



South Warwickshire  
NHS Foundation Trust

## Family Health and Lifestyles Services

31<sup>st</sup> March 2020

### Corona Virus Response

South Warwickshire NHS Trust would like to inform all partners of the revised Family Health and Lifestyle Services offer, due to the Covid19 Pandemic in line with current NHSE Guidance.

The service will continue to work closely with Public Health, Midwifery and GP services so that children and families receive a safe service in these uncertain times, and we will work with NHSE and take note of National Guidance

#### Health Visiting

Health Visitors can be contacted for support in the following ways;

**Telephone** Contact Number : **02475189190**

**Chat Health** text messaging number: **07507329114** *This service allows parents/carers to text the service and receive a response within working hours*

The Coventry Health Visiting Service will remain active at present. **The service delivery model will mainly be offered virtually;** telephone/ video calling and text/email. **The priority for the service is Antenatal Contacts and New Birth Contacts.**

For all contacts and service delivery, **face to face visits will only be carried out if there is compelling need;** this may be in the case of medical need and faltering growth, safeguarding concerns, parental mental health concerns, or after discussion with another professional.

These may be delayed if families are in self-isolation or refuse entry, at which point the appropriate advice will be sort.

Well Baby clinics and group sessions are cancelled across Coventry in line with NHSE guidance and will remain closed for the foreseeable future.

## Stop Smoking in Pregnancy Service

Telephone Contact number: **024765189190** Opening hours Mon – Fri 8am – 5pm

The Stop smoking in pregnancy team have also adapted their service and are now offering Skype and on-line support to pregnant women as home visiting has been suspended. Therefore we are able to continue to offer the service and programme and are often the only regular link for these women as we support them through the pregnancy to birth and beyond. We are therefore in a position to reinforce other important Public Health messages through the pregnancy and build a relationship with them offering reassurance and continuity of care. We are able to cross professional boundaries and offer information regarding Infant feeding, safe sleeping and healthy lifestyles. NRT prescribing is continuing as normal and we are exploring new ways of provision with the LMS, a possible direct postal system to further protect the clients.

## Infant Feeding

Telephone Contact Number : **024765189190** or **07904984620** Opening Hours Mon – Fri 8am – 5pm

The Infant Feeding team will be able to provide information and support required via Skype, online support and video links which has proven to be very popular and effective during these challenging times. We are able to offer weekly follow ups for up to six weeks to continue, encourage and support breastfeeding. We also have improved the ways we capture the data. We encourage feedback from every client so we can evolve the service as required.

Pregnant women are self-isolating and feeling very anxious, vulnerable and confused. The team are adapting to providing a new style of service with reassurance and the latest information. We are able to provide medical support, A/N information sessions on breastfeeding, breastfeeding assessments, medical advice, tongue tie assessment via video links as tongue tie clinics are suspended. We are empowering parents with knowledge and information about the signs to look for if feeding is not going well as we cannot rely on the weight as part of the assessment.

The team are also providing the latest feeding information and new actions required to other services such as Health visiting and Midwives to encourage referrals and improve communication which is vital to ensure the safety of the mother and babies during these uncertain times.

## FNP

Family Nurse Partnership will continue to work with clients virtually and face to face when necessary. FNP will also support the Health Visiting service in providing provision to vulnerable parents virtually, or face to face when necessary. Early graduation for some clients who are doing well may be an option.

## School Nursing

In the current climate Coventry school nursing continue to carry out child protection follow up for health needs that have been identified, update health focused websites. The service will be delivered virtually where possible.

[www.healthforkids.co.uk](http://www.healthforkids.co.uk) offers a fun way for children to learn about health with games, activities and quizzes.

[www.healthforteens.co.uk](http://www.healthforteens.co.uk) hosts videos and webchats as well as articles to educate teenagers on a range of health topics such as contraception, mental health, drugs and alcohol.

**Chat health service that enables 11-18 year olds** across Coventry to send confidential SMS text messages to School Nurses who will provide impartial advice and support. The number to text is **07507 331949**.

Giving Parent Advice

**Parents can call the School Nurses between 8.30am - 16.30pm, Monday to Friday on 02475189190** to discuss any child health concerns they may have. Or can contact us by **texting our parent line 07507 329114** 9am-5pm Monday to Friday.

We are running telephone call referral clinics for families that have been referred into the service and prioritising referrals for children with behavioural difficulties, due to families being confined to their home we are giving parents advice and support in order for their Childrens behaviour does not escalate.

The school nursing team will also follow up of children who are identified through the NCMP as being underweight.

## Be Active Be Healthy

Contact Number: **07852921406** Opening hours 8:30 – 16:30, Monday to Friday

**Nutrition and Physical Activity Support:**

If you would like any support please contact the service for advice / support relating to nutrition or physical activity. The team will be contacting all families who are referred into the service to offer 1:1 telephone support, including all NCMP referrals.

### **Start Active Stay Active:**

With families having to spend time at home it is even more important for parents / carers to ensure children aged 0 – 5 years achieve the recommended amount of physical activity. To help with this the Be Active Be Healthy team are providing 'Start Active Stay Active' support. For more information the team can be contacted on: 07852921406 or by email:

**[BeActiveBeHealthy@swift.nhs.uk](mailto:BeActiveBeHealthy@swift.nhs.uk)**

### **On Line Support:**

Exercise videos for families to complete together can be found on the FHLS social media pages:

Facebook: [www.facebook.com/coventryfamilyhealthandlifestyleservice](https://www.facebook.com/coventryfamilyhealthandlifestyleservice)

Twitter: [www.twitter.com/@coventryFHLS](https://www.twitter.com/@coventryFHLS)

Instagram: @Coventry\_fhls

New videos are being added weekly.

The Be Active Be Healthy team will be running **online group support** through the 'Best You' app: <https://best-you.org/Dashboard/PersDash>. The groups will be going live over the next few weeks. For more information on how to join contact the team on: 07852921406 or by email: [BeActiveBeHealthy@swift.nhs.uk](mailto:BeActiveBeHealthy@swift.nhs.uk)

### **Mamta**

Mamta are continuing to support families virtually. They can be contacted by;

Telephone: 024 76637693

<http://www.fwt.org.uk/health/mamta-2/>

### **Key Information**

Information relating to the service can be found on;

Facebook: [www.facebook.com/coventryfamilyhealthandlifestyleservice](https://www.facebook.com/coventryfamilyhealthandlifestyleservice)  
[www.facebook.com/coventryhealthvisitingsservice](https://www.facebook.com/coventryhealthvisitingsservice)

Twitter: [www.twitter.com/@coventryFHLS](https://www.twitter.com/@coventryFHLS)

Instagram: @Coventry\_fhls