



LONDON BOROUGH OF
MERTON



LOCAL AUTHORITY 0-19 PUBLIC HEALTH SERVICES



MERTON 0-19 PUBLIC HEALTH SERVICES

Merton Council's Public Health Team is responsible for improving the health of their local population and reducing health inequalities.

Since 2013, local authorities have been responsible for commissioning many public health services including health visiting, school nursing and addiction services.

0-19 Public Health services refers to the health services, such as health visiting and school nursing, that have been commissioned by the local authority, which are available to children from birth to 19 years old.



MERTON HEALTH VISITING

Merton health visiting teams work with mothers and fathers, their families, and community groups to promote the health and wellbeing of children and reduce inequalities from the antenatal period until-aged 2 years old.

In most cases, the health visitor will take over care from the community maternity team 10 days after the birth. In some cases, the midwife may stay involved for up to 28 days and complete joint visits with the health visitor to ensure there is a smooth transition.

Health visitors will then support the family until the child starts school and will deliver key health and development assessments throughout the child's first 2 years. They will also help parents learn and develop skills required to bring up their children giving the next generation the best start in life, including infant feeding support.

Further information about Merton's Health Visiting Offer can be found at:
[Central London Community Healthcare NHS Trust](#)



SCHOOL NURSING

School nurses are specialist community public health nurses who work with school-aged children and young people and their families to improve health and wellbeing outcomes and reduce inequalities and vulnerabilities.

School Nurses are based in community clinics and work in schools, health clinics and other community settings.

School nurses provide:

- **Health reviews** – school entry reviews, health assessments, mid-teen reviews
- **National Child Measurement Programme (NCMP)** - mandated annual programme which involves measuring the height and weight of all school children in reception and year 6.
- **School nurse drop-in sessions** – parents to gain information and advice
- **School nurse referrals** – if a child and their family require additional support over the mandated.
- **School liaison** – providing information and advice to school staff
- **Safeguarding support** – providing clinical expertise to safeguarding conferences

020 8687 4669 / CLCHT.SchoolNursingMerton@nhs.net



SOCIAL PRESCRIBING

Social Prescribing offers 1:1 support for young people aged 13 - 19 years old (or up to 25 with additional support needs) within East Merton and Morden to help them feel healthy – mentally and physically.

Social Prescribing helps with managing stress, loneliness, meeting new people, learning new skills, exercising, or learning more about employment, benefits, housing and legal advice.

Young people can have up to 6 sessions at an easy access venue where they feel most comfortable. This could be at a GP surgery, school, youth club, Off The Record, or by phone.

Professional and self-referral accepted.

07756868692 / cypmerton@enablelc.org / [Social Prescribing](#)



What is Social Prescribing?

Social Prescribing supports you to make positive lifestyles changes and decide what you would like to do to feel healthier.

The service is here to listen to you and connect you with opportunities in the community that might help you to feel better. This could include supporting you with things like managing your stress, loneliness, finding social groups, learning new skills, physical activity or getting information on employment, benefits, housing and legal advice.



SEXUAL HEALTH

Integrated Sexual Health Service

Health promotion advice and support, full range of contraception and STI testing and treatment. It is a service for all ages, but they also hold weekly walk-in sessions for under 19 year olds.

Sexual Health South West London

Spectra

South West London at risk service for anyone at higher risk of poor sexual health which includes young people. They provide outreach and mentoring support for young people and also run drop-in sessions in youth settings where they provide condoms, do STI testing and offer information and advice.

Spectra Sexual Health

Metro

They are sub-contracted under the Spectra contract (above) to manage and deliver the chlamydia screening programme for 15-24 year olds. As part of this programme chlamydia and gonorrhoea testing is provided in settings like GPs, pharmacies and youth settings.

METRO Charity



SEXUAL HEALTH

Emergency Hormonal Contraception (EHC) programme

The programme is commissioned directly by the local authority and includes 13 pharmacies in Merton who provide free emergency hormonal contraception (EHC) to 13-24 year olds.

Emergency contraception

Sexual Health London

Free remote testing for over 16 year olds if asymptomatic or have mild symptoms. Test kits can be ordered online and delivered to a home address, somewhere else or be collected at an SHL clinic.

Sexual Health London

The screenshot shows the top of the Sexual Health London website. It features a navigation bar with the following links: Self-Sampling, About STIs, Contraception, Sexual Health Support, and About SHLUK. The NHS logo is in the top right corner. Below the navigation bar, there is a header with the text "SEXUAL HEALTH LONDON". A banner below the header reads: "Need help with your SHLUK testing kit? Read our tips on taking samples, returning your kit and getting your results. [Get help here.](#)". The main content area has a large heading: "Home STI testing, regular and emergency contraception". Below this heading, it says "Free NHS sexual health services online". A paragraph of text describes the service: "SHLUK is a discreet sexual health service for Londoners. Our STI testing service is for people who have mild or no STI symptoms, and would like to get themselves checked. You can also request free regular and emergency contraception (effective up to 5 days after unprotected sex) by completing a simple, secure online consultation." At the bottom of the main content area, there are two buttons: a blue "Register to order" button and a white "Login - I'm already registered" button.



HEALTHY SCHOOLS LONDON

Healthy Schools London (HSL) is one of the Mayor of London's key programmes helping to deliver his Health Inequalities Strategy. The strategy looks to tackle health inequalities by focusing on five key areas including Healthy Children – helping every London child to have a healthy start in life by supporting parents and carers, early years settings and schools.

HSL supports and encourages schools to develop and deepen their focus on health and wellbeing which will support the attainment, achievement, health and wellbeing of their pupils, staff and wider school communities.

Merton School Sports Partnership is commissioned by Public Health to deliver the Healthy School London awards programme within Merton. Merton schools can apply for an award and be supported by the partnership to gain it.

There are three levels of the Healthy Schools London award: Bronze, Silver and Gold. The tiered structure of the award is designed to help schools progressively build on their policies and practices over a period of time.

Schools who are taking part in the Healthy School London award programme - **[Schools taking part in Merton](#)**

07927896062 / info@mertonssp.org.uk / **[Merton School Sport Partnership](#)**



MERTON YOUNG PERSON'S RISK AND RESILIENCE



Merton's Young Person's Risk and Resilience service, which is commissioned by public health, supports young people aged 11-24 who have been using substances, reported missing from home or care, or exploited.

The service aims to ensure young people don't move from worker to worker and receive holistic, seamless intervention for all their presenting needs. Their designated caseworker will assess their individual needs before developing a support plan.

Young people are then supported according to their individual needs, such as through one-to-one work, drop-in sessions and awareness-raising training.

Merton Young Person's Risk and Resilience team also incorporates sexual health promotion including condom distribution.

Referrals are accepted directly from young people, from parents/carers and from professionals who are concerned about a young person.

0203 701 8641 / msm@catch-22.org.uk / [Merton Young Person's Risk and Resilience](#)



ONE YOU MERTON

ONE YOU MERTON

One You Merton is the local health and wellbeing service for Merton which is commissioned by public health to support Merton residents to eat well, move more, stop smoking and drink less.

One You Merton offers lots of useful information and advice along with links to activities and helpful tools and apps that can support health and wellbeing.

Residents can start by taking the Health Security Agency's How Are You quiz which provides an overall wellbeing score with suggestions about how to work towards a healthier lifestyle.

Merton residents can also speak to a health advisor to gain further support and advice - 020 8973 3545 (Monday – Friday, 9am – 5pm)

020 8973 3545 / oneyou.merton@nhs.net / [One You Merton](#)



GETTING IT ON...

Getting It On is a Public Health led website run by the 6 South West London boroughs and is aimed at 13-19 year olds and covers various subjects including sexual health, mental health and wellbeing, drugs and alcohol, vaping and sexual harassment.

The aim of the website is to provide young people who need help and support, or who are uncomfortable with asking for help, easy access to relevant services without the fear of being judged.

Throughout the year different campaigns take place which are also advertised on social media. Sexual harassment was a recent campaign which included both the White Ribbon and the 16 Days of Activism Campaigns.



MERTON COMMUNITY FRIDGE NETWORK



Merton's Community Fridge Network has created a network of community fridges where fresh surplus food is donated and redistributed to the community, helping people and the planet.

The community fridges are inclusive, social food hubs providing food and information on nutritious food for all cultures so that everyone can access good food, save money and reduce waste. Merton's Community Fridge Network complements the work of existing food banks in the borough, benefiting those most in need whilst extending the offering to the wider community.

Community Fridges in Merton :

- Morden Baptist Church - Mondays, 4.30 - 5.30pm; Wednesdays, 4.30 - 5.30pm; Thursdays, 1.30 - 2.30pm
- New Horizon Centre, Pollard's Hill - Wednesdays, 11am - 1pm
- Polish Family Association at the New Horizon Centre, Pollard's Hill, Wednesdays 1-2pm (Visits must be pre-arranged)

communityfridge@sustainablemerton.org



SUPPORT SERVICES



[Start for Life](#)

Better Health helps parents give their infants the best start in life. Information is provided about healthy eating during pregnancy, weaning, meal recipes, activities as well as other useful advice.



[Healthier Families](#)

Better Health Healthier Families (previously Change4Life) help families eat better and move more. Information and advice are provided about staying healthy with tips and ideas.



[Children's centres / Libraries Events](#)

Merton children's Centres offer a range of programmes to provide support for families around language and communication, learning, behaviour and emotional wellbeing, including for families with children with SEND. Merton libraries also have events for children under 5, including story time, rhyme time and oral health sessions.



SUPPORT SERVICES



[Healthy Start](#)

The NHS Healthy Start scheme provides eligible parents help to buy food and milk. Eligible parents who are more than 10 weeks pregnant or with a child under 4, can apply and be sent an NHS Healthy Start card with money on it that can be used in UK shops that accept Mastercard payments and sell eligible items. The card will be topped up every 4 weeks, to the value of between £4.25-£8.50 per child. The card can be used to buy plain liquid cow's milk, fresh, frozen, and tinned fruit and vegetables, fresh, dried, and tinned pulses and infant formula milk based on cow's milk. The card can also be used to collect free Healthy Start vitamins and vitamin drops for babies and young children. 0300 330 7010 / healthy.start@nhsbsa.nhs.uk



[Merton
Growbaby](#)

Merton Growbaby provides quality clothing and equipment for babies and children – and other support based on local needs – for free, regardless of income, faith or background. Self-referrals accepted. mertongrowbaby@gmail.com



[FRANK](#)

Frank intends to reduce the use of both legal and illegal drugs by educating teenagers and adolescents about the potential effects of drugs. Frank offers information on the different drugs as well as a helpline and live webchat. Call - 0300 1236600 / Text - 82111 / frank@talktofrank.com



MERTON LOCAL DIRECTORIES

Merton Local Directories are great resources to keep up to date with activities and services available for children, young people and adults in Merton.

[Merton Local Directories](#)

Welcome to Merton Local Directories

Support, services, advice and things to do



Family Services Directory

Support and information for expectant parents and families with children and young people aged 0-19.

- [Activities and leisure](#)
- [Childcare and education](#)
- [Community groups and places](#)
- [Family support and parenting](#)
- [Health and wellbeing](#)
- [Information, advice and support](#)

[See more](#)



SEND Local Offer

Support for children and young people with special educational needs and disabilities aged 0-25.

- [Activities and leisure](#)
- [Education and childcare](#)
- [Employment and training](#)
- [Health](#)
- [Preparing for adulthood](#)
- [Social care](#)

[See more](#)




Young Merton

Support for care leavers moving into adulthood and independent living aged 16-25.

- [Education and learning](#)
- [Have a say. Get involved](#)
- [Keeping safe and healthy](#)
- [Local offer for care leavers](#)
- [Things to do](#)
- [Work, money and living](#)

[See more](#)




Adult Support Services Directory

Support for adults on employment, education, health, housing, financial advice and things to do in the community.

- [Activities and leisure](#)
- [Health and wellbeing](#)
- [Housing matters](#)
- [How to access help](#)
- [Keeping safe](#)
- [Money matters](#)

[See more](#)



Family Hubs Directory

Connecting families and young people with access to help, when and where they need it.

- [Family Voice](#)
- [Home life, finances and staying safe](#)
- [Keeping your family healthy](#)
- [Play, youth and family learning](#)
- [SEND support \(Special educational needs and disabilities\)](#)
- [Start for Life](#)

[See more](#)



FURTHER SUPPORT

Families can receive further information on services available throughout the borough through the Family Information Support Hubs (FISH).

FISH provides parents/carers with information, support and guidance on all aspects of family life.

FISH sessions take place Monday – Friday with FREE face-to-face or telephone appointments available. Appointments can be booked via [Eventbrite](#) either by a parent/carer or a practitioner on their behalf.

Or parents/carers can come along to one of the FISH drop-in sessions (no appointment needed):

Family Hub at Church Rd Children Centre – Mondays, 1.30pm-4.30pm
Family Hub at Acacia Children Centre – Wednesdays, 9.00am-12.00pm

