

## 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. You can call them on **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.

You can contact complaints on **0161 716 3083**, **[complaints.penninecare@nhs.net](mailto:complaints.penninecare@nhs.net)**, or via post at **Trust Headquarters, 225 Old Street, Ashton-under-Lyne, OL6 7SR.**

## 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. Contact our membership team on **0161 716 3960** or **[ftmembership.penninecare@nhs.net](mailto:ftmembership.penninecare@nhs.net)** for more information.

## 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 Professionals

If you would like support with a family under your care, or to discuss a referral to our service, you can request a consultation, with consent from the family, by emailing **[pcn-tr.oldhameas@nhs.net](mailto:pcn-tr.oldhameas@nhs.net)** or calling **0161 716 2085**.

We also offer a range of training, consultation and supervision, to ensure that the parent-infant relationship is kept in mind.

## Contact details

Oldham Early Attachment Service  
Spring Meadows Children's Centre  
Leamington Street  
Oldham  
OL4 2RN

**Tel:** 0161 716 2085

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

**Website:** <https://www.penninecare.nhs.uk/oldhameas>

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



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



## Who our service is for

Oldham early attachment service works to understand and support the relationship between you and your baby. We can work with you during your pregnancy and until your baby's second birthday.

Whether you are a mum or a dad, parenthood brings complex new relationships, and challenging experiences that can be hard to manage.

You may be worried about your relationship with your baby or the changes to your life and family. We recognise that 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.

Past experiences, complex family relationships and birth trauma can all have an effect on the way you relate to your baby and how you feel about being a parent.

## Who we are and where we work

Our team is made up of a clinical psychologist, a specialist parent infant health visitor, a senior child and adolescent psychoanalytic psychotherapist, a therapeutic social worker and a trainee psychotherapist who all have expertise in supporting parent-infant relationships. We work in the community and we see families in children's centres and homes across Oldham.



## What we provide

We work with you and your baby to think about your experience and understand and explore your relationship.

We will agree a way forward for you and your family together. This may be working with you for a small number of sessions or we may offer you longer term therapeutic support. There may be times when it is more useful for us to work with the professional network involved in your care. Our service offers:

- Enhanced specialist assessments
- A range of therapeutic interventions with parents and babies
- We can work directly with other professionals (such as midwives, health visitors and GPs) to support the network around you. This is offered through consultation, supervision and training

## Who to speak to

If you think we could help you, the first step is to speak to your midwife, health visitor, GP or social worker, who can make a referral on your behalf.

Once they have contacted us, we will speak with them to check we are the best service to support you.

Our opening hours are  
**9am - 5pm, Monday - Friday.**

