

Dear Parent or Carer,

We hope this letter finds you safe and well.

Due to the current situation regarding the Coronavirus outbreak the Solent NHS Trust 0-19 Children's Service needs to reduce the amount of contact we have with children and families to ensure that we comply with the nationwide restrictions on social contact to reduce the rate and spread of infection.

Routine home visiting and telephone contacts are being reduced on a temporary basis but you may still contact us if you need to discuss worries about your child's health and development that cannot wait.

We will continue to provide a 0-19 Duty Health Visitor, Family Nurse Partnership and School Nursing Telephone Line for issues such as infant feeding difficulties, maternal mental health and concerns for any school aged child or other problems that you may be struggling with.

**Solent NHS Trust 0-19 Duty Telephone Line - 0300 123 6629**

If you think your baby or child is unwell and you are worried please seek advice as you would do normally by contacting NHS 111 or your GP as appropriate. You may also find the Healthier Together Website helpful for guidance on childhood illness and well-being (details overleaf).

In the meantime stay safe and wishing you and your family well until we are able to return to normal service.

Kind Regards

Please refer to the following websites in the first instance. If you are unable to find the information you need and require further support from a member of the team please contact us on the number below.

**NHS 111** <https://111.nhs.uk/covid-19>

**Healthier Together Website** [www.what0-18.nhs.uk/](http://www.what0-18.nhs.uk/)

**Breastfeeding Network** [www.breastfeedingnetwork.org.uk/](http://www.breastfeedingnetwork.org.uk/)

**Best Beginnings** [www.bestbeginnings.org.uk/Pages/Category/resources](http://www.bestbeginnings.org.uk/Pages/Category/resources)

**MIND Mental Health Information** [www.mind.org.uk/](http://www.mind.org.uk/)

**Factsheets - Babies, Children and Parent Well-being** <https://ihv.org.uk/families/top-tips/>

**PULSE Text Messaging Service for Parents, Carers and Young People**

Solent PULSE Text Messaging Service Health Visiting - 07491 163275

Solent PULSE Text Messaging Service School Nursing - 07491 163276