

## What if I want advice between visits?

You can either phone on **0300 330 5777** or use the live chat function on our website: **[bexley0to19.co.uk](https://bexley0to19.co.uk)**, whichever you prefer.

You are also welcome to attend our Well Baby Clinics where you can see a Health Visitor if needed, weigh your baby and record their weight in the Red Book or e-Red Book (otherwise known as the Personal Child Health Record) which will have been provided by your midwife. For the current timetable of Well Baby clinics (based at the locations below) please see our website or give us a call.

### Well Baby Clinics

#### Barnard Health Centre

43 Granville Road  
Sidcup DA14 4TA

#### Lakeside Health Centre

Yarnton Way  
London SE2 9LH

#### Erith Health Centre

50 Pier Road  
Erith DA8 1RQ

#### St Augustine's Children's Centre

St Augustine's Road  
Belvedere DA17 5HP

#### Danson Youth Centre

Brampton Road  
Bexleyheath DA7 4EZ

#### North Cray Children's Centre

1 Davis Way  
Sidcup DA14 5JR

## Bromley Healthcare

better together

The Bexley 0 to 19 Children's Public Health Service is provided by Bromley Healthcare, an award-winning social enterprise providing a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 99% of our patients would recommend our services to their friends and family.

Working with **NHS**

## Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Bromley Healthcare CIC Ltd  
Global House  
10 Station Approach  
Hayes  
Kent BR2 7EH  
[contact@bromleyhealthcare-cic.nhs.uk](mailto:contact@bromleyhealthcare-cic.nhs.uk)  
[www.bromleyhealthcare.org.uk](http://www.bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
Company no: 06815987 Registered in England  
Registered office: Global House, 10 Station Approach, Hayes, Kent BR2 7EH



# Bexley 0 to 4

## Children's Public Health Service

# Bexley 0 to 19

## Children's Public Health Service

The service supports parents and carers to give their babies, children and young people the best possible start in life. We will provide a series of 10 health checks starting with an antenatal contact, and you will be given advice and support about your child's development and growth, healthy eating, physical activity, emotional wellbeing and immunisations.

We understand that it can take time to adjust to being a parent or carer, and that some people may find that process easier or more difficult than others. We'll support you to become confident in looking after the health and development needs of your child from when they are born to when they transition into adulthood.

## Bexley 0 to 4

The service is for parents and carers of babies and children from birth until just before they start school. Whether you're concerned about feeding, sleeping, behaviour or development our team of fully qualified and experienced Health Visitors and healthcare professionals are here to advise and support you with bringing up a healthy and happy child.

### Midwives and Health Visitors

**Midwives** are specialists in pregnancy and birth; they will look after the mother and baby during labour and from birth for up to 28 days after the baby is born. When your baby is 10 days old the Midwives will handover care to the Health Visitors.

**Health Visitors** are qualified Nurses or Midwives who have completed further training. The Health Visitor is there to support you in raising your child. As far as possible we will try to ensure that you see the same Health Visitor for the first three visits, so you know who to expect. For more information on these health checks please visit [bexley0to19.co.uk](http://bexley0to19.co.uk).

### Antenatal contact



We will phone you at around 28 weeks into your pregnancy to arrange a suitable time to meet you at a clinic or Children and Family Centre.

### 10 to 14 days



When your baby is 10-14 days old we will phone you to arrange a convenient time to visit you at home.

### 6 to 8 weeks



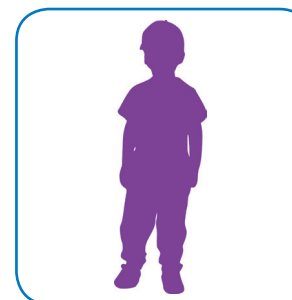
We will phone you to arrange a convenient time to meet you either at home or at a clinic or Children and Family Centre.

### 8-12 months and 2 to 2½ years old



You will be invited by letter to meet a Health Visitor at a clinic or Children and Family Centre.

### 3-4 years old



Before your child starts school you will be sent a letter giving you advice on getting your child ready for starting school.

### Starting school

Your child will then move on to the care of the School Nurses once they start school. See the Bexley 5 to 19 leaflet for more information on this part of the service or visit our website: [bexley0to19.co.uk](http://bexley0to19.co.uk).