



Milton Keynes 0-19 Team 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:** 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

Breastfeeding Support Clinics –

- 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
- **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

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 information on conditions and where to locate services including pharmacies
- The Mix: 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 or free telephone: 116 123- offering emotional support
- Drugs:
Talk to Frank 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.cruisebedfordshire.org.uk 0300 200 4108 (calls charged at standard rate) - Bereavement support

Local Contacts:

- 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>