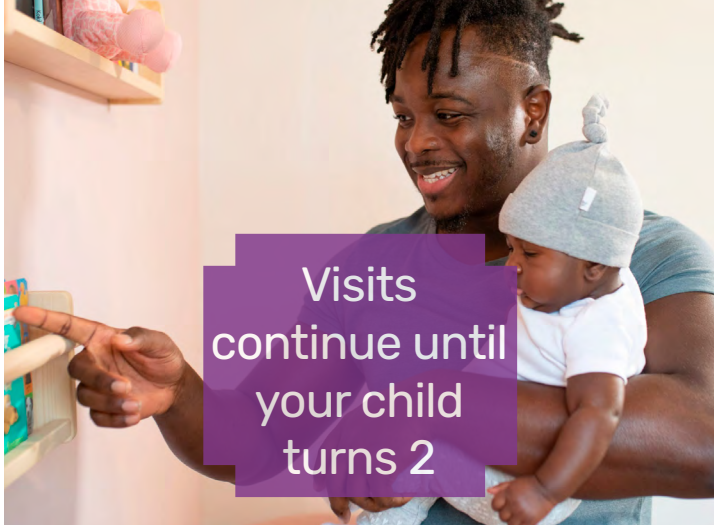
10/2022

Service provided by Sirona care & health

MECSH® Maternal Early Childhood Sustained Home-visiting

There is a lot to think about when you are having a baby and raising children

Service provided by Sirona care & health



What is MECSH?

A home visiting programme providing professional support for you and your family as your baby grows and develops.

How does MECSH work?

A health visitor with specialist knowledge in child and family health will come to your home and provide support to meet your family's needs and share information about child development and give guidance around practical issues e.g. feeding/ settling.

The same health visitor will continue to visit except for times when they may be away so another health visitor will then help out. The health visitor can help to link you to other health services and family support services as well as activities (e.g. parenting groups) within your local area.

If mutually agreed, visits may be at places other than the home (e.g. a park or playground) or be done by phone or video call.

How many home visits will I receive?

Visits will usually start during your pregnancy or soon after your baby comes home. After you bring your baby home, we visit weekly for 6 weeks. The visits are then on a fortnightly basis until your baby is about 3 months old. After this time, the visits are spaced further apart but we will continue to visit until your child celebrates their second birthday.

What happens during a home visit?

At each visit you will have the opportunity to talk with the Health Visitor about how things are going and when the baby arrives how your baby is doing.

The Health Visitor will provide information about how to care for your baby and how to play and talk with your baby to help them grow and learn. They will also support you to identify and plan for your baby's needs, your needs and your family's needs. The Health Visitor may also refer you to other health care or service providers. Each visit will usually take an hour.

The Health Visitor may take photos or video with your permission.

Do I have to stay in the programme?

The programme is voluntary and if you choose to participate, you can change your mind at any time and withdraw from the MECSH programme.

Do I have to participate in any surveys?

Yes, from time to time your Health Visitor will ask you questions to find out how you, your baby and family are going, and whether the MECSH programme is helping you.

The information collected will be kept confidential.

Will any survey data be published?

The data gathered from the surveys may be published. If this happens the data would be de-identified so as not to disclose individual identities.