



## Transfer in Contact Information Sheet

### Health Visiting Contact Details

**CNWL- Milton Keynes 0-19 Team Website:**

<https://www.mkchildrenshealth.cnwl.nhs.uk/>

**CNWL- Milton Keynes Facebook Page:**



Follow us @ Milton Keynes Health Visiting and School Nursing Service

**Single Point of Access, Duty Health Visitor - 01908 725100**

Mon-Fri 9.30am -12.30pm and 1.30pm - 4.30pm

### **Health Visitor Baby Clinics:**

Tuesday	09.30am till 11.30am	Daisychains Children Centre Melrose Avenue, Bletchley, MK3 6PS (Attached to Abbey's First School)
Tuesday	09.30am till 11.30am	Rowans Children Centre 13a Moorfoot, Fullers Slade, MK11 2BD
Tuesday	1pm till 3pm	Lovatt Hall Newport Pagnell Silver Street, Newport Pagnell, MK16 0EJ
Thursday	09.30am till 11.30am	Hedgerows Children Centre
Thursday	1pm till 3pm	Neath Hill Health Centre 1 Tower Crescent, Neath Hill, MK14 6JY (Local Centre)

### **Breastfeeding Support Clinics –**

- Join the Health Visiting virtual Breastfeeding Café every Thursday 10am-11.30am. To attend email [alant@nhs.net](mailto:alant@nhs.net) who will send you a link to join via Zoom
- MK Health Visiting face to face drop in Breastfeeding Groups – no need to book

First Tuesday of every month - 1pm-2.30pm at Hedgerows Children's Centre

Netherfield MK6 4NP Tel: 01908 23900

Second Wednesday of each month - 9.30am-11am Daisychain Family Centre  
Bletchley MK3 3PS Tel :01908 641454

Third Wednesday of each month 1.30pm – 2.30pm Rowans Children Centre Fullers  
Slade MK11 2BD Tel: 01908 565852

## **Children Centres**

Children & Family Centres offer support for families across 17 Children's Centres offering a range of services for families with children from 0 to 5 years old, as well as for expectant parents. Four of these centres have been further developed as Family Centres offering a wider range of services for the whole family, including older children and grandparents.

<https://www.milton-keynes.gov.uk/children-young-people-families/early-years-and-childcare/children-and-family-centres>

## **Emotional wellbeing for parents:**

- <https://www.mind-blmk.org.uk/>
- <https://talkforchange.org.uk>

## **Dental care:**

- How to find a local Dentist - <https://www.nhs.uk/using-the-nhs/nhs-services/dentists/how-to-find-an-nhs-dentist/>
- Looking after your baby's teeth - <https://www.nhs.uk/conditions/pregnancy-and-baby/looking-after-your-infants-teeth/>

## **Parenting/Relationships:**

- Best Beginnings, website with lots of parenting information and Baby Buddy App <https://www.bestbeginnings.org.uk/>
- Birth to Five Book - <https://www.publichealth.hscni.net/publications/birth-five>
- <https://ihv.org.uk/families/parenting-through-coronavirus-covid-19/>

- OnePlusOne relationship advice - Me you and Baby Too – <https://www.oneplusone.org.uk/>
- Simple fun activities for kids from Newborn- Five - <https://hungrylittleminds.campaign.gov.uk/>
- <https://solihullapproachparenting.com/free-downloads>

### **Physical Health:**

- Healthy Start Vouchers – Vouchers for fruit, vegetables and formula milk (assessed on income/benefits) - <https://www.healthystart.nhs.uk/>
- Vitamin D Supplements - <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

### **Nursery/Childcare Provision:**

- Early Years and Childcare - <https://www.milton-keynes.gov.uk/children-young-people-families/early-years-and-childcare>
- Time for Twos - <https://www.milton-keynes.gov.uk/children-young-people-families/time-for-two>

### **Life Events:**

- Domestic Abuse advice - <http://www.mkact.com>
- National Domestic Violence Helpline- Run in partnership between Women's Aid and Refuge: 0808 200 0247
- NHS [www.nhs.uk](http://www.nhs.uk) information on conditions and where to locate services including pharmacies
- The Mix: [www.themix.org.uk](http://www.themix.org.uk) - Online support targeted for **under 25's** including mental health, drugs, joblessness, homelessness and relationships
- The Samaritans: [www.samaritans.org.uk](http://www.samaritans.org.uk) or free telephone: 116 123- offering emotional support
- Drugs:  
Talk to Frank [www.talktofrank.com/](http://www.talktofrank.com/) 0300 123 6600 – Drug and alcohol support

- MK ARC - <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes>
- Cruise Bereavement care [www.crusebedfordshire.org.uk](http://www.crusebedfordshire.org.uk) 0300 200 4108 (calls charged at standard rate) - Bereavement support

**Local Contacts:**

- Job Centre Plus [www.gov.uk/contact-jobcentre-plus](http://www.gov.uk/contact-jobcentre-plus) Telephone: 0800 055 6688
- <https://www.milton-keynes.gov.uk/benefits-council-tax>
- <http://www.mkcommunityfridge.org>
- <http://mkfoodbank.org.uk/>
- <https://www.mkstorehouse.org>