

Rosie's Story March 2025

Name of Service: Locala's Health Visiting Team

Main purpose of service: Health Visitors are community-based practitioners and work with families in their own homes, healthcare centres and community clinics. Health visitors establish relationships with families, assess children's health needs, provide information, support and advise parents, and work with other professionals to protect and safeguard children. A Health Visitor's main aim is to ensure that young children have the best start in life by providing appropriate support to parents and families at the earliest opportunity. They have an important role in education and improving the health and wellbeing of children.



About Rosie: Rosie is Mum to a toddler and new baby Delilah who is now 6 weeks old. She talked to Joanne from Locala's Engagement Team about their Health Visitor Jo, who came to see Rosie for her antenatal visit.

Practical and kind: Rosie explains what happened, **"Jo our Health Visitor was fantastic! She turned up, probably expecting a routine visit, but was with me an hour and a half and didn't go until she was sure she had done everything I needed."** Rosie continues, **"I was 37 weeks pregnant and had broken my ankle. I was also suffering with hyperemesis – extreme morning sickness – so there were sick bags lining up! I was trying to look after my toddler, dealing with my sickness, couldn't walk! Jo was practical and kind. She topped up my flask, offered to sort the dishwasher, sorted sick bags!"**

For more information on sickness during pregnancy - [Vomiting and morning sickness - NHS](#)

Supporting the whole family: **"She listened to me. I felt heard and valued and listened to. She really appreciated the mental health impact our situation was having on me and my husband."**

Links: Rosie recalls, **"By that afternoon, we got an email from Jo, including links to help my husband. Jo followed things up though. She didn't just send links, she made sure things were happening."** Jo arranged for a couple of baby massage sessions for the family which happened a few weeks ago. Rosie says, **"It was fun and useful and felt a real treat."**

Kept in touch: Rosie explains that her broken ankle didn't heal as hoped, so last week, when Deliah was only 5 weeks old, Rosie had an operation. **"Jo has been in touch to find out how the op went. She's visiting us again soon."**

Meet Jo, one of Locala's Health Visitors: Jo has been a Health Visitor for 18 years. She says, **"Dads, often seen as the pillar of strength in a family, also need support. The pressure to be the provider, protector, and emotional anchor can be overwhelming, leaving them feeling isolated in their struggles. By acknowledging that dads need support too, we create an environment where everyone in the family can thrive together."**



"Baby massage is a powerful way to enhance family bonding, fostering a sense of connection, trust, and relaxation while promoting your baby's physical and emotional well-being."

For more information on baby massage and supporting men's mental wellbeing [About Baby Massage - International Association of Infant Massage](#) and [Find A Support Group - ANDYSMANCLUB](#)

Rosie shared her story with Joanne from the Engagement Team on 11 March 2025 and gives full consent to share her story widely.