



**Milton Keynes 0-19 Team  
Resources Sheet for Antenatal 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  
[Milton Keynes Health Visiting and School Nursing Service | Facebook](#)

**Single Point of Access, Duty Health Visitor - 01908 725100**  
Mon-Fri 9.30am -12.30pm and 1.30pm - 4.30pm except Bank Holidays.

**Free Antenatal online sessions**

Bedford, Luton & Milton Keynes – Midwives & Health Visitors  
Facebook Live Q&A sessions.  
Session 1 - Antenatal  
Session 2 - Labour & Birth  
Session 3 – Infant Feeding  
Session 4 – Life with baby  
Virtual tour of the Maternity Theatres

To access these sessions Like and follow on Facebook: **Maternity; Milton Keynes University Hospital NHS Foundation Trust.**

You can watch any of the sessions or find the recording on the FB page and watch them at your leisure. <https://www.facebook.com/maternityMKUH/videos>

Antenatal course from Our Place and the Solihull Approach. 'Understanding pregnancy, labour, birth and your baby'.

To register visit: <https://inourplace.heiapply.com/online-learning/>

### **Emotional well-being:**

- <https://www.mind-blmk.org.uk/>
- <https://www.mktalkingtherapies.nhs.uk/>
- Talking to your bump helps to build a relationship with your baby throughout pregnancy - <https://www.bbc.co.uk/tiny-happy-people/benefits-of-talking-to-bump/z4xy2sq>

### **Physical Health:**

- Eating well for a healthy pregnancy - <https://www.firststepsnutrition.org/eating-well-in-pregnancy>
- Exercise in Pregnancy - <https://www.nhs.uk/conditions/pregnancy-and-baby/pregnancy-exercise/#pelvic-floor>
- Vitamin Supplements - <https://www.nhs.uk/pregnancy/keeping-well/vitamins-supplements-and-nutrition/>
- Healthy Start Vouchers - <https://www.healthystart.nhs.uk/>
- Find your local dentist, oral care is really important when you are pregnant and 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/>

### **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/baby-friendly-resources/bottle-feeding-resources/infant-formula-responsive-bottle-feeding-guide-for-parents/>

### **Parenting and Relationships:**

- Parental responsibility information <https://www.gov.uk/parental-rights-responsibilities/who-has-parental-responsibility>
- Best Beginnings, website with lots of parenting information and Baby Buddy App <https://www.bestbeginnings.org.uk/>  
Simple <https://hungrylittleminds.campaign.gov.uk/>
- <https://www.nhs.uk/conditions/baby/support-and-services/tips-for-new-parents/>

### **Relationship Building**

- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/building-a-happy-baby/>

### **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 \(milton-keynes.gov.uk\)](http://milton-keynes.gov.uk)

### **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](http://www.nhs.uk)
- 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

- MK ARC - <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes>
- Drug and alcohol support -Talk to Frank [www.talktofrank.com/](http://www.talktofrank.com/) 0300 123 6600
- Cruise Bereavement care support <https://www.cruise.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](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>

### **Getting ready for a home visit by the Health Visitor**

To help keep you, your family and our staff safe, please can we ask you to:

- Ensure the room we will conduct our visit in is well ventilated
- As we are trying to minimise contact with surfaces, please open and close doors in your home for us

- If anyone in your household is experiencing any of the following please inform us so we can assess if we can reschedule the visit
  - Do you or anyone in your house have coronavirus?
  - Do you have a new continuous cough?
  - Do you have a high temperature (37.8 degrees centigrade or over)?
  - Are you experiencing any loss or change in your sense of smell or taste?
  - Does anyone in your house have a new continuous cough, high temperature or have a loss or change in their sense of smell or taste?
- Be aware we will be wearing Personal Protective Equipment, which includes a mask but hopefully you will still see us smile!

### **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.**

