

Health Visitor (SSAFA)  
Central European Practice  
Building 309  
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### Health Visitor Introduction

Dear all,

My name is Kerry Riley and I am a UK Health Visitor who works in partnership with DPHC (Overseas) to help you access the most appropriate advice and health care through direct care from host nation services together with remote support and advice from the health visiting service. I have over 12 years experience as a Specialist Public Health Nurse (Health Visitor) and 22 years as a Nurse. During this time, I have supported British military families overseas in Cyprus and Kenya and have also been in military service myself. I am excited to be here and am looking forward to meeting you.

Health visitors are specialist nurses who are experts in public health and child development. In the UK we are mandated by the government to deliver the healthy child programme.

I will be offering key elements of the healthy child programme to all families with children under 5-years who are registered with the Central European Practice (CEP). This will be as follows (all remote via MS Teams or Attend Anywhere) -

For parents who join the Practice with children between the ages of 0-5 years old:

- A 'transfer in' contact get to know both you and your child(ren) to discuss their current development, access to host nation care, and any concerns or needs that you might have.

For those families who become pregnant or give birth whilst registered with the CEP:

- An antenatal contact around 34 weeks gestation
- New birth contact 10-14 days following delivery

In addition to these contacts, I can provide additional remote support, if required, on a variety of issues including behaviour challenges, sleep, diet and nutrition, attachment and bonding, speech language and communication issues as well as emotional health and wellbeing for both you and your child(ren). parenting concerns. This list is not exhaustive and if you any other parenting concerns or queries, please don't hesitate to contact me. Although my expertise is mainly with 0-5 years, I can also offer support and guidance across the 0-19 age range so if you have worries regarding an older child, do get in touch too.

An appointment will be made for you to meet me, whether for a 'transfer in' contact or antenatal appointment. In the meantime, I hope you enjoy your time overseas and I look forward to meeting you.

Kerry