

# Parent-Friendly Guide: West Berkshire Health Visiting Service

The West Berkshire Health Visiting Service provides essential support for families with children under five years old.

The service focuses on early intervention, child development, and family well-being to ensure that every child gets the best start in life.

This guide outlines the services available and how to access them.

## Universal Offer (Available to All Families)

- **Antenatal Contact**– Group-based support sessions for pregnant women.
- **New Baby Review (10–14 Days)**– Conducted by a Health Visitor at home.
- **6–8 Week Review**– Conducted in a clinic setting by a Health Visitor.
- **1-Year Developmental Review** – Health and developmental check conducted in a clinic.
- **2–2.5 Year Developmental Review** – Assessment of early learning and health needs.
- **Health Promotion Advice** – Guidance on immunisations, nutrition, child development, and parenting strategies.
- **Support via Email or Letter (3–4 Months & 6 Months)** – Families receive key health information and can contact the service as needed.

Well Baby clinics - Well Baby clinics are an opportunity for parents to get their babies weighed and get support and advice from health visitors. There is no need for an appointment, just turn up. To find out when and where the clinics are held visit: [Health visiting clinics | Children Young People and Families Online Resource](#).

## Additional Support Services

Families who need extra support can access targeted or specialist services, including:

- Breastfeeding Support, Maternal Health and Well-being, Sleep and Behavioural Advice, Child Safety and Minor Illness Support



In partnership with



**Berkshire Healthcare**  
NHS Foundation Trust



**WestBerkshire**  
C O U N C I L

- **Support for Families with Additional Needs**– Assistance for children with complex medical or developmental conditions.
- **Domestic Abuse and Mental Health Support** – Help for families experiencing challenging circumstances.

## How to Access Support

You can access the Health Visiting Service through the following channels:

The health Visiting service should contact you directly, around 24 week of pregnancy, if they do not you can **speak to your Midwife or GP** and ask for a referral.

**Contact the Health Visiting Team Directly**– The Health Visiting team use the ChatHealth service. You can access confidential advice and information about any concerns you may have about the health of your baby or child, directly from a health visitor to your phone. Just send a text message to **07312 263283**.

Parents can request guidance or book appointments.

- **Attend Routine Appointments** – Developmental reviews and health checks are scheduled as part of the Healthy Child Programme.
- **Use Online Resources for Advice** – The NHS and local council websites offer information and self-help tools.

## Contact Information

Visit the West Berkshire Health Visiting Service webpage: West Berkshire Health Visiting Service  
[www.berkshirehealthcare.nhs.uk](http://www.berkshirehealthcare.nhs.uk)

Call the service: **0300 303 3944** (Mon-Fri 9am-4.30pm) helpline: (Check the NHS or council website for contact details)

Text a member of the health visiting team in confidence using the ChatHealth service. Send a text to **07312 263283**