



**Bedfordshire
Community
Health Services**



0-19 Services

Patient Information



Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust

Service provision

The 0 to 19 Service provides community based health services to children in Bedfordshire. The team consists of healthcare assistants, community nursery nurses, community staff nurses, health visitors, and school nurses. They work closely with and share relevant information with your GP, education, social care, children's centre and other health care professionals.

The 0-19 team participate in the training of student nurses, health visitors and school nurses. Please inform a member of the team if you do not wish to have a student involved in your care.

Pre-school children

All new parents will be contacted by a health visitor shortly before and just after the birth of their child. A health visitor is a qualified nurse/midwife who has undergone specialist training on pre-school children and their families. They work within the 0-19 team to support and advise parents and carers on the health and well being of their child(ren).

What to expect

- A visit by a health visitor before and shortly after the birth of your child. Your particular needs will be discussed and support offered in partnership with your family.
- Access to the 0-19 Service via phone or by attending a scheduled well baby clinic
- Advice and support on all aspects of child care and child health
- Health promotion, advice and support for all family members and carers.
- Child health reviews at one and two and a half years
- Maternal mental health assessment and support
- Referring on to other health care professionals if required
- Support with breast and/or bottle feeding
- School aged children

The 0-19 Service also promotes and supports the health and well being of all school aged children. Each school is supported by qualified nurses from the 0-19 Service who have undergone specialist training on school age children. They offer confidential advice and care to young people and parents/carers.

The service aims to look after and protect the physical and emotional health of school aged children, in partnership with the school, family and other agencies.

What to expect

- When starting school parents / carers will be asked to give consent for the child to be included in the school health programme
- The programme may include a hearing and sight test, and the measurement of the child's height and weight in reception year. Height and weight will again be measured in year six
- Give health advice to children and their parents
- Supports teachers and schools, including offering health education in the classroom
- Referring on to other health care professionals if required.

Safeguarding children

The 0-19 Service has a duty of care to ensure the safety and well-being of children and young people. They work closely with NHS Bedfordshire's Safeguarding Children group, and Bedfordshire's Local Safeguarding Children's Board.

Useful websites

- www.nhs.uk/LiveWell
- www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/
- www.nhs.uk/start4life/baby/feeding-your-baby/breastfeeding/
- www.thestopsmokingservice.co.uk
- www.healthyschools.org.uk
- <https://thedadpad.co.uk/>

For further information about this service contact:

The Health Visiting teams in your local area are happy to answer any queries or concerns you may have.

To contact any of our teams, call our Children's Community Health Hub number (Monday - Friday during office hours).

Tel: 0300 555 0606 or email
us: ccs.bedsandlutonchildrenshealthhub@nhs.net



Children's Community
Health HUB

**Your one stop
contact point**

Tel: 0300 555 0606

Email: ccs.bedsandlutonchildrenshealthhub@nhs.net

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit www.cambscommunityservices.nhs.uk and follow the links or please contact us.



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.