



Parents Matter

Services and activities
for families in Camden

Table of contents

- Parents Matter
- Welcome to Camden
- Camden by localities
- Camden Integrated Early years Services (IEYS)
- Bump to baby
- Baby bonding
- Dad's drop-in
- Baby feeding
- Vitamin D information
- Best start for baby and you
- Financial and practical support
- Childcare
- Nurseries
- Soft play and play centres
- Leisure centres
- Libraries
- Community centres
- Green spaces, parks and playgrounds
- Activities for families
- Financial, practical support and perinatal mental health crisis support information

Parents Matter

Family Lives has a new 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

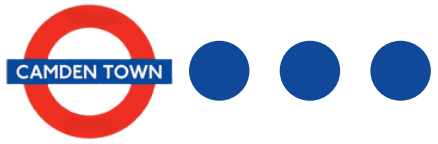
- To improve the mental health and wellbeing of new parents
- Reduce social isolation of families
- Increase parent's self-confidence
- Support a positive relationship between parents and their baby
- Encourage mums and dads to our parenting groups and signpost to local services and resources

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

Scan me for a referral form



Welcome to Camden



The London Borough of Camden was created in 1965 from the areas of the former metropolitan boroughs of Hampstead, Holborn, and St Pancras, which had formed part of the County of London. The initial Herbert Commission report recommended that the new borough consist of St Pancras and Hampstead and Holborn was later added.

London is well known for its greenery, parks and open spaces and Camden makes an important contribution to this. Hampstead Heath is well known for its view over London, notably from Parliament Hill, the wild nature and Hampstead Heath Ponds. Camden shares Regents Park with Westminster and the views from Primrose Hill are famous.

Attractions to visit:

- Bloomsbury Theatre
- BT Tower
- Camden Arts Centre
- Camden catacombs
- Camden Market
- Parts of Covent Garden
- Dickens House
- Dominion Theatre
- Drama Centre London
- Euston station
- Fenton House
- Foundling Museum
- Freud Museum
- Grant Museum of Zoology
- Gray's Inn
- Hampstead Cemetery
- Hampstead Heath
- Hatton Garden
- Highgate Cemetery
- Jewish Museum London
- Keats' House
- Kenwood House
- King's Cross railway station
- Lincoln's Inn
- Parliament Hill Lido
- Phoenix Garden
- The eastern part of Regent's Park is in the Borough
- The Place
- The Roundhouse
- Russell Square
- Shaftesbury Theatre
- Sir John Soane's Museum
- Upstairs at The Gatehouse
- World's End (Camden)
- London Zoo
- London Astoria
- Electric Ballroom
- Wellcome Collection
- Primrose Hill
- St. Pancras Library
- St Pancras railway station



Useful websites:

www.camden.gov.uk

www.lovecamden.org

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 3GW
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 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
NWS 1SL
020 7267 5941
- Hargrave Hall Community Centre**
Hargrave Road, 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**
Osney Crescent
London NWS 2AT
020 7916 0050

- Kentish Town Community Centre**
17 Busby Pl, London
NWS 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 NWS 2AA
020 7974 4001

⬡ Health centres

- Kentish Town Health Centre**
James Wigg Practice
2 Bartholomew Road
London NWS 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

- 6. Sidings Community Centre**
150 Brasseley 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 Children's Centres & Family Hubs



Family Hubs &
Start for Life

[About](#) | [Pregnancy and babies](#) | [Extra help](#) | [SEND support](#)



The best start in life

Find support in Camden for parents and families with children aged 0 to 5

[Pregnancy and babies](#)



[Extra help](#)



[SEND Support](#)



The best start in life



Family Hubs &
Start for Life

Every family needs a little extra help sometimes. Camden Start for Life offer is the first step towards bringing together all the support a family needs. In Camden there are 5 Children's Centres & Family Hubs, opening the door for all families to access joined-up health services, support and activities across our network. Every hub will support families with children from 0 to 19 years old, or 25 years old for those with special educational needs or a disability.

[Click here for more information on Camden Family Hubs](#)

Information and support in Camden for you and your family



[Help with money](#)



[Baby feeding](#)



[Parent wellbeing and drop-in](#)

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: 0232 or 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 lasting 2 hours
- the group is FREE and runs 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 white section contains text about the group's purpose and a list of topics. To the right is a silhouette of a pregnant woman. The bottom section is purple and includes a 'FREE Antenatal Parenting Group' badge, a QR code, and contact information. Logos for partner organizations and the Camden logo are at the very bottom.

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 7322 0800 Fax 020 7322 1480

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

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 know about children's development they...

- Have a closer bond with their child
- Talk and play more with their child
- Are 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.

Families are not the same. Whether you live together or apart, all dads and male carers are welcome.



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

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

Our Baby Massage sessions are for non-walkers, please bring a towel.

Spaces for trips are allocated at a first-come-first-serve basis to the families who attend Saturday sessions.

Do you know?

Camden Dads and children swim FREE!

Swimming sessions will take place on the 2nd & last Friday in every month. Spaces can only be booked at our Saturday sessions.

For information contact camdendads@camden.gov.uk

Online information and support sessions for Dads and Male carers coming soon.

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?



Pick up your FREE vitamins at these centres:

- | | |
|--|---|
| 1 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
Lufworth, Wrotham Road, NW1 9SU
Tel: 020 7974 4789 | 6 Belgrave Priory Health Centre
208 Belgrave 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 4QF
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.



Where can you find us?
Best Start for Baby and You
Somers Town Children's Centre Services
45-47 Polygon Road
London NW1 1SR
020 7974 8076
pcpsparenting.org
camden.gov.uk/camdensurestart

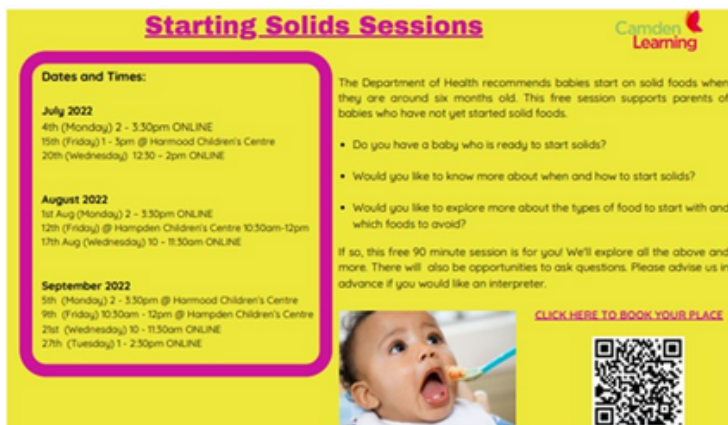
Best Start for Baby and You

PCPS® is a programme to support children's development.
It is for all mums, dads and carers from 3 months to 18 months.

camden.gov.uk/camdensurestart

Camden

Starting solids sessions



Starting Solids Sessions

Dates and Times:

July 2022
4th (Monday) 2 - 3.30pm ONLINE
15th (Friday) 1 - 3pm @ Hamood Children's Centre
20th (Wednesday) 12.30 - 2pm ONLINE

August 2022
1st Aug (Monday) 2 - 3.30pm ONLINE
12th (Friday) @ Hamood Children's Centre 10.30am-12pm
17th Aug (Wednesday) 10 - 11.30am ONLINE


September 2022
5th (Monday) 2 - 3.30pm @ Hamood Children's Centre
9th (Friday) 10.30am - 12pm @ Hamood Children's Centre
21st (Wednesday) 10 - 11.30am ONLINE
27th (Tuesday) 1 - 2.30pm ONLINE

The Department of Health recommends babies start on solid foods when they are around six months old. This free session supports parents of babies 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.

[CLICK HERE TO BOOK YOUR PLACE](#)





Starting Solids Next Steps Virtual Sessions

This free session supports parents of babies who have already started solid food and are under 1 year. Please advise us in advance if you would like an interpreter.

Dates and Times:

July 2022
28th (Thursday) 1.30 - 3pm

August 2022
25th Aug (Thursday) 1.30 - 3pm

September 2022
14th (Tuesday) 10.30am-12pm
20th (Monday) 2 - 3.30pm
23rd (Thursday) 1.30 - 3pm

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
- Opportunity for questions and answers

[CLICK HERE TO BOOK YOUR PLACE](#)

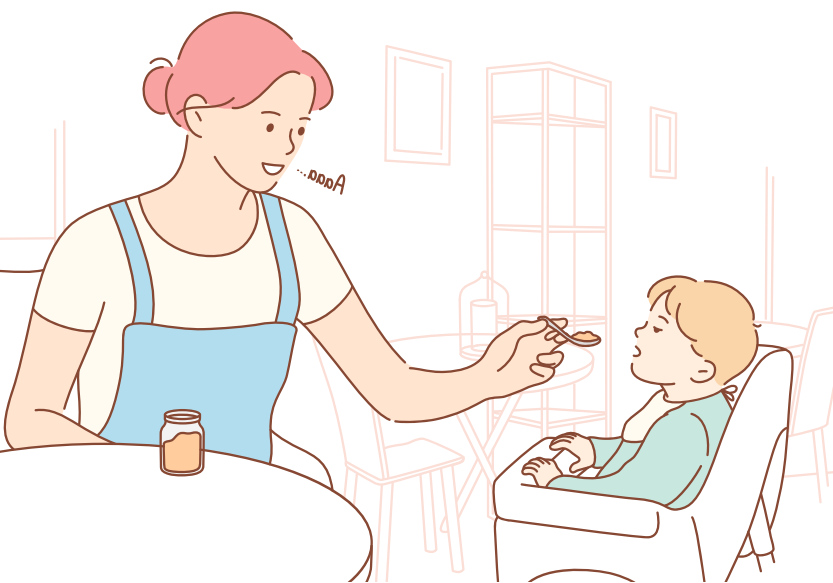


Microsoft Teams

Some Starting Solids and all Starting Solids Next Steps sessions are taking place virtually with Camden's Health and Wellbeing Team using Microsoft Teams.

Microsoft Teams is free to download on a computer, phone or tablet. Either visit your app store or go to: <https://www.microsoft.com/en-gb/microsoft-365/microsoft-teams/download-app>
You can also join via phone, no internet required.

Please contact Camden's Health and Wellbeing Team if you would like any further information:
020 7974 6736
healthandwellbeingteam@camden.gov.uk
<https://www.camden.gov.uk/health>



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

Ieso Digital Health is providing services on behalf of the NHS
ISO/CAMDEN/07/2020



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 (Tallacre 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			

Childcare help and support

Please click on the information below for the links to the relevant website.

General information

[Childcare information from Gov.UK](#)

[Childcare Choices](#)

Finding childcare - Camden Council

[Finding childcare in Camden](#)

[Free early education childcare](#)

[Childcare and Universal Credit](#)

Nurseries and childminders

[Childcare providers in Camden](#)

[Day Nurseries website](#)

After school and holidays

[After school clubs and playschemes in Camden](#)

[Activities for children and young people in Camden](#)

Other services to help find childcare

[Koru Kids](#)

[Coram Family and Childcare](#)

Ofsted reports

[Ofsted reports](#) to check the suitability of your choice of childcare provider.



Nurseries in Camden

Hampden Nursery

80 Polygon Road, NW1 1HQ

Phone: 020 7974 2841

Click [here](#) for more information

Konstam Nursery

75 Chester Road, N19 5DH.

Phone: 020 7974 3721

Click [here](#) for more information

Langtry Nursery

11-29 Langtry Road, NW8 0AJ

Phone: 020 7624 0963

Click [here](#) for more information

Menchu Nursery

Latin American House, 10 Kingsgate Place, NW6 4TA

Phone: 020 7624 9398

Email: nursery@casalatina.org.uk

Camden Community Nursery

Emmanuel church Hall. Broomsleigh St, NW6 1QW

Phone: 020 7431 1279

Auden Place Community Nursery

1 Auden Place, NW1 8NA

Phone: 020 7586 0098

Click [here](#) for more information

Bright Horizons Regents Park Day Nursery

15 Gloucester Gate, NW1 4HG

Phone: 020 3780 3022

Click [here](#) for more information

Woodentots Montessori Nursery School

6 Rochester Rd, NW1 9JH

Phone: 020 7485 0053

Click [here](#) for more information

The Spanish Nursery

Ingestre Rd, NW5 1UX

Phone: 020 7482 3622

Click [here](#) for more information

Littlehaven Nursery

21 Castlehaven Rd, NW1 8RU

Phone: 020 7692 2293

Click [here](#) for more information



Soft play and play centres

Hullabaloo at the Sheriff Centre
St James Church
Sherriff Road, London, NW6 2AP
Click [here](#) for more information

Swiss Cottage Leisure Centre Rascals and Kids Play
Adelaide Road, London, NW3 3NF
Click [here](#) for more information

Talacre Treetops at Talacre Sports Centre
Dalby Street, Off Prince of Wales Road,
Kentish Town, London, NW5 3AF
Click [here](#) for more information

Abbey Community Centre
222C Belsize Road, London NW6 4DJ
Telephone: 020 7624 8378
Click [here](#) for more information

Gymboree Play and Music
O2 Centre, London, NW3 6LU
Click [here](#) for more information

Ten O'clock Club and the One O'clock Club at the Peggy Jay Centre
Parliament Hill Fields, Highgate Road,
London NW5 1QR
Phone: 020 7485 6907

Leisure Centres

You can find swimming pools, soft play areas, gym and wellness classes.

Kentish Town Sport Centre
Grafton Rd, London NW5 3DU
Phone: 020 7974 7000
Click [here](#) for more information

Talacre Community Sports Centre
Dalby St, London NW5 3AF
Phone: 020 7974 8765
Click [here](#) for more information

Swiss Cottage Leisure Centre
4a Adelaide Rd, London NW3 3NF
Phone: 020 7974 2012
Click [here](#) for more information

Pancras Square Leisure
5 Pancras Sq, London N1C 4AG
Phone: 020 7974 5555
Click [here](#) for more information

Oasis Sport Centre
32 Endell Street, London WC2H 9AG
Phone: 020 7831 1804
Click [here](#) for more information



Libraries

British Library

96 Euston Rd, London NW1 2DB

Tel: 0330 333 1144

Click [here](#) for more information

Primrose Hill Community Library

Sharpleshall Street, NW1 8YN

Tel: 020 7974 4444 /020 7419 6599

Email: libraries@camden.gov.uk

Swiss Cottage Library

88 Avenue Road, NW3 3HA

Click [here](#) for more information

West Hampstead Library

Dennington Park Road, NW6 1AU

Click [here](#) for more information

Belsize Community Library

Antrim Grove, Belsize Park, NW3 4XN

Tel: 0207 586 6743

Click [here](#) for more information

Holborn Library

32-38 Theobalds Road, WC1X 8PA

Click [here](#) for more information

Kentish Town Library

262- 266 Kentish Town Road, NW5 2AA

Click [here](#) for more information

Pancras Square Library

5 Pancras Square. N1C 4AG

Click [here](#) for more information

Kilburn Library

12-22 Kilburn High Road

Click [here](#) for more information

Highgate Library

Chester Road N19 5DH

Click [here](#) for more information

Queens Crescent Library

165 Queen's Crescent NW5 4HH

Click [here](#) for more information

Camden Town Library

218 Eversholt Street, NW1 1BD

Click [here](#) for more information

Please click [here](#) for library opening times and information. Find out more about our Community Libraries by clicking [here](#).



Community Centres

St Pancras Community Centre

67 Plender Street, NW1 0LB

Tel: 020 7380 1501

Click [here](#) for more information

Castle Haven

23 Castle Haven Road, NW1 8RU

Tel: 0207 485 3386

Info@castlehaven.org.uk

The Winch

21 Winchester Road, NW3 3NR

Tel: 0207 586 8731

Email: page@thewinch.org

Edith Neville Primary School Family Centre

174 Ossulston Street, NW1 1DN

Tel: 0207 387 7158

Click [here](#) for more information

The Living Centre

2 Ossulston Street, NW1 1DF

Phone: 020 7380 0453

Click [here](#) for more information

Primrose Hill Community Centre

29 Hopkinsons Place, Fitzroy Road, NW1 8TN

Tel: 020 7586 8327

Click [here](#) for more information

JW3 - Jewish Community Centre

341-351 Finchley Road, NW3 6ET

Tel: 020 7433 898

Click [here](#) for more information

Latin American House

10 Kingsgate Road, NW6 4TA

Click [here](#) for more information

Hopscotch Asian Women's Centre

Email:

Benaifer.Bhandari@hopscotchawc.org.uk

Click [here](#) for more information

Camden Chinese Community Centre

9 Tavistock Place, WC1H 9SN

Click [here](#) for more information

Somali Cultural Centre Camden

107 Kingsgate RD, NW6 2JH

Email: info@somaliculturalcentre.org

Click [here](#) for more information

Queens Crescent Community Centre

45 Ashdown Crescent, Gospel Oak,
NW5 4QE

Tel: 0207 267 6635

Click [here](#) for more information

Swiss Cottage Community Centre

19 Winchester Road, NW3 3NG

Tel: 020 7586 5272

Click [here](#) for more information

Hampstead Community Centre

78 Hampstead High Street, NW3 1RE

Tel: 020 7794 8313

Click [here](#) for more information

Kentish Town Community Centre

17 Busby Place, NW5 2SP

Tel: 020 7482 3212

Click [here](#) for more information

Maiden Lane Community Centre

Maiden Lane, NW1 9XZ

Tel 020 7267 9586

Abbey Community Centre

222C Belsize Road, London NW6 4DJ

Tel: 020 7624 8378

Click [here](#) for more information

Bengali Workers Association

Robert Street, NW1 1JU

Email: jobrul@bwa-surma.org

Click [here](#) for more information

Green spaces, parks and playgrounds

Regent's Park and Primrose Hill

Click [here](#) for opening times and location

Click [here](#) for things to see and do:

Click [here](#) for information on playgrounds

Gloucester Gate Playground - 11 Gloucester Gate, NW1 4HG

Hanover Gate Playground - The Regent's Park, NW1 4NR

Marylebone Green Playground - The Regent's Park, Chester Rd, NW1 4LL

Parliament Hill Playground and Lido - Nassington Rd, NW3 2TX

Opening times: 9am – to dusk

East Heath Childrens Play Area - Downshire Hill, NW3

Adventure Playground and Clubhouse - Parliament Hill Fields, Highgate Rd, NW5 1QR

Camley Street Natural Park - 12 Camley Street, N1C 4PW

Click [here](#) for more information

Story Garden - Ossulston Street, NW1 1DF

Click [here](#) for more information

Coram's Fields - 93 Guilford St, WC1N 1DN - Phone: 020 7837 6138

Click [here](#) for more information

Primrose Hill Playground - 23 Prince Albert Rd, NW1 7ST

Hampstead Heath

[Things to do](#)

[What to do and see](#)



Activities for families

Kentish Town Farm

Book a free visit to the Kentish Town City Farm

Click [here](#) for more information

London Zoo

Regent's Park, NW1 4RY

Tel: 020 7722 3333

Coal Drops Yard

Water fountains, Granary Square, Stable St, N1C 4DP

Click [here](#) for more information

Wellcome Collection

183 Euston RD, NW1 2BE

Click [here](#) for more information

Francis Crick Institute, Family Zone Free Activities

1 Midland Rd, NW1 1AT

Click [here](#) for more information

Charles Dickens Museum

48 Doughty Street, WC1N 2LX

Click [here](#) for more information

Welcome to [Summer In Camden](#) - Summer activities for children and young people.

Free places to visit

[Jewish Museum](#)

[London Canal Museum](#)

[Kings Place](#)

[British Museum](#)

[Natural History Museum](#)

[Science Museum](#)

[Diana Memorial Playground, Hyde Park](#)



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-years-old](#)
- [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
20 - 23 weeks	Hospital	Anomaly scan: detailed scan for fetal wellbeing
25 weeks	Community GP / midwife	Antenatal check of mother and baby
28 weeks	Community midwife/ Health visitor	Antenatal check of mother and baby, blood tests and anti-D if rhesus negative. Antenatal check (referral/selfreferral)
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 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 a 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 new 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 Lana Alwaily, Lead Project Worker. You can email LanaA@familylives.org.uk or call 07713 708524.

We build better family lives together

www.familylives.org.uk



@FLCamden



@FamilyLivesFL

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We invest in people Standard



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more
information

