

**Health Visiting Support and Development Team - Lambeth and Southwark Universal Services**

**Please email your referral to the Health Visiting Support and Development Team**:

**gst-tr.HVsupportanddevelopmentworker@nhs.net**

The Support and Development Workers (SDWs) form part of the Universal Health Visiting Service, with the aim of promoting health literacy and wellbeing for families with children aged 0-5 years. The team deliver a number of group workshops and programmes as well as 1:1 sessions to support with good nutrition, physical activity, emotional well-being and parenting skills. The SDWs also target support at families who use the emergency department as their first line of primary care for their children, when alternatives could be appropriate.

**Model of service provision**

For families requiring support around nutrition, activity and parenting skills, first line intervention is either for HENRY workshops as listed below or the 8 week Healthy Families: Right From The Start programme.

Healthy Families: Right From The Start programme is an 8 week course which helps parents with children under 5 gain the confidence, knowledge and skills they need to help the whole family adopt a healthier, happier lifestyle and to give their children a great start in life. The Healthy Families course focuses on supporting good nutrition, physical activity, emotional well-being and parenting skills in a fun and supportive group. Programmes are held online or in person (crèche provided) and the parent will need to commit to the full 8 weeks.

For those families that require support around sleep routines, frequent emergency department attendance or toilet training or are unable to attend a group programme, a minimum of four one to one sessions (virtual or face to face) can be offered by the service.

**The SDWs receive referrals from the following practitioners:**

* Health Visitors
* Early Intervention Health Visitors
* Liaison Health Visitor
* Dentist
* Paediatricians
* General Practitioners
* Speech and Language Therapists
* Dietitians
* Children’s Centre staff

**Referral form for Health Visiting Support and Development Team**

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| --- | --- | --- | --- |
| **Child Name**: |  | **Date of Referral**: |  |
| **Date of Birth**: |  | **NHS Number**: |  |
| **Address:** |  | **Tel/Mobile No:** |  |
| **Parent name:** |  | **Parent email address** |  |

**Please discuss with parent/carer prior to making a referral**

**Please do not refer if the child is already receiving support for the criteria that you have selected**

|  |  |  |
| --- | --- | --- |
| **Code** | **HENRY workshops/programme** | **Please tick** |
| **01HS** | **HENRY workshop – Starting Solids** |  |
| **02HF** | **HENRY workshop – Fussy Eating** |  |
| **03HA** | **HENRY workshop – Let’s Get Active** |  |
| **04HT** | **HENRY workshop – Healthy Teeth** |  |
| **05HD** | **HENRY workshop – Healthy Drinks for Young Children** |  |
| **06HE** | **HENRY workshop – Eating Well for Less** |  |
| **08HP** | **8 week Healthy Families: Right From The Start programme** |  |
|  |  |  |
|  | **One to one sessions** |  |
| **09TT** | **Toilet Training** |  |
| **10AE** | **Frequent Emergency Department Attendance** |  |
| **11SR** | **Sleep routines** |  |
| **12BH** | **Challenging behaviour** |  |
|  | **Other ………………………………………… (please only refer if unable/unwilling to attend HENRY workshops/programme)** |  |
| **Additional information** - **Are there any risks/issues we need to be aware of?** *(include relationships, , SEN, behaviour, support, stability, safety, language, mental health, substance misuse, domestic abuse etc.)* **Please note that your referral may be rejected if this section is not completed**. | | |

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| **Referrer Details**: | | | |
| **Name**: |  | **Designation**: |  |
| **Email**: |  | | |
| **Tel No:** |  | | |

**You will be notified by email when the referral has been accepted by the staff member and we aim to contact the family/carer within 10 working days.**