

## Patient advice and liaison service

The Patient Advice and Liaison Service (PALS) acts on behalf of service users, families and carers to negotiate prompt solutions and help bring about changes in the way that services are developed. As well as providing a confidential advice and support service, PALS will help guide you through the different services available from the NHS.

**Tel: 0161 716 3178**

## Comments and complaints

We want to learn from comments and complaints about our services. If you have any, please speak with a member of staff. Every effort will be made to resolve any concerns and complaining will not cause any difficulties in your care with us. You can also contact our Complaints Department via post at Trust Headquarters, 225 Old Street, Ashton-under-Lyne, OL6 7SR.

**Tel: 0161 716 3083**

**Email: [complaints.penninecare@nhs.net](mailto:complaints.penninecare@nhs.net)**

## Become a member of our Trust

You can be the voice of your community by electing or becoming a governor, find out more about your local mental health and community services, and receive updates, comment on our plans and get invitations to health events.

**Tel: 0161 716 3960**

**Email: [ftmembership.penninecare@nhs.net](mailto:ftmembership.penninecare@nhs.net)**

## Alternative formats

If you need help to understand this information, require it in another format such as large print, spoken (on CD) or Braille, or require it in a different language – Please speak to a member of staff.

## Information for healthcare professionals

If you are a professional you can also complete the request for a service form and email it to: [pcn-tr.buryearlyattachmentservice@nhs.net](mailto:pcn-tr.buryearlyattachmentservice@nhs.net)

If you are deciding the best support to offer a family, please consult Bury's Integrated Perinatal and Parent Infant mental health pathway or call us on the number below for advice. If you have not yet received training in how to use the pathway, please contact us to book a place.

Bury Early Attachment Service  
Healthy Young Minds  
Fairfield Hospital  
Rochdale Old Road  
Bury  
BL9 7TD

**Phone:** 0161 716 1137 / 1100

**E-mail:** [pcn-tr.buryearlyattachmentservice@nhs.net](mailto:pcn-tr.buryearlyattachmentservice@nhs.net)

**Website:** [www.penninecare.nhs.uk/buryearly](http://www.penninecare.nhs.uk/buryearly)

You can also find us on Facebook by searching for **Bury Early Attachment Service**

*Maximising potential*

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



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**Pennine Care**  
NHS Foundation Trust

**Your guide to...**  
Bury Early Attachment Service

## What we do

Bury Early Attachment Service works with you during your pregnancy and until your baby's second birthday. We work with you and other services that support you such as health visitors, midwives and GPs; to build a positive relationship between you and your baby.

Having a strong and positive relationship between you and your baby builds their emotional wellbeing well into adulthood. Research shows that our first relationships have a physical impact on our growing brains and our capacities for managing feelings, learning and forming healthy relationships.

## Who we are and where we work

Our team is made up of a psychologist, specialist health visitor and psychotherapist who have expertise in supporting parent-infant relationships. They have undertaken extra training to ensure there is a wide range of approaches available to support you and your baby

We work in the community in children's centres and homes alongside health visitors, midwives, GPs and community services.

## Who our service is for

Any parent who is concerned about their relationship with their baby. Becoming a parent can be very difficult and this can affect both you and your baby. There are things that can make getting to know and connect with your baby more difficult. For example, feeling depressed or anxious during pregnancy or after your baby arrives; negative experiences from your past

or present and traumatic birth experiences. We work with you and your baby to explore your feelings and begin to grow your relationship.

## What we provide

- We offer support to both you and the services that support you. Sometimes this means we won't work directly with you but instead support other healthcare professionals you already have a relationship with.
- If it's decided that we are the best service to help you; we will meet you and talk through your concerns and experiences. We will then plan with you what help you and your baby want and need.
- We offer both group and individual support that is known to be effective including Video Interaction Guidance, Parent Infant Psychotherapy and Circle of Security.
- For the services and professionals working with you we offer training, consultation and sometimes ongoing supervision, to ensure that the parent-infant relationship is kept in mind.

## How to refer to us

Any healthcare professional or family can request a consultation with us by calling **0161 716 1137** or **1100**.

