

To find out more or get in
touch with the TAMBA Health
Visitor contact:

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58 Howard Street
Belfast
BT1 6PJ

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Email: nioffice@tamba.org.uk

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Expecting Twins, Triplets or More?

Dedicated Advisory Health
Visiting Service for families
with twins and multiple births

This document is available, on request,
in accessible formats, including Braille, CD,
audio cassette and minority languages.

Parents of multiple birth children experience unique challenges.

It can be both physically demanding caring for more than one child and emotionally difficult trying to cope with the additional pressures families may face.

A dedicated Health Visitor is available to support families in the Southern Trust area who have twins and multiple birth children.

In partnership with TAMBA (Twins and Multiple Births Association), this support is in addition to your routine health visiting service and is available from pregnancy through to school age.

If you are expecting or already have multiple birth children and live in the Armagh, Dungannon, Craigavon, Banbridge or Newry and Mourne areas, you are eligible for this service.



You can contact the TAMBA Health Visitor via the Tamba office Tel: (028) 9023 9050 or ask your GP, Midwife or Health Visitor to get in touch on your behalf.

Referral Form

If you would like to register for this service please complete and return this form either by post or to your Health Visitor.

Name:

Address:

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Tel:

Email:

