



**Referrals and enquiries to FNP;**

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Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

[whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Date published: 24/08/2018  
Review date: 24/08/2020  
Ref: C&YP/UnivServ/FNP-I/02

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## Islington Family Nurse Partnership Service

### A client's guide



#### What about dads and family?

If you would like others in your family to be involved in the visits, we would very much like them to take part with you. Many dads enjoy getting involved.

*"Can't wait to get stuck in, this is really helping us to develop as parents, step by step."* –

**Dad involved in FNP programme**

*"I did not expect to be involved. I thought it would be more for my girlfriend's benefit, but when I turned up she said she would help me as well. I've learned about being a parent and that's helped a lot."* –

**Dad involved in FNP programme**

### What is the Family Nurse Partnership?

The family nurse partnership (FNP) was started in America more than 40 years ago. First-time young parents were offered a family nurse to visit them throughout their pregnancy and until their baby was two years old. The feedback from this service was very positive. The results showed improvement in the mother's antenatal health, increased involvement with fathers and improvements in the child's readiness to attend school.

### What is a family nurse?

The family nurses have been specially selected due to their healthcare backgrounds as midwives, health visitors or nurses. Their role is to provide you and your family with regular home visits from early in your pregnancy until your baby is two years old. Your family nurse's aim is to recognise your strengths and to build on these, enabling you to be the best parent you can be.

### Eligibility criteria

This service is for first time mothers aged 19, at LMP, and under, living in the borough of Islington.

Whittington Health also provides the FNP service in Haringey and City & Hackney.

### Referrals

Referral can be made by Midwives, GPs, any support services for young people and by self-referral. Referrals can only be accepted up to 28 weeks gestation.

### How will it benefit me?

Your family nurse will support you throughout your pregnancy. Your family nurse can help you plan for your future. You can talk about childcare, education, training and gaining new skills as well as support you may need with housing and finances. Together, you decide what you need and how your family nurse can support you.

*"Family Nurse Partnership made the difficult times easier. I can put my child first but still do things for myself in the future."* –

#### **Mum involved in FNP programme**

Your family nurse has special material that can be shared with you. They can discuss needs specific to you. If there is an issue that your family nurse can't help you with, they will be able to signpost you to the relevant professionals who can meet your needs. You will still see your midwife, doctor and any other professionals who may be involved in your care

The family nurse will work with you to help you achieve your goals and to improve the health and wellbeing of you and your new family.



### How will it benefit my baby?

You are the most important person in your baby's life and this programme will help you be the best parent you can. Your nurse will support you and your baby to grow, develop and learn.

*"The nurse can help expand your imagination and gives me ideas of how to help my baby develop using activities, toys and games."* -

#### **Mum involved in FNP programme**

### Consent and confidentiality

We aim to keep all information about you and your family confidential and secure, and we will aim to seek your consent before sharing your information with agencies outside the NHS. However, there may be an occasion when, in the best interests of you and your child, we will have a duty to pass on certain information to other health professionals or other agencies.