

# The Beacon Public Health Nursing Team



Primary Care Trust

## Health Visitors, School Nurses, Community Health Workers (Nursery Nurses)

Covering the Beacon Heath, Whipton, Heavitree and Polsloe Children's Centres area.

### Your Public Health Nursing Team

### Heather Woolven - Team Leader

Willowbrook Office  
Willowbrook School  
Summer Lane  
Exeter EX4 8NN  
01392 463005

Ladysmith Office  
Ladysmith Infant School  
Ladysmith Road  
Exeter EX1 2PS  
01392 429012

### Members of the Team

Jonathan Furneaux - HV

Charlotte Tucket - PHN

Sheila Hannallah - HV

Lynsey Williams - HV

Lizz Evans - CHW

Claire Groves - CHW

Maggie Davies - HV

Amy Daddow - CHW

Gina Ward - Clerk

Charlotte Morley - HV

Julie Dunstan - Clerk

Karen Gordon - HV

Gayle Fearn - HV

(Maternity leave)

HV = Health Visitor CHW = Community Health Worker PHN = Public Health Nurse

# Public Health Nursing Team for Clyst Vale.



Primary Care Trust

## Alison Sharpe - Health Visitor & School Nurse

Alison covers the eastern side of Clyst Vale Children's Centre area except Stoke Canon and Silverton.

## Karen Gentry - Health Visitor and Practice Teacher

Karen also covers the Clyst Vale area with Alison.

## Paula Goodship - School Nurse

Paula is the School Nurse for all of the Clyst Vale Learning Community which includes the 8 feeder primary schools.

## Jo Lowman and Claire Quinn - Community Health Workers

Jo and Claire work with both the Health Visitors across the Clyst Vale and Ottery St Mary localities.

## Lynette Hawes (2 days Health Visitor)

Lynette is a very experienced Health Visitor covering Stoke Canon and Silverton areas.

Lynette attends Baby Buddies on Wednesdays 1.30 - 3.00pm at Silverton Community Hall

**CONTACT: Ottery St Mary  
Community Hospital**

**Tel: 01404 816021  
or 01404 816019**

**CONTACT: Wyndam Health Surgery**

**Tel: 01392 860034**

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## The Public Health Nursing Team offer support through the Healthy Child Programme

which includes:

Antenatal Visit (where possible)

New Birth Visit

6-8 week review of general progress by GP and Health Visitor

4 Month contact – offering health promotion advice & an opportunity to discuss maternal emotional wellbeing

By 1<sup>st</sup> year – assessment of child's development

2 ½ year contact – review of child's progress, offering health promotion advice

4-5 years – review by School Nurse in first year of school

Drop-in child health clinics at accessible locations in the community

Contacts with children who transfer into the area

Perinatal mental health support, attachment/infant mental health

Breastfeeding support

Monitoring child development

Providing support for children with special needs

Input into group work and other Children's Centre programmes

Advising early years settings on health topics

Providing support to children and families around feeding, behaviour, sleep, home safety and toileting



A four week programme run by two of the Community Nursery Nurses from the Health visiting team

A chance to meet other parents with babies of a similar age to your own

What is baby club?

Invitations sent out to all new parents

Topics we cover are:

- Sleep and routines
- Childhood illnesses
- Weaning
- Play

Lots of opportunities for open discussion around our topics and any of your own e.g. feeding



### Baby Oasis Breastfeeding Social Group

Monday 9.30 - 12.00pm at Beacon Heath Children's Centre

Tuesday 9.30 - 11.30am at Whipton Children's Centre

Thursday 9.30 - 11.30am at Heavitree and Polsloe Children's Centre



Come along to our Baby Oasis drop in group.

We offer individual support as well as a friendly supportive group, so if you have any questions or queries regarding breastfeeding you can pop in and have a chat.

It's a place where you can feed your baby and a chance to meet other mums.

## Benefits of breastfeeding

### For mother

Reduces the risk of:

- Breast cancer
- Ovarian cancer
- Hip fracture
- Heart disease

Breastfeeding also:

- Burns, on average, 500 calories a day
- Is free
- No preparation time (particularly handy in the middle of the night)
- Is good for mother/baby bonding



### For baby

Reduces risk of

- Gastroenteritis (D&V)
- Chest infections
- Ear infections
- Urinary tract infections
- Allergies (e.g. hayfever, eczema, asthma)
- Diabetes
- Obesity (by demand feeding baby only takes what they need)
- SIDS (Cot death)
- Heart disease



Breastfeeding also provides babies with vital anti-bodies.

Breastfeeding may not stop these illnesses altogether but will help aid a speedy recovery.



### **FREE Breast Pump Hire**

Contact your Health Visitor  
for details

£15.00 one off charge for  
Hygienikit Milk Collection Set



### **Reduced price Medela Mini Electric Breast Pump available to purchase**

**£40.00** rrp £89.99

Contact  
Whipton Children's Centre  
464754  
or Beacon Heath Children's Centre  
427063

## **Development Checks**

When your child is around 12 months and again about two and a half years old, you will be offered a development check from the Health Visiting team.

These sessions are an opportunity for you to ask us questions, air any concerns you may have and for us to ensure your child is meeting their developmental milestones.

Things we discuss will be:

### **General health**

Recurrent illnesses and how best to manage them. Safety – looking at accident and injury prevention when home and out and about.

Dental care, dummy use and registering with a dentist.

### **Development**

We will discuss your child's developmental progress e.g. looking at mobility, speech, play and social skills.

We also discuss nursery and pre-school placements.

### **Diet and Nutrition**

This is a chance to discuss your child's overall diet and eating habits. If needed we can also give advice around extended breastfeeding and/or moving onto cow's milk. We will also weigh and measure your child.

### **Behaviour**

Looking at your child's daily routines, sleep patterns and ever changing behavioural needs. Offering support/advice where needed.

# Healthy living

change  
4 life

There are a few simple things you can do to help your kids eat the right amount for their age and size and they're such little changes they should fit right into your existing routine.

1

Remember that kids' tummies are smaller than adults', so they need less food to make them full. So don't fall into the trap of serving up the same size plateful for everyone in the family.

2

Find or buy some child-sized plates and bowls. Plates and bowls are made bigger than ever now, so of course when you put a child's portion on an adult's plate it doesn't look anywhere near enough. When you start serving them meals on proper sized plates, it will be much easier to tell if they have too much.

3

Get the kids to eat at the table rather than in front of the TV. Watching TV while they eat distracts them and they could end up not noticing the signal from their tummy telling them that they're full up – so they may end up eating too much.

4

Be careful of pre-packaged portions. Most things come in adult sizes, so don't just give a whole portion to a child. For example, let them share a bag of crisps, or keep some back for later.

5

Set up a regular mid-morning and mid-afternoon snack time when the kids are at home, and give them a healthy little snack. This means that their bodies get trained to think that regular food is coming, and they don't tend to overeat at mealtimes.

6

Let the kids watch you serve the meals. This way they are more likely to understand the different portion sizes for different ages.

7

Give them less rather than more to start with – they can always ask for seconds. This way you'll have less waste and they won't eat too much.

8

If you're worried they're not getting a balanced diet because they're picky eaters, encourage them to try a mouthful of everything on the plate, rather than to eat it all up and have a clean plate.

9

Don't worry if they don't have a clean plate and they say they're full – it just means they probably are full! Your kids won't starve – if they're hungry, they'll probably eat – whatever you put in front of them.

10

If the kids say they're hungry as you're cooking, give them a glass of water or juice to fill them up, rather than a snack that could ruin their appetite. It really WILL stop them being hungry for a little while and it means they'll eat all of the Me Size Meal you give them.