**Resource and advice**

 **Can I self-refer?** **GP referral**

 ****

**Feeding and nutrition:**

**1;** **Camden Heath Visitors** - online Baby Feeding groups and support the Health Visiting virtual weekly clinic. See below for Yes ----

details of how to register for these sessions Mo & Thu 10.30-11.30 (zoom). open to all parents and carers with a

child under 12 months <https://www.cnwl.nhs.uk/services/community-services/camden-baby-feeding-team>

If you have a specific question for your Health Visitor about caring for your baby, please contact the

Health Visiting team at *camden.dutyhv@nhs.net tel: 020 3317 3032.*

**2**; **Bright Start Breastfeeding Support – Islington:** tel**:** 020 3316 8439 (breastfeeding helpline)

**Islington Health visitors**: tel: 020 3316 8008

**3**; **Out of hours support** for baby feeding is also available at the **National Breastfeeding Helpline** 0300 100 0212, Yes ---

9.30am to 9.30pm, 7 days a week.

**4; First Steps Nutrition Trust** is an independent public health nutrition charity. We endeavour to fill Yes ---

practical and policy-relevant information gaps and provide resources for health workers supporting

eating well from pre-conception to five years. <https://www.firststepsnutrition.org/>

**5; Start4Life NHS:** offers information on infant feeding during the COVID-19 pandemic [**https://www.nhs.uk/start4life**](https://www.nhs.uk/start4life) Yes ---



**Sleep**

**1;** Source Basis provides online access to up-to-date research-based evidence about infant sleep for parents and Yes ---

health practitioners, it does not address sleep problems.

<https://www.basisonline.org.uk/>

**2:** The Lullaby Trust gives guidance on how to reduce the risk of sudden infant death syndrome Yes ---

<https://www.lullabytrust.org.uk/safer-sleep-advice/baby-room-temperature/>



**First-aid:**

St John’s Ambulance: First aid for choking baby, child or adult - including what to do and when to get medical assistance. Yes

<https://www.sja.org.uk/get-advice/first-aid-advice/choking/>



**Emergency help with nappies, toys and clothes:**

Choices in Islington on Caledonian road: Baby clothes, equipment, formula, befriending and counselling  No Yes

Happy Baby community:  Ante-natal & post-natal support, New baby bundles, welfare advice, counselling No Yes
Pram depot: Baby bank that does emergency box's (nappies, clothes ect) No Yes

Little Village, and Small Project: Clothes up to age 5 years old No Yes



**Baby groups and crash:**  - Please book in advance

**Camden**: Stay and Play in the park,

Thursday and Friday 10.30-11.30 Kilburn Grange 020 7974 5080

 Tuesday and Thursday 10.00-11.00 Agar Children’s Centre: 020 7974 4789

 Wednesday 10.00-11.00 Wilmington Sq 1a Children’s Centre: 020 7974 7024

 Monday and Wednesday 10.30-11.30 Regents Park Children’s Centre: 020 7974 8934

 Tue: 10.11am and Thu 2-3pm Harmood Children’s Centre 020 7974 8961

**Islington**: Find Children's Centres and Bright Start Services Bright Start North: 020 7527 8441

Bright Start Central: 020 7527 8465

Bright Start South: 020 7527 4089



**Self-care for mums:**

**Women self-care (Camden Only**) at Women+health

acupuncture, reflexology, massage, homeopathy, osteopathy, yoga, aromatherapy, short-term counselling, Yes Yes

half-hour GP advice session, short-term psychotherapy,

self-referral or if indicated GP can refer, you may need a proof of income for the discounted price <https://www.womenandhealth.org.uk/>

Self referral: tel:02074822786; e: **stc@women-and-health.org**



**Parental and Family Support:**

**Family Support: The Winch**

The Winch works with children, young people and families across North Camden to improve their chances in life. No Yes

It provides activities, opportunities and support from cradle to career, as well as an out-of-hours phone line and

access to additional services and support provided by partners in education, health, housing and general advice.

Services are divided by:

* [0-5s](https://thewinch.org/audiences/families/) includes parents hub and rhyming
* [4-12s](https://thewinch.org/audiences/children/) includes after school club, holiday play scheme, educational support
* [11-19s](https://thewinch.org/audiences/young-people/) includes schools work, young leaders, sports activities, youth club
* [19-25s](https://thewinch.org/audiences/young-adults/) includes business start-up, volunteering, work experience, youth club

**Women's Health Psychological Services (WHPS)**

Service providing short-term, focused therapeutic consultation to parents with moderate psychological difficulties No Yes

related to pregnancy and childbirth. Service delivered by multi-professional team including counsellor, psychologist,

psychotherapist and trainees.

Consenting women and partners who are ready to work psychologically on their distress about the pregnancy,

pregnancy loss, fear of birth, serious birth complications and other pregnancy-related problems (excluding post-natal

depression).

Women and partners presenting complex social issues.

**Contraception:**

**General advice** on available choices: NHS UK <https://www.nhs.uk/conditions/contraception/>

**Emergency** contraception: <https://www.nhs.uk/conditions/contraception/where-can-i-get-emergency-contraception/>

**Family planning clinic:** for IUD, IUS and contraceptive implant Yes No

MSI UK’s Central London clinic: Marie Stopes House, 108 Whitfield Street, London W1T 5BE. Tel: 0345 300 2350

**Citizen advice bureau (CAB):** Advice is provided in relation to welfare benefits, debt, housing and a range of other No Yes

 issues affecting individual welfare



**Pre- and post-natal depression:**

**1; Home-Start Camden & Islington** matches families going through a difficult time with a trained volunteer with parenting Yes Yes

experience. Volunteers do weekly home visits for 3-4 hours and provide non-judgemental, peer-to-peer support

(for self-referral call: 020 7424 1603)

**2;** If you feel you or someone around you is in the risk of pre- or post-natal depression, you can contact the **GP, Midwife** Yes

**or the Health Visitor** who is linked to the family for help and advice

**3: Cocoon Family Support:** Helping new and expectant parents to find their wings, providing support to parents affected currently suspended

by perinatal mental illness. <https://cocoonfamilysupport.org/>– service suspended till further notice

**4: iCope:** for mild to moderate pre-existing and/or long-term mental health problems can self-refer via phone or

though the website: 02033717600 <http://www.icope.nhs.uk> Yes Yes



**Child protection**

If you feel a baby or a child around you is in the risk of abuse, domestic violence, neglect or any other form of physical

or emotional harm, please contact GP or the health visitor who is linked to the family



**Domestic violence, FGM:**

**1; National Domestic Violence Helpline** 0808 2000 247 <https://www.nationaldahelpline.org.uk/> Yes No

refer to emergency safe accommodation; provide information on legal, welfare and housing rights

online crisis and safety planning; emotional support and refer to counselling services

**2; Camden Safety Net – Domestic Violence**  T: 020 7974 2526 e: camdensafetynet@camden.gov.uk Yes Yes

Camden Safety Net provides advice and support to male and female survivors of domestic violence and

sexual violence, including: counselling and therapeutic services

advocacy services, risk assessments and action plans to enhance safety

same-sex domestic and sexual violence support

referrals to appropriate agencies such as women's aid refuges, housing, legal services, parenting support

Support is appropriate to the survivor's language, culture and religion.

Self-refer by email, telephone or SMS. SMS text phone number: 07814 671427

**3; Men’s Advice Line** for men experiencing abuse: Monday–Friday 9am–5pm – t: 0808 801 0327

**4; Galop** (National LGBT Domestic Abuse Helpline) – t: 0800 999 5428

**5; RESPECT** Phoneline: Confidential helpline offering advice, information and support to anyone concerned about their own or someone else’s violent or abusive behaviour. Monday–Friday 9am–5pm – t: 0808 802 4040