



### Feedback

We welcome any suggestions you have, please send your comments, concerns, complaints and compliments to:

Cheshire and Wirral Partnership NHS Foundation Trust,  
PALS, Complaints and Incidents Team, Trust  
Headquarters, Redesmere, Countess of Chester Health Park,  
Liverpool Road, Chester, CH2 1BQ

For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

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**D-05HWBS-17-725**

## 0-5 Health and Well-being Service

The 0-5 Health and Well-being Service is  
delivered by Health Visitor teams.

**Health Visitors are Specialist Public Health  
Practitioners who have expertise in child  
development and family health.**



[www.mywell-being.org.uk](http://www.mywell-being.org.uk)



## Who are we?

Health Visitors are Specialist Public Health Practitioners who have expertise in child development and family health. All children under 5 years of age have a Health Visitor. Health Visitors are qualified nurses who have a specialist qualification in community health and have knowledge about adult and child health promotion and education.

## What can you expect?

- A flexible service to meet families' needs
- A service delivered from a variety of settings, including your home, clinics and other community venues.

We deliver a service in collaboration with partners to ensure that you can access the best and most suitable advice and support including:

- Children's growth and development
- Infant feeding including breast feeding and introducing solid foods
- Health promotion
- Emotional health and wellbeing
- Behavioural challenges, e.g. sleeping, eating, toilet training
- Immunisations
- Accident prevention
- Relationships
- Contraception
- Parenting skills and family support

## Your offer...

You will receive a series of core visits from your Health Visitor, however if together you identify that you have additional needs that require our support, your Health Visitor will offer further appointments outside of the list of core contacts.

Some families require more input than others, and so the Service offered is tailored to each family's needs.

## Core Contacts...

- Antenatal contact to all pregnant women
- Birth visit: 10-14 days following the birth of your baby
- 6-8 week visit
- 1 Year development assessment
- 2 Year development assessment

## Contact us...

### Chester & Rural Locality

Tarporley Health Centre: 01829 733686  
Boughton Health Centre: 01244 348022  
Blacon Children's Centre: 01244 976225  
Lache Health Centre: 01244 682991  
Upton Clinic: 01244 398010

### Ellesmere Port & Neston Locality

Great Sutton Clinic: 0151 339 2208  
Hope Farm Clinic: 0151 347 4200  
Princeway Health Centre: 01928 736004  
Stanney Lane Clinic: 0151 488 8486  
Stanlaw Abbey Children's Centre: 0151 337 6425

