

Healthy child appointments

Our health visiting teams support parents to develop close and loving relationships with their babies, improving well-being for all and enabling all children to reach their full potential.

We offer support with the transition to parenthood, mental health, infant feeding including breastfeeding, healthy weight, healthy nutrition and physical activity, managing minor illnesses, reducing hospital attendance/admissions and school readiness.

We offer extra support as needed, for example, with developmental concerns, post-natal depression, asthma, domestic abuse and emotional difficulties.

The health visiting administration team can be contacted on **020 3373 9983/9984**.

For BCG immunisations:

0 - 28 days: speak to your midwife

29 days - 1 year: Vaccination UK at newham.bcg@nhs.net or **01462 459595** or Vicarage Lane Health Centre on **020 8536 2070**

1 year and over: speak to your GP.

Please note that this information is subject to change.

Your child's appointments

6-8 week developmental review - your health visitor will arrange this with you during the new birth review.

12-16 week developmental review - your health visitor will arrange this with you during the 6-8 week review.

1 & 2-2 ½ year developmental review - our administration team will contact you to arrange an appointment.

10-14 days - new birth review

Appointment: _____

6-8 week developmental review

Appointment: _____

12-16 week developmental review

Appointment: _____

1 year developmental review (Book Start 1 given)

Appointment: _____

2 - 2 ½ year developmental review (Book Start 2 given)

Appointment: _____

Well baby clinics

Royal Docks and Appleby health visiting teams

Venue	Dates	Times	Extra information
Appleby Health Centre, 63 Appleby Road, E16 1LQ	2nd & 4th Monday 1st & 3rd Thursday	1.30pm - 3.30pm 1.30pm - 3.30pm	Drop in 1 & 2½ year reviews by appointment
Beckton & Royal Docks Children's Centre, Tollgate Road, E6 5UP	1st Tuesday 2nd Tuesday 3rd & 4th Tuesday 2nd & 4th Wednesday	9.30am - 11:30am 9.30am - 11:30am 9.30am - 11.30am 1.30pm - 3.30pm	Appointment only 1 year reviews by appointment 1 & 2½ year reviews by appointment Drop in
Royal Docks Medical Centre, 21 East Ham Manor Way, E6 5NA	1st & 3rd Wednesday	1.30pm - 3.30pm	Drop in
Star Lane Medical Centre, 121 Star Lane, E16 4QH	1st & 3rd Thursday	1.30pm - 3.30pm	GP clients only
Albert Road Practice, 76 Albert Road, E16 2DY	1st & 3rd Thursday 2nd & 4th Thursday	9.30am - 11.30am 9.30am - 11.30am	Drop in 1 & 2½ year reviews by appointment
West Ham Lane Health Centre, 84, West Ham Lane, E15 4PT	Every Saturday	10am - 12noon	Drop in