



# PULBOROUGH MEDICAL GROUP

## EARLY YEARS INFORMATION

There are lots of sources of support for young families, from pregnancy throughout childhood. New parents sometimes feel isolated and are not sure who to call for various issues relating to their young families.

Below are services available and how to access them. The list is not exhaustive and if you have any concerns about your child's health please contact your GP surgery or pharmacist.



**Maternity Services: we have a midwife allocated to our surgery who provides care in pregnancy and in the early postnatal period. You can self refer or speak to reception. For Community Midwives**

If you are currently pregnant, you may choose to be seen and cared for during your pregnancy by either the West Sussex Midwife Team or Surrey Midwife Team.

Routine, weekly, ante natal appointments for patients who choose the West Sussex Team will be held here, you can contact them on 01798 871199 to make your appointment.

If you wish to be seen by the Surrey Midwife team, you will need to contact them yourself, they are based at the Royal Surrey County Hospital on 01483 571122 ext 2714 or ext 2715 to book into their clinic. This clinic is currently being held at Cranleigh Community Hospital.

**GP:** If you have immediate concerns about the health of your child please contact your GP. During pregnancy you can contact the midwives unless the issue is urgent and can't be dealt with by the midwives or is unlikely to be related to the pregnancy.

**Health Visitors:** For children age 0-5, the Health visitors deliver the Healthy Child Programme for young families. There is a minimum of five contacts from pregnancy to school age, supporting new families and their care of babies and young children. They can advise and support on feeding, growth, behaviour, parenthood and parental mental health. Health visitors carry out the standard developmental milestone checks.

For any of these issues above, you should contact the Healthy Child Programme who will put you in touch with your Health visitor:

01273 696011 ext 5267 (Mon-Fri 9am-5pm)

**Homestart:** the Homestart Charity is a local community network of trained volunteers and experts who help families with young children who are struggling to cope. This might be due to financial, relationship, language or housing difficulties or simply young and vulnerable parents struggling to cope with new responsibilities. It is based in Chichester providing for surrounding areas and offering advice, family groups (Midhurst on Wednesday with coffee for parent and snack for the kids!) and in some cases can offer practical support 2-3 hours a week in the home. Families must have at least one child under age 5. You can self-refer or be referred by a health professional.

Telephone: [01243 773477](tel:01243773477)

Email: [admin@home-startchichester.org.uk](mailto:admin@home-startchichester.org.uk)

Website: <https://home-startchichester.org.uk/>

**Chichester Family Hub and family information service:** Chichester family hub is run by West Sussex County Council, providing a service for Chichester and surrounding areas. It supports a wide range of activities, help and advice for parents and carers, children, teenagers and families. It can guide on pregnancy issues, child care, holiday care, benefits, housing, parenting, support for families and wellbeing. They also can provide free computer access.

Telephone: [01403 229900](tel:01403229900)

Email: [WSChildrenServices@westsussex.gov.uk](mailto:WSChildrenServices@westsussex.gov.uk)

Website: <https://www.westsussex.gov.uk/education-children-and-families/find-a-family-hub/chichester-family-hub/#scroll-link>

**Breast feeding support:** MILK! Breast feeding support, is a local award winning community service, based in Chichester and supporting surrounding areas. They provide online/telephone support and advice and also face to face support groups, and breast pump hire.

Tel. 01273 696011 ext 5267

Email: [sc-tr.chichesterhcuphub@nhs.net](mailto:sc-tr.chichesterhcuphub@nhs.net)

Website: <https://www.sussexcommunity.nhs.uk/services/breastfeeding-milk-infant-feeding-team-west-sussex/108918>

**Chichester Wellbeing:** Run by the Council, giving advice and support with many aspects of physical and mental wellbeing. This includes stress, smoking, alcohol, exercise, healthy eating. They also run weight loss workshops, NHS Health Checks, smoking cessation programmes etc.

Please self refer

**Social Prescribers:** Council supported service. Advice from trained workers, on many areas such as housing, benefits, loneliness and carer support.

Tel: [01243521041](tel:01243521041)

Website and self referral form: <https://www.chichester.gov.uk/socialprescribing>

**School nurses:** for issue for ages 5-19 years. The School nursing service provides hearing, vision and growth checks and vaccination programmes for school age children. They provide support and signposting for issues such as growth, sleep problems, weight, eating, healthy lifestyles, dental and oral care, continence issues, emotional and mental wellbeing, sexual health, contraception, drugs, alcohol and support for young people who identify as LGBTQ+.

Telephone: 0300 303 1137 (Monday to Friday, 9am-4pm); Email: Arun and Chichester: [Sc-tr.westschoolnursing@nhs.net](mailto:Sc-tr.westschoolnursing@nhs.net); Crawley and Mid-Sussex: [Sc-tr.eastschoolnursing@nhs.net](mailto:Sc-tr.eastschoolnursing@nhs.net); Horsham, Worthing and Adur: [sc-tr.centerschoolnursing@nhs.net](mailto:sc-tr.centerschoolnursing@nhs.net)

**Chat Health West Sussex:** ChatHealth is a secure and confidential text messaging service for young people, aged 11-19. It provides an easy and anonymous access with a healthcare professional for advice and support for the issues above.

Telephone: 07480 635424 - You can text them at any time and they will return your call within 24 hours, Monday to Friday, 9am-4.30pm, except for bank holidays and weekends.

Website: [Healthy Child Programme \(HCP\) - Health Visitors and School Nurses \(0-19 Service\) \(sussexcommunity.nhs.uk\)](https://www.sussexcommunity.nhs.uk/Healthy-Child-Programme-(HCP)-Health-Visitors-and-School-Nurses-(0-19-Service))