

How to get support?

Working with the **FOREST team** is a choice you can make with your family, your Midwife or Health Visitor.

Please speak with your Midwife or Health Visitor if you feel this support would be beneficial for your family.



**GIVING FAMILIES
OPPORTUNITIES AND
RESOURCES FOR EARLY
YEARS SUPPORT, TOGETHER.**

Contact Details

To contact your Health Visitor, use the contact details below:

Somerset Health Visiting Service
0300 3230116 choosing option 3.

For more information regarding the role of a Health Visitor, please visit:



[www.somerset.gov.uk/
the-role-of-a-health-visitor](http://www.somerset.gov.uk/the-role-of-a-health-visitor)



What we do with your information:



[www.somerset.gov.uk/privacy-
notice-public-health](http://www.somerset.gov.uk/privacy-notice-public-health)



**Somerset
Council**

FOREST Team

Families Opportunities
Resources Early years
Support Together



Where and when?

If your Midwife or Health Visitor suggest the **FOREST team** could support you:

- A Practitioner in the team can visit you in your home
- Invite you into groups
- Can meet you at other places in your community, based on the support we are offering to you and your family.



What the FOREST team do

The **FOREST team** help families prepare for a baby and manage the challenges of being a new parent. There are lots of ways they can help, including:

- Preparing for your baby
- Health and development of your baby
- Recognising and responding to illnesses your baby may have
- Groups and activities for you and your baby
- Feeding your baby and introducing solids
- Encouraging activity and movement
- Parental mental health
- Parental conflict
- Getting dads involved
- Finances and community support
- Smoking

Who are the FOREST team?

The **FOREST team** are a part of your midwifery and Health Visiting Services. They work with families who are expecting a baby and with new parents.

Health Visitors are Registered Nurses or Midwives who have completed a further qualification in Public Health.

Assistant Practitioners have a Childcare and Early Years qualification.

