

Welcome to the June edition of Best Start Bulletin. A lot has happened since the last edition and we would like to welcome the Best Start midwife, our team of family support workers and the Best Start social workers team, all dedicated to supporting families, from pregnancy to the first days of school. Each month we will showcase a different team and we begin with the Best Start midwife.

Meet our new Best Start midwife — Patience Chandiwana

We caught up with Patience and asked her about her background and role as Best Start midwife.

What is your role in Best Start? I qualified as a midwife in 2009 and have been working in Croydon since. I joined the Best Start team in April 2016 as the lead midwife. My main focus is improving parent and infant relationships and I work closely with the parent and infant partnership (Pip) team.

How does the midwifery team work with Pip?

The midwifery services identify families that may have challenges with bonding and relationships. These can be picked up during antenatal checks and soon after the baby is born. The midwife then informs the Pip team, which facilitate ways in which parents can improve relationships with either the new-born or older children. Pip will carry out home visits or may meet families who do not want home visits at other venues; for example, at children's centres or hospital.

Do the midwives continue working with the family once Pip is involved? Yes — the midwives will provide extra visits outside routine appointments to support the family (known as enhanced care) and will work closely with health visitors and the early-intervention teams to give the family the best-possible outcome.



Calling all expectant mums and dads

The early-pregnancy evening at Croydon University Hospital is a great opportunity for pregnant mums and their partners to find out more about birth, what to expect, and to take a tour of the labour rooms. Useful information is available from guest organisations, so do come along to these events which are held on the first Wednesday of each month at the antenatal clinic.

What is the family nurse partnership (FNP)?

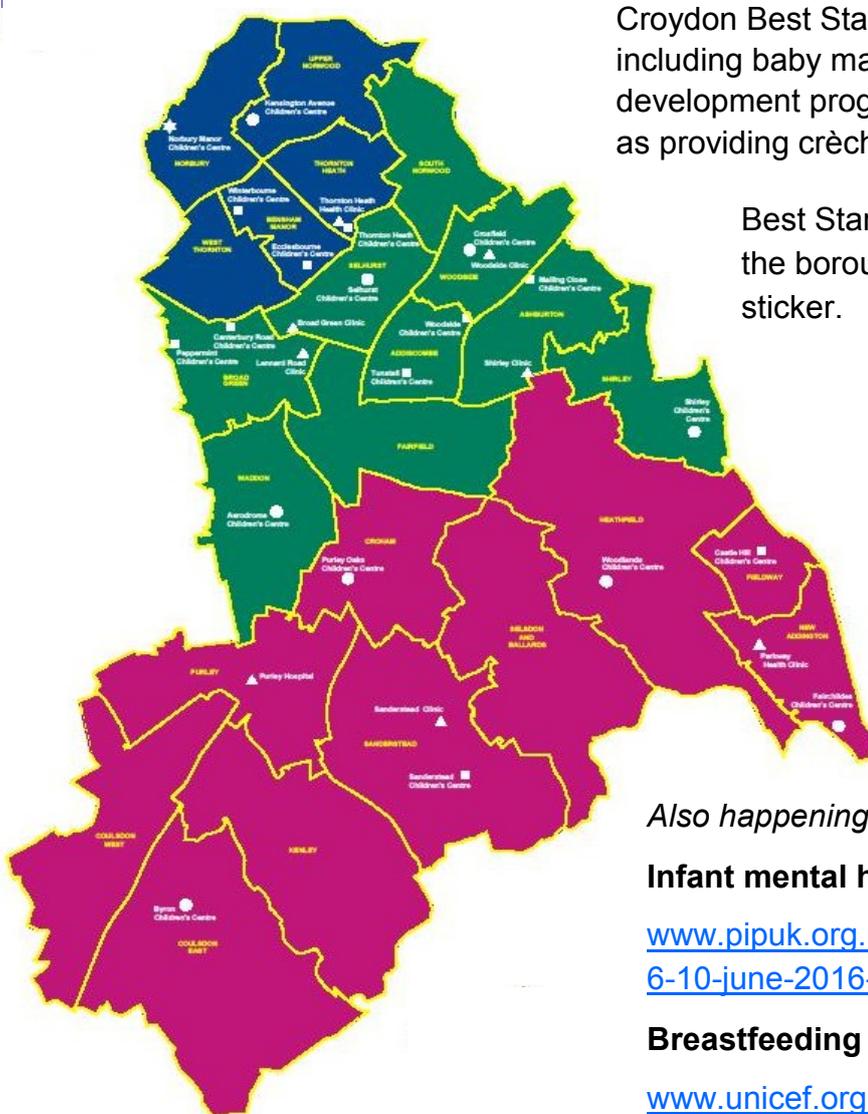
The FNP is a home-visiting service supporting first-time young parents under 19 years of age. The service works across all three planning areas and you can check out its video, which explains more about what it does, on our Facebook page at www.facebook.com/croydonbeststart The FNP team can be contacted on 020 8274 6303, or leave a message on mhn-tr.CroydonFNP@nhs.net

Where to access services

Croydon Best Start consists of three planning areas (see map below) each aligned to GP surgeries, health clinics and children's centres. As a family, you will be able to access any Best Start service in Croydon. Look out for the larger maps which will be displayed soon at all Best Start centres. There are nine designated Best Start children's centres, plus access points (shown as dots and squares), and health centres (triangles).

Croydon Best Start centres host a variety of activities including baby massage, stay and play, language development programmes and health clinics, as well as providing crèches for courses.

Best Start services can be accessed across the borough. Look out for this window sticker.



Also happening in June

Infant mental health week: 6-10 June

www.pipuk.org.uk/news/infant-mental-health-week-6-10-june-2016-be-launched

Breastfeeding awareness week: 20-28 June

www.unicef.org/BabyFriendly/News-and-Research/News/National-Breastfeeding-Celebration-Week-2016/