

WEST HAM LANE HEALTH VISITING TEAM  
 84 WEST HAM LANE, E15 4PT  
 0208 2507300.

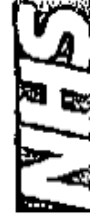
Health Visitor Advisory Clinics			General Information	
Venue	Day	Time		
Britannia Village CC Appleby HC	2nd Monday of the month 2 <sup>nd</sup> & 4 <sup>th</sup> Monday of every month	9.30-11.30 1.30 - 3.30		
Altmore CC Ellen Wilkinson CC Joyce Campbell HC	Every Tuesday – <u>first 30 clients only</u> 1st Tuesday of every month ( <u>12-16 week appts only</u> ) 1st and 3rd Tuesday of every month	9.30 – 11.30 10.00 – 11.45 9.30 – 11.30	<b>Health Reviews:</b> <ul style="list-style-type: none"> <li>• 12 – 16 week check – appointed by CCHIT</li> <li>• 7-9 month review – book start distribution</li> <li>• 1 year development review – appointed by CCHIT</li> <li>• 2 ½ year development – appointed by CCHIT</li> </ul>	
Balaam HC Plaistow CC Royal Docks HC	2nd Wednesday of every month first 40 clients 4 <sup>th</sup> Wednesday of every month 1st and 3rd Wednesday of every month <u>(GP Clients only)</u>	1.30 – 3.30 1.30 – 3.30 1.30 – 3.30	<p><b>Central Child Health Information Team</b>  <b>contact details:</b>  <b>0208 475 8585 / 8595</b></p> <p><b>Address:</b>            Central Child Health Information Team (CCHIT)            Children &amp; Young People Service,            Unit 4, First Floor            Warehouse K,            2 Western Gate,            Royal Victoria Dock,            London,            E16 1DR</p>	
Ellen Wilkinson CC Grassroots CC Maryland Sheringham	2nd and 4th Wednesday of every month 3rd Wednesday of every month 3rd Wednesday of every month 1st & 4th Wednesday of every month <u>(appointment only)</u> 2 <sup>nd</sup> Wednesday of every month ( walk in clinic) Every Thursday <u>(Appointment ONLY)</u>	1.30 – 3.00 9.30 – 11.30 1.30 – 3.30 1.30 – 3.30		
Lord Lister	Every Wednesday first 40 clients only <u>*Last red book will be taken at 11.30am</u>	9.30 – 12.00		
Oliver Thomas CC Market Street GP	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday of every month 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday of every month	1.00 – 3.00 1.30 – 3.30		
Albert Road GP St Stephens CC Vicarage Lane HC Star Lane	1st and 3rd Thursday of every month Every Thursday - <u>first 30 clients only</u> 2 <sup>nd</sup> & 4th Thursday of every month <u>first 40 clients only</u> 1st and 3rd Thursday of every month <u>(GP Clients only)</u>	9.30 – 11.30 9.30 – 11.30 1.30 – 3.30 1.30 – 3.30		<b>Advice given at Child Health Advisory Clinics are:</b> <ul style="list-style-type: none"> <li>• Growth and Development</li> <li>• Feeding and Nutrition</li> <li>• Health Promotion</li> <li>• Health Concerns parents may have</li> </ul>
Abbey Lane	2nd Friday of every month	10.00 – 11.45		

# When to weigh your baby

East London

NHS Foundation Trust

Community Health Newham



## Current UK Recommendations

When to measure your baby: The recommendations below are a minimum. Further measurements should be taken when a healthcare professional or parent has a concern, or a parent requests reassurance, but not more frequently than every two weeks.

AGE	Weight	Need Circumference	Comments
Birth	X	X	Midwife Only
5 days	X		Midwife Only
10 days	X		Midwife Only
1 <sup>st</sup> immunisation			Imms nurse (GP)
6-8 week check	X	X	GP
2 <sup>nd</sup> immunisation			Imms nurse (GP)
12-16 week review	X		HV
3 <sup>rd</sup> immunisation			Imms nurse (GP)
7-9 month review	X		HV
Immunisation at 12 and 13 mths			Imms nurse (GP)
1 year health review	X		Community Nursery Nurse

Health Visiting Support for Parents

# Saturday Drop-in Clinic

East London



NHS Foundation Trust



Health Visitors in Newham are offering a Saturday drop-in clinic to ensure that parents get support to cope with babies and children under 5 if there are concerns about their health and development. A Saturday drop-in Health Visitor clinic will take place every week for working parents and families that are unable to attend weekday clinics.



Joyce Campbell Health Centre  
478 Barking Road, E6 2LT

Go to: 10:00am - 12:00 noon  
or

West Ham Lane Health Centre  
84 West Ham Lane, E15 4PT  
10:00am - 12:00 noon

This additional support is to give you advice and reassurance so that you can confidently manage minor illness and ailments at home. No appointment necessary.

# Family Planning Clinic

<u>Day</u>	<u>Clinic</u>	<u>Time</u>
MONDAY	Appleby H/C &	1:45 - 3:30 pm
MONDAY (Evening)	West Beckton H/C	6:30 - 8:00 pm
TUESDAY	Shrewsbury Road &	6:30 - 8:00 pm
	West Ham Lane	6:30 - 8:00 pm
	SHINE @ West Beckton H/C	4:30 - 6:30 pm
	(Drop - in clinic for Under 24's)	
WEDNESDAY	Lord Lister H/C	
WEDNESDAY (Evening)	Shrewsbury Road H/C	1:45 - 3:30 pm
		6:30 - 8:00 pm
THURSDAY	West Beckton H/C &	6:30 - 8:00 pm
	West Ham Lane H/C	6:30 - 8:00 pm
FRIDAY	----- NONE -----	

Appointments Only - For an appointment