



Parents Matter

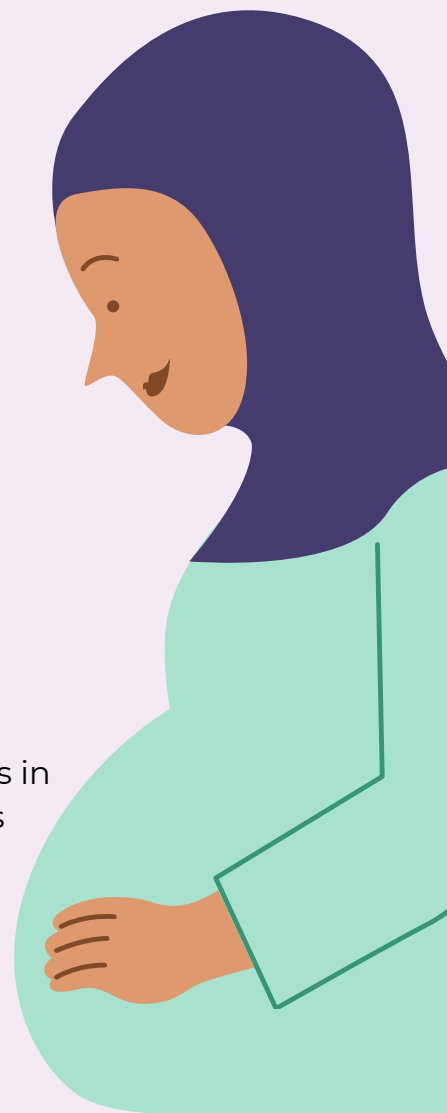
Services and activities
for families in Camden

Parents Matter

Family Lives delivers an antenatal and perinatal support service for new and expectant parents living in Camden. The service offers support for new parents and parents-to-be to improve their emotional wellbeing.

We work closely in partnership with Children's Centre's, Family HUB partners, midwifery, health teams and mental health services. Whether it is a first child or a new brother or sister, our perinatal service will work with mums and dads during the pregnancy and up to 24 months after birth, the perinatal period.

Our team of locally recruited peer support volunteers meet parents in their family home, Children Centres or other community venues as well as contact via texts or Microsoft Teams. We also offer a listening ear to help ease the demands of parenthood and support the couple relationship. Our range of peer support volunteers speak several community languages too.



What is Peer Support?

Practical support: Peer supporters can assist pregnant women to access local provision including antenatal appointments, counselling, parent craft sessions and more.

Emotional support: Peer supporters can provide a listening ear for parents, helping them to cope with life's challenges and put them in touch with other parents who've been through the similar experiences.

Aims of the service

To improve the mental health and wellbeing of new parents
Reduce social isolation of families
Increase parent's self-confidence

Support a positive relationship between parents and their baby
Encourage mums and dads to our parenting groups and signpost to local services and resources

For more information, contact **Nia** by calling **07713 708524** or email **niab@familylives.org.uk**. You can find us on Facebook **@FLCamden**.



Scan me for
a referral
form



Camden by Localities

Camden Sure Start Euston: 020 7974 8934

Children's centre

- 1. Regent's Park Children's Centre**
Stay & Play drop-ins
Early education and childcare
Employment & free benefits advice
Family Support Team
Midwifery and Health Visiting services
Augustus Street, London NW1 3TJ
020 7974 8934
- 2. Somers Town Children's Centre Services**
Parent Child Psychological Support (PCPS)
45 - 47 Polygon Road, London, NW1 1SR
020 7974 8076

Local authority nursery

- 3. Hampden Children's Centre**
80 Polygon Road, London NW1 1HQ
020 7974 2841
Childcare options
For information on childcare contact the Family Information Service on 020 7974 1679.
For information on free 2 year old places see: camden.gov.uk/twoyearolds

Other stay and play drop-in venues

- 4. Edith Neville Primary School**
174 Ossulston Street
London NW1 1DN
0207 387 7158

- 5. St Pancras Community Association***
67 Plender Street, London NW1 0LB
020 7380 1501
*Free to families and funded by Camden Sure Start
- 6. St Pancras and Somers Town Living Centre**
2 Ossulston St, Kings Cross,
London NW1 1DF
020 7380 0453
- 7. N1C Centre**
Ground floor, Plimsoll Building
Handyside St,
London N1C 4BQ
020 7164 6931

Libraries

- Rhyme time sessions for children under 5
- 8. Camden Town Library**
The Crowndale Centre
218 Eversholt Street, London NW1 1BD
020 7974 4444
 - 9. Pancras Square Library**
5 Pancras Square, London N1C 4AG
020 7974 4001

Health centres

- 10. Crowndale Health Centre**
59 Crowndale Road, London NW1 1TU
020 3317 2402

Primary schools

For information on how to apply for a primary school place, contact primary admissions on 020 7974 1625



Camden Sure Start King's Cross & Holborn: 020 7974 7024

Children's centre

- 1. 1a Children's Centre**
Stay & Play drop-ins
Early education and childcare
Employment & free benefits advice
Family Support Team
Midwifery and Health Visiting services
1a Rosebery Avenue
London EC1R 4SR
020 7974 7024

Local authority nursery school

- 2. Thomas Coram Centre**
49 Mecklenburgh Square
London WC1N 2NY
020 7520 0385
Childcare options
For information on childcare options contact the Family Information Service on 020 7974 1679.
For information on free 2 year old places see: camden.gov.uk/twoyearolds

Other stay and play drop-in venues

- 3. Bedford House Community Centre**
35 Emerald Street
London WC1N 3QW
020 7405 2370
- 4. Calthorpe Project**
258-274 Gray's Inn Road
London WC1X 8LH
020 7837 8019

- 5. Coram's Fields**
93 Guilford Street
London WC1N 1DN
020 7837 6138
- 6. Coram Parents Centre**
Coram Pears Pavilion
41 Brunswick Square
London WC1N 1AZ
020 7520 0310
- 7. Dragon Hall Community Center**
17 Stukeley Street
London WC2B 5LT
020 7404 7274

Libraries

Rhyme time sessions for children under 5

- 8. Holborn Library**
32-38 Theobalds Road
London WC1X 8PA
020 7974 4001

Health centres

- 9. Hunter Street Health Centre**
8 Hunter Street
London WC1N 1BN
020 3317 2345

Primary schools

For information on how to apply for a primary school place, contact primary admissions on 020 7974 1625



Camden by Localities

Camden Sure Start Kentish Town West: 020 7974 8961

Children's centre

- Harmood Children's Centre**
Stay & Play drop-ins
Early learning and childcare
Employment & free benefits advice
Family Support Team
Midwifery and Health Visiting services

1 Forge Place, Ferdinand Street
London NW1 8DQ
020 7974 8961

Childcare options

For information on childcare options contact the Family Information Service on **020 7974 1679**.
For information on free 2 year old places see: camden.gov.uk/twoyearolds

Other stay and play drop-in venues

- Kentish Town City Farm**
1 Cressfield Close
London NW5 4BN
020 7916 5421

Libraries

Rhyme time sessions for children under 5

- Queen's Crescent Library**
165 Queens Crescent,
London NW5 4HH
020 7974 4444

Swiss Cottage Library

88 Avenue Road,
London NW3 3HA
020 7974 4001

Community libraries

- Belsize Community Library**
Belsize Community Library
Drop-in
Antrim Grove,
London NW3 4XP
020 7586 6746

Keats Community Library

10A Keats Grove,
London NW3 2RR
020 7431 1266

Primrose Hill Community Library

14 Sharples Hall Street,
London NW1 8YN
020 7419 6599

Health centres

- Gospel Oak Health Centre**
5 Lisimore Circus, London NW5 4RA
020 3317 3800

Primary schools

For information on how to apply for a primary school place, contact primary admissions on **020 7974 1625**



Camden Sure Start Kentish Town East: 020 7974 4789

Children's centre

- Agar Children's Centre**
Stay & Play drop-ins
Early education and childcare
Employment & free benefits advice
Family Support Team
Midwifery and Health Visiting services
Wrotham Road, London NW1 9SU
020 7974 4789

Local authority nursery

- Konstam Nursery**
75 Chester Road, London N19 5DH
020 7272 3594

Childcare options

For information on childcare options contact the Family Information Service on **020 974 1679**.
For information on free 2 year old places see: camden.gov.uk/twoyearolds

Other stay and play drop-in venues

- St Mary Brookfield**
Dartmouth Park Road
London
NW5 1SL
020 7267 5941
- Hargrave Hall Community Centre**
Hargrave Hall, London N19 5SP
0207 263 5174
- Highgate United Reformed Church**
Pond Square, N6 6BA
Contact Nadine 07415 200 614
or 07958 569 734

Brecknock Primary School

Cliff Villas, London NW1 9AL
020 7485 6334

St Luke's Church

Oseney Crescent
London NW5 2AT
020 7916 0050

Kentish Town Community Centre

17 Busby Pl, London
NW5 2SP
020 7482 3212

Libraries

Rhyme time sessions for children under 5

Highgate Library

Chester Road, London N19 5DH
020 7974 4001

Kentish Town Library

262-266 Kentish Town Road
London NW5 2AA
020 7974 4001

Health centres

- Kentish Town Health Centre**
James Wigg Practice
2 Bartholomew Road
London NW5 2BX
020 7428 4555

Primary schools

For information on how to apply for a primary school place, contact primary admissions on **020 7974 1625**



Camden by Localities

Camden Sure Start Kilburn Priory:
020 7974 5080

★ Children's centre

1. **Kilburn Grange Children's Centre**
Stay & Play drop-ins
Early education and childcare
Employment & free benefits advice
Family Support Team
Midwifery and Health Visiting services

1 Palmerston Road, London NW6 2JL
020 7974 5080

◇ Local authority nursery

2. **Langtry Nursery**
11-29 Langtry Road, London NW8 0AJ
020 7624 0963

Childcare options

For information on childcare options
contact the Family Information Service
on 020 7974 1679.
For information on free 2 year old places
see: camden.gov.uk/twoyearolds

□ Other stay and play drop-in venues

3. **Abbey Community Centre***
222c Belsize Road, London NW6 4DJ
020 7624 8378
4. **Pace Fortune Green Playcentre**
Fortune Green Road,
London NW6 1DR
020 7183 5120
5. **Priory Community Hall**
Playtime drop-ins
134a Abbey Road
London NW6 4SN
020 7624 5434

*Free to families and funded by Camden Sure Start

6. **Sidings Community Centre**
150 Brassy Road,
London NW6 2BA
020 7624 0588

7. **The Sherriff Centre**
St James Church, Sherriff Road,
London NW6 2AP
020 7625 1184

8. **Kingsgate Community Centre**
107 Kingsgate Road,
London NW6 2JH
020 7328 9480

△ Libraries

Rhyme time sessions for
children under 5

9. **Kilburn Library**
12-22 Kilburn High Road,
London NW6 5UH
020 7974 4001

10. **West Hampstead Library**
Dennington Park Road,
London NW6 1AU
020 7974 4001

🏠 Health centres

11. **Belsize Priory Medical Practice**
208 Belsize Road,
London NW6 4DX
020 7328 8200

Primary schools

For information on how to apply for a
primary school place, contact primary
admissions on 020 7974 1625



Camden Integrated Early Years Service

There are five children's centres located across the borough. Camden is divided by five localities:

1a Children's Centre (King Cross & Holborn Locality)

Address: 1a Rosebery Avenue, London, EC1R 4SR

Phone: 020 7974 7024

Agar Children's Centre (Kentish Town East Locality)

Address: Lulworth, Wrotham Road NW1 9SU Phone:

020 7974 4789

Harmood Children's Centre (Kentish Town West Locality)

Address: 1 Forge Place NW1 8DQ

Phone: 020 7974 8961

Kilburn Grange Children's Centre (Kilburn Locality)

Address 1 Palmerston Road NW6 2JL

Phone: 020 7974 5080

Regent's Park Children's Centre (Euston Locality)

Address: Augustus Street NW1 3TJ.

Phone: 020 7974 8934

Camden Integrated Early Years Service

Each centre offers a wide range of universal and targeted services for children and their families from pregnancy to age 5 years, including:

- Midwifery - Antenatal and postnatal services
- Baby feeding advice and support (1-1 and group based)
- Integrated health visiting and family support (early help)
- Children's speech and language therapy
- Parenting programmes and 1-1 parenting support and child psychotherapy
- Benefits, housing advice and help to find training and work
- Mental health interventions for parents and help to reduce inter-parental conflict
- Universal and targeted stay and play drop-ins
- Volunteer programme (Parent Champions)
- Early education - free entitlement for 2-year-olds and 3-4 year olds, including CIN places

IEYS family support is a targeted service for those children and families at most risk of poor outcomes. Camden families with at least one child under 5 years (including during pregnancy).

General information: www.camden.gov.uk/childrens-centreservices

Email: camdensurestart@camden.gov.uk

Freephone: 0800 389 5789

Bump to Baby

This is a group for new and expecting parents, focusing on becoming a parent and bonding with your baby. Becoming a dad or mum is an exciting as well as challenging time. Over the 5 weeks you will meet other parents and talk about:

- Preparing for and managing labour
- Bonding with your baby before/after the birth
- Working out your baby's sounds, signals and cues
- Coping with crying and comforting your baby
- Becoming a parent and your changing relationships
- Where to go if you need a little extra help

You can come along on your own or with your partner or a friend/family member. There are 5 sessions, each lasting 2 hours.

The group is FREE and is held in local Camden venues. There are 10–12 parents at each session as well as two trained group leaders.



The poster for the 'Bump to Baby Group' features a bright orange header with the title 'Join our Bump to Baby Group.' and the tagline 'Give your baby the best start in life.' Below this, a silhouette of a pregnant woman is shown in profile, with the text 'Camden Sure Start Your journey. Our support.' and three small bird icons. The main body of the poster is white and lists the topics to be discussed over 5 weeks. At the bottom, there is a purple section with a 'FREE Antenatal Parenting Group' badge, a QR code, and contact information. The footer includes logos for various partner organizations and the Camden logo.

Join our Bump to Baby Group.
Give your baby the best start in life.

Becoming a dad or mum is an exciting as well as challenging time. Over the 5 weeks you will meet other parents and talk together about:

- Preparing for and managing labour
- Bonding with your baby before/after the birth
- Working out your baby's sounds, signals and cues
- Coping with crying and comforting your baby
- Becoming a parent and your changing relationships.

FREE Antenatal Parenting Group

To book a place telephone 020 7974 8961 or use QR Code

Central and North West London NHS Foundation Trust | University College London Hospitals NHS Foundation Trust | Royal Free London NHS Foundation Trust

Produced by Camden Children's Services 020 7974 8961 146 146 146 146 146

Camden

Baby Bonding

Best Start for baby and you - Drop-in for parents and carers with babies aged 0 - 6 months.

The early days as a mum, dad or carer with a new baby is a big change in life and a time when support is important for all families. Come along to this friendly drop-in to meet and chat with other parents.

In the first days, weeks and months, your baby is finding ways of telling you their needs. The drop-in can help you explore:

- Baby's sounds, signals and cues
- Seeing the world through your baby's eyes
- Baby's response to sounds, faces and objects
- Coping with sleeping and crying
- Supporting baby's development through play

Dad's drop-in

Becoming a dad or being a male carer may really change who you are and your lifestyle. When dads and male carers spend time with their children and understand their children's development, it can help them:

- have a closer bond with their child
- talk and play more with their child
- feel more confident as a parent

Children who grow up with warm, loving, and actively involved dads and male carers are:

- Happy and emotionally secure
- Care and empathise for others
- Do well in nursery and school
- Have better relationships as adults

Whether you live together or apart, all dads and male carers are welcome.



Baby bonding drop-in 0-6 months

Mondays
1:30pm – 3:30pm
Kilburn Grange Children's Centre

Thursdays
10:00am – 12noon
Harmood Children's Centre

Information for mums, dads and carers

The Lullaby Trust
Expert advice on safer sleep for babies.
www.lullabytrust.org.uk

ICON
Helping people who care for babies to cope with crying.
iconcope.org

Contact us

1a Children's Centre
1a Rosebery Avenue EC1R 4SR
020 7974 7024

Regent's Park Children's Centre
Augustus Street NW1 3TJ
020 7974 8934

Harmood Children's Centre
1 Forge Place NW1 8DQ
020 7974 8961

Agar Children's Centre
Lulworth, Wrotham Road NW1 9SU
020 7974 4789

Kilburn Grange Children's Centre
1 Palmerston Road NW6 2JL
020 7974 5080



Saturday mornings
10am–12 noon
Camden Children's Centres
(Venues as listed)

Come and play, meet other dads and children and have fun together.

Do you know?
Dads and children can swim free, for information and times contact camdendads@camden.gov.uk

Camden Dads drop-in



2nd July 2022 | 10am–12 noon
Venue: Kilburn Grange CC
Stay & Play / Arts & Crafts

16th July 2022 | 10am–12 noon
Venue: Hampden CC
Music & Play

30th July 2022 | 10am–12 noon
Venue: Harmood CC
Cooking & Sensory Play

6th Aug 2022 | 10am
Venue: **Post Museum**
(booking required)

13th Aug 2022 | 10am–12 noon
Venue: Kilburn Grange CC
Messy Play

20th Aug 2022 | 10am–12 noon
Venue: Hampden CC
Stay & Play / Arts & Crafts

10th Sept 2022 | 10am–12 noon
Venue: Harmood CC
Music & Play

17th Sept 2022 | 11am–1pm
Venue: Talacre Open Space
Prince of Wales Road
Sports Day Activities

24th Sept 2022 | 10am–12 noon
Venue: Kilburn Grange CC
Cooking & Sensory Play

8th Oct 2022 | 10am–12 noon
Venue: Hampden CC
Messy Play

15th Oct 2022 | 10am
Venue: **Kentish Town City Farm**
(booking required)

22nd Oct 2022 | 10am–12 noon
Venue: Harmood CC
Stay & Play / Arts & Crafts

5th Nov 2022 | 10am–12 noon
Venue: Kilburn Grange CC
Music & Play

12th Nov 2022 | 10am
Venue: **British Museum**
(booking required)

19th Nov 2022 | 10am–12 noon
Venue: Hampden CC
Cooking & Sensory Play

3rd Dec 2022 | 10am–12 noon
Venue: Harmood CC
Messy Play

17th Dec 2022 | 11am–2pm
Venue: Kilburn Grange CC
Christmas Party

Baby Feeding

In the first few days, you and your baby will be getting to know each other. It may take time for both of you to get the hang of breastfeeding.

This happens faster for some women than others. But nearly all women produce enough milk for their baby.

Camden Sure Start can offer you support with baby feeding through drop-in services in four Children Centres. They are also great places to make new friends and share the ups and downs of looking after a baby.

Camden Baby Feeding Team
Best Start for Baby and You



Come along to one of our baby feeding drop-ins

Monday, 10am to 12pm
Harmood Children's Centre
1 Forge Place,
off Ferdinand Street,
NW1 8DQ
*Partners are welcome to attend the drop-in session at Harmood.

Tuesday, 10am to 12pm
Kilburn Grange Children's
1 Palmerston Road NW6 2JL

Thursday, 1pm to 3pm
Regents Park Children's Centre,
Augustus St, London NW1 3TJ

Friday, 10am to 12pm
Agar Children's Centre
Wrotham Road, NW1 9SU
*Partners are welcome to attend the drop-in session at Agar.

Monday online group,
10.30am-11.30am
Scan the QR code and visit the CNWL web page to register for the online group.

Scan the QR code on the cover, or visit CNWL webpage to register for the online group.

We are available all year round, Monday to Friday except bank holidays. View the latest baby drop-in times here with the QR code.

Vitamin D

In 2012 the Chief Medical Officer in the UK made recommendations about supplementing all pregnant and breastfeeding mothers and children with Vitamin D.

There seems to remain a lot of confusion as to who should take these supplements, why this is necessary and how to obtain them. The recommendations were updated in July 2016 in line with the SACN recommendations on vitamin D and health.


Breastfed babies from birth to one year of age should be given a daily supplement containing 8.5 to 10mcg of vitamin D as a precaution.

Breastfeeding Mothers should also take a daily Vitamin D supplement of 10 µg per day. Vitamin D deficiency in the UK is a consequence of our weather and the latitude at which we live.

Camden Healthy start can provide you and your baby with FREE vitamin D. It is important to speak to your midwife or GP to ensure that you are able to take this before you take this vitamin.









Are you getting enough vitamin D?

Camden

Get FREE vitamins where you see the 

HEALTHY START

Pick up your FREE vitamins at these centres:

| | |
|---|--|
|  1a Children's Centre 1a Rosebery Avenue, EC1R 4SR Tel: 020 7974 7024 |  5 Regent's Park Children's Centre Augustus Street, NW1 3TJ Tel: 020 7974 8934 |
|  2 Agar Children's Centre Lidworth, Wrotham Road, NW1 9SU Tel: 020 7974 4789 |  6 Belize Priory Health Centre 208 Belize Road, NW6 4DX Tel: 020 3317 5800 |
|  3 Harmood Children's Centre 1 Forge Place, NW1 8DQ Tel: 020 7974 8961 |  7 Gospel Oak Health Centre 5 Lisimore Circus, NW5 4GP Tel: 020 3317 3800 |
|  4 Kilburn Grange Children's Centre 1 Palmerston Road, NW6 2JL Tel: 020 7974 5080 |  8 Hunter Street Health Centre 8 Hunter Street WC1N 1BN Tel: 020 3317 2345 |

Best start for baby and you

PCPS ® Children's Development Programme Suitable from 3 months to 18 months.

Somers Town Children's Centre Services
45-47 Polygon Road NW1 1SR Visit:
www.pcpsparenting.org

Parent-Child Psychological Support (PCPS) When your Health Visitor visits you for the first time, they will invite you to the local Children's Centre.

This is where families can join the PCPS service of baby development clinics. The team involved will be the Health Visitor, a Nursery Nurse and a Psychologist.



Starting solids sessions

Starting Solids

The Department of Health recommends babies start on solid foods when they are around six months old. This free session is for parents of babies 4-6 months who have not yet started solid foods.

Do you have a baby who is ready to start solids?

Would you like to know more about when and how to start solids?

Would you like to explore more about the types of food to start, with and which foods to avoid?

If so, this free 90 minute session is for you. We'll explore all the above and more. There will also be opportunities to ask questions. Please advise us in advance if you would like an interpreter.

Starting Solids Next Steps

This free session supports parents of babies who have already started solid food and are under 1 year. Each 90 minute session covers: Moving on to more textured family foods and finger foods. Encouraging your baby to drink from a cup Overcoming baby feeding challenges

To book a session, contact us on:
Healthandwellbeingteam@camden.gov.uk
Telephone: 020 7974 6736



Free online perinatal mental health support

How can Ieso help?

CBT is traditionally delivered face-to-face. However with Ieso, therapy takes place online making it much easier to access, as well as less daunting.

With Ieso, CBT is delivered in real time over the internet by a fully qualified therapist through written conversation. Online CBT sessions follow the same format as traditional face-to-face therapy but take place in a secure online therapy room, allowing you to attend from anywhere you feel most comfortable. Appointments are usually 30 or 60 minutes long and you can access your session from any device that connects to the internet.

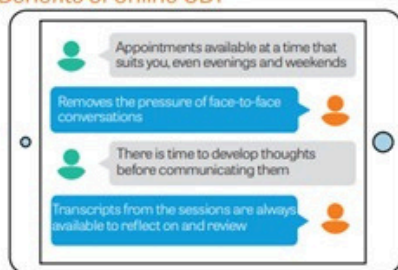
What can we treat?

We can help with many different types of problems including:

- Perinatal mental ill health issues
- Anxiety
- Depression
- Obsessive compulsive disorder (OCD)
- Fears and phobias
- Panic attacks
- Social anxiety

Online CBT is available free on behalf of the NHS for people aged 18 or over and either registered with a GP in Camden, or living in Camden with no GP. You can refer yourself directly to the service without having to visit your GP.

Benefits of online CBT



Refer yourself today

www.iesohealth.com/camden

0800 074 5560

To be eligible for Ieso online therapy you must be aged 18 or over and either registered with a GP in Camden, or a resident in Camden with no GP.



One-to-one
with a qualified
therapist



Evening
and weekend
appointments



Quick access
to therapy



Ieso Digital Health is providing services on behalf of the NHS
DSH.CAMDEN@NHS.uk iesohealth



Looking
after
your

perinatal
mental health

Available in Camden
www.iesohealth.com/camden

Stay and Play/Baby feeding support

STAY AND PLAY & BABY FEEDING SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|--|
| Regent's Park Children's Centre (Augustus St, NW1 3TJ) | | Toddler Time for under 2's 10am-12pm | Fun for All for under 5's 10am-12pm | Toddler Time for under 2's 10am-12pm | Fun for All for under 5's 10am-12pm |
| | Baby Play for under 1's 1.30-3.30pm | | | Baby Feeding for under 1's 1-3pm | |
| 1a Children's Centre (1 Rosebery Ave, EC1R 4SR) | Fun for All for under 5's 10am-12pm | | Baby Play for under 1's 10am-12pm | Toddler Time for under 2's 10am-12pm | |
| Agar Children's Centre (Wrotham Rd, NW1 9SU) | Fun for All for under 5's 9.30am-11.30am | Baby Play for under 1's 9.30-11am | Fun for All for under 5's 10am-12pm | Toddler Time for under 2's 10am-12pm | Baby feeding 10am to 12pm (Partners are welcome to attend the drop-in session) |
| | Baby Play for under 1's 1.30-3.30pm | | | | |
| Harmood Children's Centre (1 Forge Place, Ferdinand St, NW1 8DQ) | Baby Play for under 1's 10am-12pm | Stay and Play in the Park (Talacre Park) 10-11am | Fun for All for under 5's 10am-12pm | Toddler Time for under 2's 10am-12pm | Fun for All for under 5's 10am-12pm |
| | Baby Feeding 10am to 12pm (Partners are welcome to attend the drop-in session) | Superstars for children with developmental delay 10am-12pm | | Baby Bonding for 0-6 months 10am-12pm | |
| | Toddler Time for under 2's 1.30-3.30pm | Young Parents Together for parents under 25, with children under 5 1pm-3pm | | | |
| Kilburn Grange Children's Centre (1 Palmerston Rd, NW6 2JL) | Fun for All for under 5's 10am-12pm | Baby Feeding 10am to 12pm | Fun for All for under 5's 10am-12pm | Toddler Time for under 2's 10am-12pm | Baby Play for under 1's 10am-12pm |
| | Baby Bonding for 0-6 months 1.30-3.30pm | Baby Play for under 1's 1-3pm | | | |

Financial and practical support

- Child benefit
- Universal Credit
- Maternity Grant
- Healthy Start Vouchers
- Maternity Allowance
- Maternity Pay and Leave
- Free education and childcare for 2-year-olds
- Baby stuff (only by professional referral)
- Rights for pregnant and new mothers
- Protecting human rights in childbirth
- Practical Support for families in Camden
- Camden Early Help for children and families
- Camden Foodbank



Support from Family Lives

If you are struggling within your family life and need some advice or support, you can talk to us online via our live chat service, **email us at askus@familylives.org.uk** or call us on our **helpline on 0808 800 2222** to speak to a trained family support worker. It may also help to chat to other parents on our forums to find out how they are dealing with similar issues. Visit our website at **www.familylives.org.uk** for our online advice.



Other organisations that can help

- Childline: Call 0800 1111
- Hopeline UK (Papyrus): Call 0800 068 4141 or text 07860 039967
- Samaritans: Call 116 123 or email jo@samaritans.org Shout:
- Text SHOUT to 85258
- Student Space: Call 0808 189 5260 or text STUDENT to 85258
- The Mix: Call 0808 808 4994 or text THEMIX to 85258

Domestic abuse support

The National Domestic Violence Helpline offer support and advice as well as refuge for women and children. They are available 24 hours a day on 0808 2000 247 or [visit their website](#).

Solace Women's Aid offers advice and support to women and children and safe refuge for women and children escaping abuse and violence. It also includes The North London Rape Crisis service that provides counselling and support to women and girls aged 14 years and over who have experienced any form of sexual violence. For more information contact them on 0808 802 5565 or [visit their website](#).

Camden Safety Net - You can access support and advice from Camden Safety Net on 020 7974 2526, Monday to Friday, from 9am to 5pm, email Camdensafetynet@camden.gov.uk or [visit their website](#).

The Havens are specialist centres in London for people who have been raped or sexually assaulted. You can contact them 24 hours a day on 020 3299 6900.

Supportline provide a confidential email and telephone counselling service. It's particularly aimed at survivors of abuse and those who are isolated. For more information [visit their website](#).

Women's Aid are running a set of services and their website lists a comprehensive set of resources for those experiencing abuse or those who are thinking of leaving. [Visit their website](#) for help and advice.

Galop run the National LGBT+ Domestic Abuse Helpline. Their website also signposts to a number of resources to support LGBT+ survivors of domestic abuse. For more information, [visit their website](#).



Health guidance and support

Accessing the most appropriate NHS service will ensure you get the right care when you need it.

Your GP can help you in-person, online, or by phone

Your GP can treat many conditions and give health advice. They can also refer you to other NHS services.



Anyone in England can register with a GP surgery. It's free to register. To register you do not need proof of address or immigration status, ID or an NHS number but it can be useful to take it with you if you do have it.

All GPs should be offering face to face appointments as well as online and phone appointments. To locate a GP practice near to you go to:

www.nhs.uk/service-search/find-a-gp

Visit your local pharmacist



Visiting a pharmacy is a quick and convenient way to get clinical advice and over-the-counter medicines for a range of minor illnesses.

All pharmacists train for 5 years in the use of medicines. They are trained in managing minor illnesses and providing health and wellbeing advice. Most pharmacies have a private consultation room where you can discuss issues with pharmacy staff without being overheard.

You do not need an appointment. To find your nearest pharmacy call **111** or visit: www.nhs.uk/service-search/pharmacy/find-a-pharmacy Many pharmacies are open late and at weekends.

Get emergency dental treatment



Call your usual dentist or a local dentist, as some dentists can give emergency appointments. Out of hours, their voice message may advise of emergency help locally. To find a dentist near to you go to:

www.nhs.uk/service-search/find-a-dentist

Know when to visit A&E



A&E (also known as Emergency Department or Casualty) is designed for life-threatening medical and mental health issues that can't be treated anywhere else.

Many people use A&E when there are better services available that are faster and can provide better care for their needs. Up to 50% of people who go to A&E could receive better care from another service like their GP, pharmacy or 111.

If you go to A&E for a non-urgent matter, you may have to wait a long time to be seen and may not receive the treatment you need. You could also delay treatment for someone who has a life-threatening illness or injury.

What can they help with?

A&E can help with life-threatening issues such as:

- loss of consciousness
- a sudden confused state
- fits that are not stopping
- chest pain
- severe allergic reactions
- severe burns or scalds
- stroke
- major trauma e.g. road traffic collision
- feelings of self-harm or suicide
- severe bleeding that cannot be stopped
- breathing difficulties

If you or someone you know is experiencing a life-threatening medical emergency, you should attend **A&E** or call **999**.

Access local mental health services

Urgent Mental Health Helpline

If you feel overwhelmed, extremely distressed or worried you might not be able to keep yourself safe, you can get immediate help on our freephone lines from our trained mental health advisers and clinicians all day every day.

To access the helpline, call: **0800 023 4650**, 24 hours a day, 7 days a week.

Non-Urgent Mental Health Services (Talking Therapies)

Talking Therapy services offer therapies, such as cognitive behavioural therapy (CBT), counselling, other therapies, and guided self-help. They can also help with common mental health problems, like anxiety and depression.

A GP can refer you, or you can refer yourself directly without a referral. You need to be registered with a GP to get talking therapies on the NHS.

If you think you need A&E, think NHS 111 first



NHS 111 is a phonenumber and a website available 24 hours a day, 7 days a week to help if you have an urgent medical problem and you're not sure what to do.

Doctors, nurses, paramedics and fully trained advisors are available to ensure you receive the right care in the right place, at the right time. Depending on the situation they can help you:

- Find out what local service can help you
- Be connected to a nurse, emergency dentist, pharmacist or GP
- Get a face-to-face appointment if you need one
- Be given an arrival time if you need to go to A&E
- Be told how to get any medicine you need
- Get self-care advice

You can contact NHS 111 at 111.nhs.uk or by calling **111**.

Visit an Urgent Treatment Centre

Urgent treatment centres are staffed with doctors and nurses and feel like A&E but provide help with health issues that are not life-threatening.

They reduce the pressure on A & E so that people who need lifesaving treatment can receive it quickly.

Urgent Treatment Centres can help with urgent issues that are not life-threatening such as:

- Sprains and strains
- Suspected broken limbs
- Minor head injuries
- Cuts and grazes
- Bites and stings
- Minor scalds and burns
- Ear and throat infections
- Skin infections and rashes
- Eye problems
- Coughs and colds
- High temperature in child and adults
- Stomach pain
- Being sick (vomiting) and diarrhoea
- Emergency contraception



Maternity journey

| Weeks' pregnant | Who you will see | Mother and baby checks |
|-----------------|-----------------------------------|---|
| 10 - 12 weeks | Community midwife | Booking visit, meet your midwife and take your history, check BP and urine |
| 11 - 13 weeks | Hospital | Scan and blood test Nuchal translucency scan: measures fluid under skin at back of baby's neck (a test for Down's syndrome) |
| 16 weeks | Community GP / midwife | Antenatal check of mother and baby. Anomaly scan: detailed scan for fetal wellbeing |
| 20 - 23 weeks | Hospital | Antenatal check of mother and baby |
| 25 weeks | Community GP / midwife | Antenatal check of mother and baby, blood tests and anti-D if rhesus negative. |
| 28 weeks | Community midwife/ Health visitor | Antenatal check (referral/self-referral) |
| 31 weeks | Community GP / midwife | Antenatal check of mother and baby |
| 34 weeks | Community midwife | Antenatal check of mother and baby, anti-D if rhesus negative, birth plan |
| 36 weeks | Community GP / midwife | Antenatal check of mother and baby, discuss test rhesus negative, birth plan results and baby's position |
| 38 weeks | Community GP / midwife | Antenatal check of mother and baby, discuss options if you go beyond 40 weeks |
| 40 weeks | Community GP / midwife | Antenatal check of mother and baby, discuss options if you go beyond 40 weeks |
| 41 weeks | Community midwife | Antenatal check of mother and baby, membrane sweep and book induction |

Maternity journey support

www.nhs.uk/parents - For further information regarding pregnancy and labour

www.rcog.org.uk – Royal College of Obstetrician and Gynaecology

www.nct.org.uk – National Childbirth Trust

Family Lives pregnancy, baby and birth advice and support

www.gbss.org.uk - Group B Strep

<http://fsid.org.uk> – Sudden infant death syndrome

www.Cry-Sis.org.uk -Helpline for parents with babies who persistently cry

www.which.co.uk/birth-choice - Compares maternity units and tests baby equipment

www.bestbeginnings.org.uk - Download free the baby buddy on the smartphone

www.tommys.org.uk - Runs a helpline to support new parents

Email midwifequeries@uclh.nhs if you have a question about your pregnancy

Information from the NHS on baby vaccinations

Information on cot death

Nappy rash advice from the NHS

How to change baby's nappy advice from the NHS

Singing with your baby guided videos from Family Lives

Introduction to solids advice from the NHS

Baby Led Weaning advice from the NHS

Fussy eaters advice from the NHS

Healthy weight advice from the NHS

Baby sleep advice from the NHS

Lullaby Trust

Baby crying advice from the NHS

Baby development advice from the NHS on potty training, play and learning, behaviour

Looking after yourself



Connect

Connecting with the people around us is a great way to remind ourselves that we're important and valued by others. Here are some suggestions for staying connected:

- Arrange to meet people regularly.
- Monthly dinner dates with friends or join a local interest group (antenatal, or new mum's groups)
- Reach out to somebody you've lost contact with.
- Send them a letter or give them a call to let them know you are thinking about them.
- Take some time to get to know your neighbours
- Join local groups or online forums

Be active

We know that there's a link between staying active and positive mental health and wellbeing. By making sure we are regularly moving our bodies, we can look after our mental and physical health at the same time. Here are some ways to be active:

- Go for a walk during your lunch break or walk to work
- Try activities that bring your focus to the mind-body connection such as antenatal - yoga, baby yoga or tai chi
- Make time for joyful movement, such as dancing
- Join a local sports club – swimming is very good during pregnancy and first months after birth
- Pram running clubs, pram exercises groups

Take notice

Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs. Taking notice of things, we're grateful for, big or small, is a great way to boost our mood and appreciate our surroundings. Here's some suggestions around taking notice:

- Take up a mindful hobby like knitting or journaling
- Write down three things in your life you feel grateful for
- Allocate time in the evening to reflect on what went well that day
- Savouring your meals in a mindful way
- Enjoy the simple things that give you joy
- Pause and rest

Keep learning

Learning new things is a good way to meet new people and boost our self confidence, which in turn improves our mental health and wellbeing. Here are some ideas to keep learning:

- Try out a new recipe once in a while
- Book yourself onto a wellbeing course or training session
- If you are going to be a first time parent, there are many good books and documentaries
- Listen to podcasts (pregnancy, wellbeing, relationships and parenting)
- Join a class to learn new skills and have fun
- Learn something new about the people around you

Give

Research has found a link between doing good things and an increase in wellbeing. Here are some suggestions to give more

- Try and do one kind thing every day
- Recycle your waste and give back to the environment
- Giving your time through volunteering, fundraising for mindful ideas or projects
- Bake or cook something for others

Perinatal wellbeing and mental health



Perinatal wellbeing

- Maternal Mental Health Alliance - Support for families
- Family Lives - Support for parents
- Family Action - Perinatal Support Services
- NHS - Perinatal mental health support

Perinatal depression

- Whole Family Team with Perinatal Specialism (CAMHS for under 5s)
- Baby Buddy app
- Best Beginnings APNI - Association for Post-Natal Illness - Support for postnatal depression
- PANDAS Foundation - Support for postnatal depression

Eating disorders

- BEAT - Support if you are struggling with an eating disorder
- Eating Disorders and Pregnancy - Information on managing eating disorder symptoms, weight change and healthy eating in pregnancy

Obsessive Compulsive Disorder

- Maternal OCD - Provides information about OCD during pregnancy and after birth
- OCD Action - Provide support and information on OCD
- OCD-UK - Provides advice information and support to anyone affected by OCD
- MIND - Provide advice and support to empower anyone experiencing mental health

Other organisations that provide help and support

- Birth Trauma Association - Provide information and support to women who have had a traumatic birth
- Anxiety UK - Offers information, support and therapies for people experiencing anxiety
- No Panic - Provide online and telephone support for people suffering from panic attacks, phobias, OCD and anxiety disorders
- BabyCentre - Offers a traumatic birth support group where you can chat and share your experiences with others going through the same thing
- Rape Crisis – A UK charity providing a range of services for women and girls who have experienced abuse, domestic violence and sexual assault
- Bipolar UK - Empower everyone affected by bipolar to live well and fulfil their potential
- Action on Postpartum Psychosis - For families affected by postpartum psychosis
- SANDS - Provides support to families who have experience stillbirth and neonatal death
- Miscarriage Association - Provides support to families who have experienced a miscarriage

If you have suicidal thoughts or feelings, it's important to get help straightaway. If there's nobody nearby to talk to, you can call 999 and ask for an ambulance, or go to the nearest A&E. You can also call the Samaritans on 116 123 or email them at jo@samaritans.org.



Parents Matter

To find out more about **Parents Matter**, please contact **Nia Bellot, Team Leader**. You can email **niab@familylives.org.uk** or call **07713 708524**.

We build better family lives together

www.familylives.org.uk

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