

0-19 Public Health Integrated Nursing Service (PHINS) – Leeds **Health Visitor** and **School Nursing** service **Delivering the Healthy Child Programme**

The 0-19 PHINS - Lead the delivery of the 0-19 Healthy Child Programme and ensure all children and young people receive the full universal 0-19 PHINS offer

Antenatal contact – Primips (first time parents) face to face at home or multiples receive a letter and a digital pack of information. Targeted support for some families.

Birth Visit – 10 – 14 days at home

6-12 contact – at home





9–12-month developmental review either at home or a local Health or Childrens centre

27-month developmental review either at home or at a local health or Childrens centre.

National Child Measurement Programme (NCMP) at Reception or Year 6 in school

Chat Health anonymous texting service for 11 – 19-year-olds

Safeguarding children in school – Targeted Health Assessments

Telephone and online parenting support	Single point of access – 0113 843 5683 Family Health Worker offers telephone on the day support ringing the family back. 0 to 19 public health integrated nursing - Leeds Community Healthcare
Antenatal Sessions – Pregnancy Birth and Beyond for all first-time parents	During pregnancy, support and information for families is offered by a Specialist Public Health Nurse who specialises in Health Visiting. To book on to a preparation, birth and beyond course you need to be a Leeds resident and be around 24 weeks pregnant. Please select a course that corresponds with your expected date of delivery (EDD). Leeds Community Healthcare 0-19 PHINS Events - 14 Upcoming Activities and Tickets Eventbrite 
Breast Feeding Groups	Infant feeding support - Leeds Community Healthcare 10 Breast feeding groups are held across the city every week.
Chat Health 	Anyone aged 11 to 19 years , you can text a 0 to 19 specialist public health nurse on 07520 619 750 or you can visit the ChatHealth website for confidential health support and advice on many health issues. A nurse will contact you between 8:30am to 4:30pm from Monday to Friday. You can talk to them about your issues. These may include sexual health, emotional health and wellbeing, bullying, healthy eating and general health concerns.
Baby Weigh	7 Baby Hubs with assisted weighing and support – book via 0113 843 8653 Self-weigh at Childrens centres across the city – check on local Childrens centres facebook page.
Infant Feeding	Infants & new mums — First Steps Nutrition Trust online advice for all feeding support across the age of the child.
Parenting 	HENRY - Homepage HENRY Leeds Community Healthcare 0-19 PHINS Events - 17 Upcoming Activities and Tickets Eventbrite 
First line health support	Home :: West Yorkshire Healthier Together
Immunisations	We offer immunisations to all eligible children and young people in schools and community settings across Leeds. School immunisation - Leeds Community Healthcare for any information about the School Immunisation schedule.
Family Hubs	Family hubs are designed to support families by bringing together a range of services into one easy-to-access space. Whether you need parenting advice, health support, education guidance, or help navigating local services, our family hubs are here to help. Family hubs Leeds.gov.uk