

# Media Release

28 March 2017

## **Young, first time mums and dads across Norfolk are getting the support they need**

Becoming a mum or a dad can be a challenging time particularly if you are a teenage parent. Norfolk's Family Nurse Partnership is ensuring young, first time parents are getting all the help and support they need.

Lisa Lorenzen, Family Nurse Partnership Supervisor explains:

“Our sole aim is to make a difference to the lives of young parents and children, recognising that the earlier in pregnancy we can engage with them, the better the outcomes will be for both mum and baby. At any one time over the last 12 months, each of our eight experienced nurses will have supported up to 25 families to promote behaviour change, build healthy relationships with others, provide sensitive and responsive care giving to their babies and children and find additional support networks within their local communities.

Talking about the difference the Family Nurse Partnership has made to her, young mum Louise Witney said:

“They're not just there for the children, they're there for us. The family nurse partnership has been brilliant – so thank you!” Dad Kelvin Myhill, agreed, adding “The Family Nurse Partnership has helped us a lot with the information, support and help they gave us.”

Sam Fidler, Family Nurse shared her enthusiasm for the positive impact the service is having:

“I love working with teenage parents. Often teenage parents have had real challenges in their lives so by talking about these things in pregnancy we can build on their strengths and help them achieve their goals. Having a positive influence on somebody's life is the greatest reward for me.”

Looking forward to further improvements in the coming months, Lisa Lorenzen commented:

“During 2017, we will be introducing a new service for all teenage parents across the county, incorporating and bringing together the learning and positive outcomes from the Family Nurse Partnership. We are confident that this new model will support young parents develop into confident, caring and resourceful young parents able to give their children the best start in life.”

Sarah Barnes, Public Health Commissioning Manager for Children and Young People at Norfolk County Council said:

“It’s a real skill building young parents confidence and patience. The Family Nurse Partnership is an evidenced based programme designed to support early intervention for young parents. Parenting is one of the most important responsibilities we will ever take upon us. Young parents need support to know how to raise happy responsible children and know how to deal with the day to day stresses of being a parent. By widening the offer to all teenage parents across Norfolk the service will be able to support the improved life chances of young parents and their children and families.”

To find out more about Norfolk’s Family Nurse Partnership visit: :  
<https://www.youtube.com/watch?v=NagSDdkIbRI>

Further information on teenage pregnancy is available on the NHS Choices website at:  
<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/teenager-pregnant.aspx>

For further information about the Norfolk Family Nurse Partnership contact Norfolk Children and Young People’s Health Services Communications Team on 01480 308266 or email [ccs.communications@nhs.net](mailto:ccs.communications@nhs.net)

#### **Notes for editors**

Norfolk Children and Young People’s Services provides the following Healthy Child Programme services:

- Health visiting
- School nursing
- Family Nurse Partnership
- Weight management, vision and hearing screening
- Safeguarding children

All of the above services can be contacted via Just One Number 0300 300 0123 from 8.00 am to 6.00 pm Monday to Friday and from 9.00 am – 1.00 pm on Saturdays.

Norfolk Children and Young People’s Services is part of Cambridgeshire Community Services NHS Trust which provides services for children, young people and families across Cambridgeshire, Luton and Norfolk.

[www.cambscommunityservices.nhs.uk](http://www.cambscommunityservices.nhs.uk)

Follow us on Twitter: [www.twitter.com/@ccs\\_nhst](https://www.twitter.com/@ccs_nhst)

Like us on Facebook: [www.facebook.com/CambridgeshireCommunityServicesNHSTrust](https://www.facebook.com/CambridgeshireCommunityServicesNHSTrust)