



Aim of the Outreach Service

The aim of Tresillian Outreach is to encourage parents to improve their parenting skills and their self esteem by assisting them to develop a wide range of management alternatives, as well as providing support and counselling for families in their own homes.

Referrals

Referrals are made through an intake system and prioritised according to need.

Tresillian Outreach
Tresillian Family Care Centres
McKenzie Street
Belmore 2192

Tel: (02) 9787 0823

Hours: 8.30am - 5.00pm

Tresillian's 24 Hour Parents Help Line

Tel: (02) 9787 0855



Outreach

Information for Health Professionals



**Tresillian Canterbury
Family Care Centre**

Tel: (02) 9787 0823



Who is able to attend Outreach?

Outreach is a secondary level of service for families with children under five years who have identified problems associated with parenting.

These problems may include:

- bottlefeeding & solids
- feeding, including breastfeeding difficulties
- sleep patterns and unsettled babies
- infant and child behaviour
- a depressed or anxious mother
- family relationship difficulties
- isolated mothers
- toddler management

Tresillian's Outreach Service

Outreach takes the form of education, demonstration, reassurance and counselling. Part of our service is to provide parentcraft and counselling support to parents in their own environment.

Every attempt is made to see clients within 48 hours. On average, parents are visited up to 4 times with telephone support during this time.

Who can refer clients to Tresillian Outreach?

Referrals can be made by health professionals in the community including Child & Family Health Nurses,

Paediatricians, Obstetricians, General Practitioners, Psychiatrists, Psychologists, the Tresillian Parents Help Line and professional staff at Tresillian Centres.

The Outreach Team

Tresillian's Outreach team includes an interdisciplinary team of Child and Family Health Nurses and a Social Worker or Psychologist.

Boundaries of Tresillian Outreach Canterbury

Tresillian Outreach targets all socioeconomic levels and ethnic groups and we visit most suburbs within the inner west of Sydney and Canterbury Council.

Professional Support

Tresillian Outreach provides support to other Child & Family Health professionals. We liaise closely with community services, feeding back information and referring on, as appropriate.

The Cost

Tresillian Outreach is a free health service to the community.