

Together with you through pregnancy, birth and the early years

## Young Parenting Programme

An enhanced programme delivered by the Healthy Child Team and the Prevention Service across North Yorkshire.

Pregnant mums aged 19 years and under at booking will be referred to the Young Parenting Specialist Health Visitors in the areas below:



Alison Langdale  
T: 07767 353780

[alison.langdale@nhs.net](mailto:alison.langdale@nhs.net)  
Selby, Hambleton  
and Richmond

Jo Rollerson  
T: 07919 493200

[jo.rollerson@nhs.net](mailto:jo.rollerson@nhs.net)  
Harrogate, Rural,  
Craven, Catterick  
Garrison and Colburn

Lynn Thubron  
T: 07885 971995

[lynn.thubron@nhs.net](mailto:lynn.thubron@nhs.net)  
Scarborough,  
Whitby and Ryedale

### Young Parents Programme Measurable Outcomes:

- Preventing second unplanned pregnancies
- Reducing smoking prevalence
- Reducing unintentional accidents
- Improving initiation and continuation of breastfeeding
- Early identification and support with Perinatal Mental health
- Reduction and support with drug and alcohol misuse
- Improving self esteem and confidence
- Reduction in NEET (Young people not in Education, Employment or Training)
- Increased uptake of Care to Learn
- Improved engagement with Children's Centre Services

The Specialist Health Visitor will coordinate all referrals received, hold a caseload alongside the Health Visiting Teams and also act as a resource, offering support and guidance to Health Visitors and the Prevention Team who are working with young parents.

Please refer to the Teenage Parenting Pathway and the Young Parents Programme.