



**Milton Keynes 0-19 Team
Resources Sheet for Six to Eight Week Contact**

Health Visiting Contact Details

CNWL- Milton Keynes 0-19 Team telephone 01908 725100 option 1

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 except Bank Holidays.

- **Health Visitor Baby Clinics:** Drop in well baby clinics are available every week in different venues across Milton Keynes to have your baby weighed or to discuss any concerns you have
Please visit our website for the most up to date clinic details

Emotional well-being:

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

Feeding Choices:

- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/>
- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/off-to-the-best-start/>
- Information on infant formula <https://www.firststepsnutrition.org/parents-carers>

- https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life_guide_to_bottle_feeding.pdf
- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/bottle-feeding-resources/infant-formula-responsive-bottle-feeding-guide-for-parents>

Feeding Support:

- 0-19 Milton Keynes Health Visitors 01908-725100
- **MK Health Visiting face to face drop in Breastfeeding Groups** – no need to book, groups are held across Milton Keynes through every month. Please visit our website for the most up to date group details
- Join the Health Visiting virtual Breastfeeding Café every Thursday 10am-11.30am. To attend email alant@nhs.net who will send you a link to join via Zoom
- Breastfeeding Hub App - <https://www.breastfeedinghub.org/breastfeeding-hub-mk-app>
- La Leche - <https://www.laleche.org.uk/get-support/>
- The National Breastfeeding Helpline (NBH) <https://www.nationalbreastfeedinghelpline.org.uk> Open 9.30am-9.30pm every day of the year on 0300 100 0212.

Immunisations:

- <https://www.nhs.uk/start4life/baby/vaccinations-and-immunisations-baby/>

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>
- Support for parents for babies who cry excessively or have sleeping problems www.cry-sis.org.uk

- Institute of Health Visiting – Advice for parenting <https://ihv.org.uk/families/parenting-through-coronavirus-covid-19/>
- OnePlusOne Me you and Baby Too– <https://www.oneplusone.org.uk/>

Physical Health:

- Child Accident Prevention Trust - <https://www.capt.org.uk>
- Healthy Start Vouchers – Vouchers for fruit, vegetables and formula milk (assessed on income/benefits) - <https://www.healthystart.nhs.uk/>
- Pelvic Floor Exercises - <https://www.nhs.uk/common-health-questions/womens-health/what-are-pelvic-floor-exercises/>
- St John Ambulance First Aid <https://www.sja.org.uk/get-advice/free-first-aid-app/>
- Vitamin D Supplements - <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>
- Find your local dentist, oral care is really important and pregnancy can put you at a higher risk of teeth and gum issues. You are entitled to free dental care whilst you are pregnant and for one year from your due date - <https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/>

Relationship Building:

- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/building-a-happy-baby/>
- Talking and communicating with your baby, helps relationship building and stimulates brain growth - <https://hungrylittleminds.campaign.gov.uk/>

Safer Sleeping:

- Information on safer sleeping <https://www.lullabytrust.org.uk>
- Safer sleeping App <https://www.lullabytrust.org.uk/safer-sleep-advice/baby-check-app/>
- [Stop Smoking Support - Milton Keynes Council \(milton-keynes.gov.uk\)](https://www.milton-keynes.gov.uk/stop-smoking-support)

Weaning Information:

- Introducing Solid Foods - https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/216328/dh_125828.pdf
- <https://www.nhs.uk/conditions/pregnancy-and-baby/solid-foods-weaning/>

Life Events:

- Domestic Abuse advice -[MK-ACT \(mkact.com\)](http://mkact.com)
- National Domestic Violence Helpline- Run in partnership between Women's Aid and Refuge: 0808 200 0247 <http://www.refuge.org.uk/get-help-now/phone-the-helpline/>
- NHS Choices information on conditions and where to locate services including pharmacies www.nhs.uk
- MK ARC - <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes>
- The Mix: <https://www.themix.org.uk/> - Online support targeted for **under 25's** including mental health, drugs, joblessness, homelessness and relationships
- The Samaritans- offering emotional support: <https://www.samaritans.org> or free telephone: 116 123
- Drug and alcohol support -Talk to Frank www.talktofrank.com/ 0300 123 6600
- Cruise Bereavement care support <https://www.cruse.org.uk/> 0300 200 4108 (calls charged at standard rate)
- [Get help as a refugee or asylum seeker | British Red Cross](#)

Local Contacts:

- 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>

- Job Centre Plus 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>

Tell us, we're still listening:

Things are a little bit different from what you are used to, but we still want to hear from you and what you have to say about our services.

Your feedback will help us continually provide the best possible experience to everyone that we care for.

We welcome your feedback through the Friends and Family Test, to access the survey, please use the camera on your phone to scan the below QR code. If you have any trouble with accessing the survey, please speak to a member of our staff or alternatively, you can use this short link: <https://buff.ly/33Fbz6s>

Scan the below image using your phone's camera to access the survey or use the above short link in blue.

