

# PRACTITIONER GUIDE

## Hampshire Healthy Families

Hampshire Healthy Families was launched in 2020 as a partnership between Southern Health NHS Trust and Barnardo's. The service is commissioned by Hampshire County Council to support children and young people and their families, parents and carers, across Hampshire by offering the evidence-based Healthy Child Programme:

[Healthy Child Programme: Pregnancy and the First 5 years of Life](#)

[Healthy Child Programme: 5 to 19 years old](#)

**Hampshire  
Healthy  
Families**



*Today's Health, Tomorrow's Future*



### What services do Hampshire Healthy Families provide?

**Health Visiting** - Health visitors are nurses or midwives who have completed additional training in public health, which includes child development. They work in partnership with families and other agencies to promote healthy lifestyles.

**School Nursing** - The School Nursing service works in partnership with other agencies, children, young people and their families to ensure that pupil's health needs are supported within their school and their community. This includes those attending a school within Hampshire and those that are home educated (except Southampton and Portsmouth city schools).

**Family Nurse Partnership** - The Family Nurse Partnership (FNP) is a voluntary programme usually offered to first time young parents aged 18 or under to improve health outcomes for young parents and their children across Hampshire.

**Chat Health** - ChatHealth is a text messaging service set up to support parents, carers and families in Hampshire. The service is run by local health visitors and school nurses who have a wealth of experience of working with mums and dads-to-be, carers, babies, toddlers and children.

**Barnardo's** - Barnardo's delivers the community aspects of the healthy child programme promoting health messages with Early Years Education & Childcare settings and at community events. Barnardo's also run workshops and courses for parents: [Workshops, Courses and Events: Hampshire Healthy Families](#).

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### How to access the service

The [Hampshire Healthy Families website](#) contains evidence-based information about the health and development of children and how to access the service.

**From birth** - children in Hampshire have regular contact with the health visiting team up until they reach 2 years of age. The team are also available to support children around aspects of health and development, both physical and emotional, for children up to the age of 5 years old.

**At school age** - children aged 5 and above are supported by the school nursing team who can be contacted via a self-referral from a parent or carer or through the child's education setting. School nurses work closely with schools to provide children with support around their health needs.

The school nursing service is available to all children and young people until they leave full-time education (Year 11).

**ChatHealth** is a suite of text support services for parents, carers, families and young people in Hampshire.

There are three [ChatHealth](#) services for:

- Parents and carers of children 0-5 years (this service is monitored by a local health visitor)
- Parents and carers of children and young people aged 5-19 years (monitored by a school nurse)
- Young people aged 11-19 (monitored by a school nurse)



### How to contact the teams

#### [Local health visiting team](#)

Barnardo's: [hmf@barnardos.org.uk](mailto:hmf@barnardos.org.uk)

#### [Primary school nursing team](#)

#### [Secondary school nursing team](#)

ChatHealth 0-5 parents: 07520 615 720

ChatHealth 5-19 parents: 07507 332 417

ChatHealth Young people: 07507 332 160

