



# Merridale Practice Health Visiting Team

Can be contacted at

**Rowley Fields Children's Centre**

**Imperial Avenue**

**Leicester**

**LE3 1AH.**

**Telephone: 0116 2298730**

## Team Members

**Kerry Wale – Health Visitor**

**Sarah Sherlock – Health Visitor**

**Mel Chester – Nursery Nurse**

## Health Visitor Advice Clinic

**This clinic is booked appointments only and is held on**

**Tuesday**

**At**

**Rowley Fields Children's Centre at 1.00pm – 2.30pm.**

**If you wish to book an appointment**

**Telephone**

**0116 2298730**

# What do Health Visitors do?

Health visitors give confidential advice, care and support to families with babies and young children up to five years old. This also includes giving advice and support on:

**Monitoring and promote the physical and emotional health of mothers, babies and the general health of their families.**

**Nutrition**

**Behavioural difficulties**

**Child development, including specialist developmental needs**

**Postnatal depression and emotional wellbeing**

**Domestic violence**

**Social issues e.g. housing and finance**

**Child protection**

**Universal contacts- support for all families at key stages**

**When you are 28 to 36 weeks pregnant**

**When your baby is 10 to 14 days old**

**When your baby is 6 to 8 weeks old**

**When your baby is 3 to 4 months old**

**When your baby is 1 year old**

**When your child is 2¼ years old**