## What we provide

The health visiting service is made up of health visitors, nurses and community nursery nurses working in the community with children and families from pregnancy until school. They offer support for all parents whatever their circumstances.

## Baby hubs

You can drop into any of the baby hubs across Bristol, North Somerset and South Gloucestershire to:

- Meet other parents
- Talk to a member of the health
- Visiting team
- Get support for feeding your baby
- Weigh your baby.

## Contact us

You can also contact your health visiting team at any time during office hours. For more information and contact details, use the website link or the QR code.

sirona-cic.org.uk/children-services/services/health-visiting-service/

## Social Media

Keep in touch with the health visiting service through Facebook and Twitter:
Facebook: **facebook.com/SironaCIC/**

### 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.

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

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**Registered office**
Sirona care & health CIC, 2nd Floor, Kingswood Civic Centre, High Street, Kingswood, Bristol BS15 9TR
Company Number: 07585003

NHS

# Health visiting in Bristol, North Somerset and South Gloucestershire

**Supporting you on your parenting journey**

Service provided by Sirona care & health

# When will I see a member of my health visiting team?

## While you are pregnant

Your health visitor will arrange to see you at home before your baby is born, usually at around 28 – 34 weeks. You are also very welcome to drop into any of the baby hubs, see your health visitor and meet other parents.

## Continuing support into school

You can continue to access support from the health visiting service until your child starts school, support will then be available from their school nurse.

## The early weeks after birth

Your health visitor will arrange to visit you at home before your baby is 14 days old to support you with feeding and caring for your baby and adjusting to having a new family member.

Stay in touch with your health visiting team by dropping into your local weekly baby hub or phoning for further support if you have any concerns.

## 2 – 2 1/2 years

A member of the health visiting team will arrange to meet you at home or in a community setting – this is a chance to review and discuss your child's health and development.

## 6 – 8 weeks

Your health visitor will speak with you again at around 2 month to see how things are going and how you are feeling.

## 9 – 12 months

Before your baby is a year old a member of your health visiting team will arrange to meet with you at a local community setting, to discuss how things are going and how your child is developing.

the baby hub

**Baby hubs are open to families with preschool children, you can drop in and see a member of the health visiting team whenever you need support**