

HEALTH AND WELLBEING SERVICES FOR PARENTS AND CARERS (PRIMARY SCHOOLS)

ASTHMA

ASTHMA UK | ASTHMA AND YOUR
CHILD **P&F**

Advice and support to help children stay well with their asthma.

<https://www.asthma.org.uk/advice/child/>

BREASTFEEDING

CAMDEN AND ISLINGTON
COMMUNITY MIDWIVES SERVICE **P&F**

Three doctors' group practices with 18 midwives providing total midwifery care in hospital and community to all local women in South Camden and South Islington.

020 3447 9567

CAMDEN BABY FEEDING TEAM **P&F**

Offers information and support for parents in Camden before and after they've had their baby. Parents can receive help with breastfeeding, bottle feeding, mixed feeding and expressing. The service includes telephone support, home visits, and baby feeding drop-in sessions at Children's Centres in Camden.

07808 891260

camden.babyfeedingteam@nhs.net

NATIONAL BREASTFEEDING
NETWORK **P&F**

0300 100 0212

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



WHO ARE THESE SERVICES FOR?

P&F parents and families

A adults

C&YP young people

DRUGS & ALCOHOL

DRUG AND ALCOHOL SERVICES
CAMDEN **A**

iCAS offers help and support with alcohol concerns from a variety of locations including medical centres, hostels, hospitals and meeting places in the community.

020 3227 4950 to book an appointment close to home or email camden.referrals@cgl.org.uk
24-hour Freephone Advice/Referral line
0300 303 2420.

COMMUNITY DRUGS SERVICE **A**

A free and confidential service for anyone living in **Camden** or **Kilburn** who is experiencing problems with drugs. They can help with a range of substances including opiates, stimulants, cannabis and new psychoactive drugs.

020 7485 2722

Camden.cdts@cri.cjsm.net

Access via self referral

If you would like to refer yourself or someone else to the service you can call or email

NORTH CAMDEN DRUGS SERVICE
(RESPONSE) **A**

Focused interventions for **North Camden** residents who have substance misuse problems, with clear treatment outcomes to help combat drug misuse, improve mental health and wellbeing, and enable recovery. Age range treated 18+

020 3317 6400

cim-tr.response@nhs.net

HEALTH AND WELLBEING SERVICES FOR PARENTS AND CARERS

DRUGS & ALCOHOL

SOUTH CAMDEN DRUG SERVICE **A**

This service is for people who are concerned about their drug use. The team will conduct a comprehensive assessment of treatment needs before developing a treatment plan. Substitute medication, such as methadone and buprenorphine, talking therapies, psychiatric assessments, assessments for residential detox and rehabilitation, testing and vaccination for hepatitis is provided as well as general support and advice.

Access is via self-referral or through other agencies.

020 3317 6000

cim-tr.scds@nhs.net

EMOTIONAL HEALTH & WELLBEING

CAMDEN and ISLINGTON MENTAL HEALTH ASSESSMENT and ADVICE TEAM **A**

For any resident of Camden or Islington aged 18 and over, who may be experiencing mental health problems and might require specialist mental health help.

Self-referral or via GP

020 3317 7300

iCOPE - AN NHS SERVICE **A**

Provides a confidential psychological therapy service for a range of psychological problems including anxiety, depression and stress.

For over 18s registered with Camden or Islington GPs.

Includes online self-help resources and workshops as well as counselling.

For more information

<http://www.candi.nhs.uk/services/icope-psychological-therapies-service-north-camden>

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CAMDEN LISTENING and COUNSELLING CENTRE **A**

Crisis listening is for anyone in emotional distress or needing to off-load. You can walk in off the street and talk to someone in confidence. CLCC has an "open door" policy, so if you're in need, please drop in or call us to see if a counsellor is available to listen to you now.

<http://www.camdenlistening.org.uk/>

020 7482 6200

camdenlistening@yahoo.co.uk

ONLINE PSYCHOLOGICAL THERAPIES SERVICE (IAPT) **A**

Cognitive Behaviour Therapy (CBT) is provided in real-time over the internet using written (typed) conversations.

The session is provided by an accredited therapist in a secure online therapy room, at a scheduled time and location that is convenient to you. Appointments are either 30 or 60 minutes long any time of day, including evenings and weekends, and they can attend them from anywhere they can connect to the internet.

Self-referral

01954 230066 between 9am and 5.30pm or via GP, nurse or health professional

<http://uk.iesohealth.com/accessing-ieso/patients/camden-london-borough/>



HEALTH AND WELLBEING SERVICES FOR PARENTS AND CARERS

EMOTIONAL HEALTH & WELLBEING

NHS WEBSITE **A**

Find your local mental health support at <http://www.nhs.uk/service-search/Mental-Health-Adults-of-all-ages/LocationSearch/718>

ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES **P&F**

Groups to help parents manage their child's behaviour and help their child manage their emotions.

Also other resources to support families and help promote their child's resilience and wellbeing, including top tips for parents

www.annafreud.org

CAMDEN'S PARENT and CARER COUNSELLING SERVICE **P&F**

Parents and carers can use the private space of counselling sessions to talk about problems, decisions, worries or changes in any area of their life and move towards finding solutions.

What is discussed during counselling sessions isn't shared with school staff or other agencies unless the parent/carer or another person is at risk of harm.

pccs@camden.gov.uk

CHARLIE WALLER MEMORIAL TRUST WEBSITE **P&F**

Click on 'free stuff' then 'resources' to see free mental health resources, including 'a parents' guide to depression' and 'coping with self-harm - a guide for parents and carers'.

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

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CONNECTING PARENTS HUB **P&F**

A friendly and supportive free drop-in group offering parents and carers the opportunity to connect and collaborate with each other and other organisations as well as providing activities for children.

The group aims to reduce isolation and provide a space for positive activities such as cooking, fitness and workshops as well as just having a chat with other parents. Parents can also lead on designing and delivering activities.

The group is for all parents with school-aged children or younger and runs term time and during holidays. There are lots of activities for children not in school who are welcome to attend.

<https://thewinch.org/services/connecting-parents/>

OPEN MINDED **P&F**

(Formerly known as CAMHS) Support for children and adolescents (up to 18 years old) experiencing emotional health and wellbeing problems. Access via self-referrals or referrals from GPs. Parents can call to discuss support options for their children/adolescents.

South Camden
020 8938 2700

North Camden
020 8938 2233

<https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/open-minded-camden-camhs/>

HEALTH AND WELLBEING SERVICES FOR PARENTS AND CARERS

EMOTIONAL HEALTH & WELLBEING

FAMILIES IN FOCUS P&F

There are two psychologists working within Families in Focus who provide emotional and psychological support to parents. This often takes place alongside support from a family worker or through a parenting programme. Sessions are tailored to the parents' needs and may be linked to their role as a parent or be unrelated to this.

Support for

- feeling stressed, worried or low
- difficulties in relationships
- thinking about difficult past experiences

Sessions are usually one hour long, can take place weekly or fortnightly and can be short or long-term, depending on the parent's needs.

For families living in **North Camden**

0207 974 8926

Mavis.Sarfo-Adu@camden.gov.uk

For families living in **South Camden**

0207 974 1957

Elaine.Crouch@camden.gov.uk

YOUNG MINDS C&YP

Advice and support for children and young people about a range of mental health issues and disorders.

<https://youngminds.org.uk/>

HEALTHY EATING

REBALANCE A

Rebalance is a 12 week, group, weight-loss programme of exercise and dietary advice for overweight or obese adults. It covers nutritional advice, healthy-eating guidance, online, cognitive behavioural support and help to get active.

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As the leisure centres remains closed due to the national lockdown we will continue to deliver online sessions for the Adult Weight Management programme.

Are you eligible? View the website for further information:

<https://www.camden.gov.uk/rebalance-exercise-referral-programmes#hqiv>

020 7974 1741

rebalance@camden.gov.uk

COMMUNITY PAEDIATRIC DIETICIAN

P&F

Support for children with a range of conditions including underweight. Via GP referral-do not contact service directly

<https://gps.northcentrallondonccg.nhs.uk/service/dietetics-children>

HEALTHY LIFESTYLES OUTREACH

PRACTITIONER P&F

One to one support for children who are overweight or very overweight (over the BMI 98th centile. Parents can request support for their children aged 4 - 17 years.

Contact **Joshua Greaves**

020 3317 2304

07712 413947

joshua.greaves@nhs.net

HEALTH AND WELLBEING SERVICES FOR PARENTS AND CARERS

HEALTHY EATING

CAMDEN HEALTH AND WELLBEING TEAM **P&F, A**

Starting Solids Session (for babies aged 4-6 months)

Free 90 minute virtual session for parents/carers of babies who have not yet started solid foods. The session covers when and how to start solids, signs of readiness, which foods to avoid and ideas to ensure your baby gets a varied diet. Places can be booked via:

<https://uk.bookingbug.com/home/45750-Camden-Sure-Start>

Starting Solids Next Steps (For babies age 7 months-1 year)

Free 90 minute virtual session for parents/carers of babies under a year that have started solids and have more questions or have experienced feeding challenges. This session covers moving on to more textured family and finger foods as well as encouraging your baby to drink from a cup. Places can be booked via:

<https://uk.bookingbug.com/home/45750-Camden-Sure-Start>

Families for Life Early Years (2-4 years):

Virtual sessions include topics such as eating well at home, looking at food labels including "hidden" sugar in various foods, strategies to prevent fussy eating and tips for increasing physical activity and reducing screen time. Sessions run ad-hoc on Thursday's 10-11am.

Families for Life Primary (5 -11 years):

Free virtual sessions for the whole family for family's primary school aged children. These sessions are pre-recorded so families can participate in an educational webinar and a cook along at a time that suits them.

Family Kitchen Programme (2-11 years)

A 4 week virtual programme to support families to learn to cook and eat healthy meals together. Each session is 90 minutes and includes practical cooking skills and techniques.

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Parents can find out more about all of these free programmes by calling **0207 974 6736** or emailing healthandwellbeingteam@camden.gov.uk

Families for Life (FFL) Community Champions Programme

The programme offers FREE ONLINE and FACE TO FACE TRAINING and ongoing support to become a Families for Life (FFL) community champion.

Flexible opportunity to fit 2-3 hours volunteering around your weekly routine.

FFL Community Champions are inspirational volunteers who talk to other parents about healthy lifestyles and help them access services on offer within Camden, in particular Families for Life programmes.

FFL Community Champions training equip parents with the necessary skills for the role of a FFL community champion. The potential community champions will commit to attend a Families for Life/Family Kitchen course (if they have not attended a programme previously) to have a better knowledge and understanding of the healthy lifestyle programmes prior to attending six training sessions.

For more information on how to register and join the team, please contact:

Syria Chowdhury, Community Champion Coordinator

07734 603 060,

syria.chowdhury@camden.gov.uk.



HEALTH AND WELLBEING SERVICES FOR PARENTS AND CARERS

HEALTHY EATING

HEALTHY START SCHEME **P&F**

A government scheme to improve the health of pregnant women and families with children under four years old.

Vitamin drops for children up to 4 years of age and women's vitamin tablets for pregnant mother and up to a year after birth.

For eligible families there are Healthy Start vouchers available for plain cow's milk, fruit and veg or infant formula.

You qualify for Healthy Start Vouchers if you are at least 10 weeks pregnant or have a child under 4 years and you or your family receive benefits or meet the low income criteria. You also qualify if you are under 18 and pregnant.

For information visit your local children centre or nursery, call **0845 607 6823** or visit: www.healthystart.nhs.uk

ORAL HEALTH

COMMUNITY DENTAL SERVICE **P&F**

Referrals accepted from general dental practitioners and other health/social care professionals to referrals should be sent to the central email booking services.

020 331 68353

dentalreferral.whitthealth@nhs.net



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PHYSICAL ACTIVITY

SPORT AND PHYSICAL ACTIVITY IN CAMDEN **P&F**

For information on local sport centres, swimming, sports clubs and Camden Active Communities visit:

<http://www.camden.gov.uk/ccm/navigation/leisure/sport-and-physical-activity/>

0207 974 3181

CYCLE TRAINING **P&F**

In accordance with Covid-19 restrictions Camden Cycle Skills courses are suspended until further notice. We welcome new Cycle Skills registrations for future training which we intend to offer once Covid-19 infection rates are lower and restrictions are relaxed.

Any training dates are provisional and waiting times will be longer than usual.

Email cycle@camden.gov.uk to book or call **020 7974 5071**

For more information visit:

<http://camden.gov.uk/ccm/content/transport-and-streets/cycling-and-pedestrians/cycle-training-in-camden/>

Visit the Facebook page for dates and times

<https://www.facebook.com/CyclingCamden/events>

HEALTH AND WELLBEING SERVICES FOR PARENTS AND CARERS

SAFETY

NSPCC P&F

National children's charity preventing abuse and helping those affected to recover.

Find out how you can keep children safe from abuse and other dangers, both online and in the physical world.

Using the "PANTS" (underwear) rule is a simple way that parents can help keep children safe from abuse.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe>



THINKUKNOW P&F

Protecting children from abuse on line. Information, support and guidance from the National Crime Agency's CEOP Command Includes advice on protecting children from abuse online; supporting parents who are concerned that their child may be a victim of sexual abuse; direct contact for parents to report concerns around sexual abuse, sexual exploitation and online abuse.

<https://www.thinkuknow.co.uk/PARENTS/>

PARENTS ZONE AND PARENT INFO

P&F

A comprehensive website for parents to help support them navigate the online world safely. The site also provides support and advice on other issues including sex and relationships, special needs parenting courses and family life Its sister site Parent Info is for schools and children. Schools can sign up for the site to enable a Parent Info feed from the school website

<https://parentzone.org.uk/>

<https://parentinfo.org/>

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QUIT SMOKING

BREATHE A

Camden and Islington Stop-Smoking Service

Support for individuals (13 years +) to quit tobacco and other smoking products including shisha.

Visit www.breathestopsmoking.org

Call **020 3633 2609**, or text **QUIT to 66777**, or

Email info@breathestopsmoking.org

1:1 support available at GP surgeries, pharmacies and clinics. Call the number above to get information about support near you

OTHER SERVICES

NHS HEALTH CHECKS A

Adult health check free for 40 -74 year olds

0203 308 2955

For more information visit

<http://oneyoucamden.org/topic/get-checked/>

