

Specialist Health Visitor - Baby in Mind Service

Sarah Terrett
Community Care



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I am the only specialist Health Visitor in Cwm Taf Morgannwg University Health Board, who works directly with families that are at risk of having their infant removed at birth. I work in a multiagency team, based in Social Services and believe that I act as a bridge between health and social care. My role consists of safeguarding, health promotion, mental health and parenting skills. It's also heavily trauma informed and depends on the ability to encourage change.

I work with parent(s) both pre-birth and post birth, more intensively than universal services, to provide a bespoke package of care. This package fits the service users needs and allows them to be deeply involved in the agreed support plan. I also work closely with all other members of the team around the family.

No two days are the same, it gives me the opportunity to work within the whole community of Bridgend. Going into people's homes is a privilege and working with families within their own homes can be really rewarding, although challenging at times. I also really enjoy working with my colleagues in local authority, it's broadened my knowledge and increased my skill set even more.

I began nursing after completing my A 'levels. I wanted to work with people and felt I would be able to develop my skills further through studying nursing. I went on to work in Intensive Care for nearly 8 years. Following this, I chose to enter Public Health Nursing because it's community based and pivotal in sharing preventative health advice.

I have been part of the NHS 26 years. It's an integral part of who I am! I'm fiercely proud of being part of an organisation that can heal, help and support its local community. I have learnt so much about myself, others and the community I serve in my nursing/health visiting role. It has given me huge opportunities to develop academically, but it has also allowed me to share powerful and long lasting/ life changing journeys with the individuals whom I support.



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