Useful Information

**ParentingWI Website**
www.wihb.scot.nhs.uk/parentingwi

ParentingWI offers a wide variety of information on the early stages of pregnancy, the birthing process, babyhood, toddlerhood, childhood - and beyond!

The website also includes useful local links, as well as information on parent and toddler groups, croileagans, day care and playgroups.

**Healthy Start Vitamins**

Healthy Start Vitamin drops are available to parents and carers free of charge for their children aged between 6 months to 4 years.

Vitamin Drops can be collected from your Health Visitor, GP Practice, Health Centre or Clinic.

Arrangements have also been made with local Croileagans/Nurseries that Drops can be delivered to them for collection by parents.

**Handbooks**

Don’t forget to consult your handbooks - a wealth of information can be found in your Red Book, ‘Ready, Steady, Baby!’ and ‘Ready, Steady, Toddler!’ handbooks.

**Health In My Language**

Find information about health related services in different languages by visiting:
www.healthinmylanguage.com

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**Postnatal Depression**

Research has shown that following the birth of her child, at least 1 in 10 women suffer from Postnatal Depression. If you are experiencing any of the following: sadness, low mood, tearfulness, lack of joy and pleasure, panic attacks, sleep disturbance, eating problems, irritability, suicidal thoughts, isolation, self-blame or guilt - **help is available!**

Discuss how you are feeling with your Health Visitor.

Your Health Visitor is:  
_________________________________

Telephone:  
_________________________________

Date Produced: August 2011  
Review Date: August 2013  
Written by: Health Visiting Service (Uists & Barra)

**Disclaimer**

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you interpret any of this information, or in applying the information to your individual needs.
Welcome

Welcome to the Health Visiting Team in the Uists and Barra.

The Health Visiting Team are as follows:

**North Uist/Benbecula**
Mary Flora MacDonald  
PHN/Health Visitor  
Balivanich Clinic  
Tel. 01870 602 266

**South Uist/Eriskay**
Susan Matheson  
PHN/Health Visitor  
Community Nurses Room  
South Uist Medical Practice  
Tel. 01878 700 442

**Isle of Barra**
Frances MacNeil  
PHN/Health Visitor  
Community Nurses Room  
Clach Mhile Surgery  
Tel. 01871 810 893

**Uists & Barra**
Isabell MacInnes  
PHN Schools  
Balivanich Clinic  
Tel. 01870 602 266

Your Health Visitor will make contact and arrange to visit you either during your pregnancy or after your Midwife has transferred your care.

Routine Contacts

Please have your child’s Red Book available for all contacts with health professionals.

**6-8 weeks**
HV Team Baby’s Developmental Review.  
Mum’s 1st Postnatal Depression questionnaire.

**8 weeks**
GP Practice Medical Review and 1st primary immunisations

**3-4 months**
GP Practice 2nd and 3rd Primary immunisations.  
HV Team Mum - 2nd postnatal questionnaire.  
Baby-4 month health promotion contact.

**12-13 months**
GP Practice Hib/MenC, PCV boosters and MMR immunisations, health promotion contact.

**24-30 months**
Developmental review and health promotion contact

**3-5 years**
GP Practice Pre-school immunisations.  
Nursery - vision screening by Orthoptist.

**Primary 1**
HV Team Health checks including Height, Weight and Hearing.

Useful Local Groups

**B.I.B.S.**
Every 2nd and 4th Wednesday 11am-12pm  
Balivanich Clinic.  
Informal breastfeeding support group with a Midwife or Public Health Nurse available for advice.

**Baby & Child Drop-in Clinics**
Alternate  
4pm-6pm  
Balivanich Clinic  
Mondays

Tuesdays  
9am-1pm  
South Uist Medical Practice

Fridays  
11.30am-12.30pm  
North Uist Medical Practice

At each Clinic a Public Health Nurse will be available for advice, growth reviews and routine assessments.

**Mother & Toddler Groups**
Tuesdays  
10.30am-12pm  
Griminish Church Hall

Tuesdays  
1pm-3pm  
St. Peters Hall, Daliburgh

Tuesdays  
1.30pm-3pm  
Lochmaddy Hall

Fridays  
1.30pm-3pm  
Saoghal Beag Nursery, Claddach Kirkibost

For further information on local groups please visit the ParentingWI website:  
www.wihb.scot.nhs.uk/parentingwi