Family Health & Lifestyle Service in Coventry

For more information about any of the services please contact us on: 02475 189190

www.swft.nhs.uk /CoventryHLS /coventryfamilyhealthandlifestyleservice
Infant Feeding Team

The Coventry Family Health and Lifestyle Service are UNICEF BFN trained and Accredited with Breastfeeding Peer Support Workers, managed by a Registered Adult Nurse. Offering information, support and advice on all aspects of infant feeding.

Family Nurse Partnership (FNP)

A voluntary programme for young first time mothers (and their partners), aged 19 years or under. Our specially-trained nurses provide regular home visits, from early pregnancy until your child is aged two. Helping increase your chances of a healthy pregnancy and improve your child’s development. We can also help you achieve your aspirations such as finding a job or returning to education.

Health Visiting

We work to improve the health and wellbeing of children and families in the crucial first years of life. Our community teams offer friendly support and advice and we work closely with GPs, midwives, school nurses and the wider local community.

School Nursing

We provide a named school nurse in each school in Coventry to help children and young people to take responsibility for their own health and to adopt a healthy lifestyle. We support the delivery of the Healthy Child Programme this includes: the delivery of the National Child Measurement Programme, Reception and Year 6 Health Assessments and Hearing Screening.

MAMTA

The aim of MAMTA is to improve Child and Maternal Health outcomes for BME (Black and Minority Ethnic) women in Coventry. We support antenatal clinics, postnatal clinics and parent craft sessions. Working in partnership with midwives, health visiting teams and other health professionals.

Contact:
Tel: 044 (0) 24 7663 763/9
Email: office@fwt.org.uk

Stop Smoking Services

We offer a stop smoking service for pregnant women and a stop smoking programme of support for young people who are aged 12-17 years.

The service provides a friendly and confidential service, offering advice and support to help you give up smoking and maintain a smoke free home.

Be Active Be Healthy

We deliver a range of free healthy lifestyle and exercise programmes for families and young people. Our fully qualified exercise professionals offer support to help you achieve and maintain a healthy weight, increase your exercise levels and improve your wellbeing.

Please contact the team to find out about activities happening near you.
Tel: 07852 921406
Email: beactivebehealthy@swft.nhs.uk