

Useful contacts

National contacts

Asthma UK

0300 222 5800

www.asthma.org.uk

Baby LifeCheck

www.babylifecheck.co.uk

Child Accident Prevention Trust (CAPT)

020 7608 3828

www.capt.org.uk

ISIS

Advice on sleep

www.isisonline.org.uk

Lullaby Trust

0808 802 6869

www.lullabytrust.org.uk

Meningitis Now

0808 80 10 388

www.meningitisnow.org

National Breastfeeding Helpline

0300 100 0212

www.breastfeedingnetwork.org.uk

email: enquiries@breastfeedingnetwork.org.uk

Netmums

Parenting advice and information in England, Wales, Scotland and Northern Ireland.

www.netmums.com

NHS Choices

www.nhs.uk

111

If you think you need help urgently during the day or night you should call NHS 111 before you go to any other health service.

By calling NHS 111 you will be directed straight away to the local service that can help you best. It is available 24 hours a day, 365 days a year and is free to call, including from a mobile. You should call NHS 111:

- When you need help fast but it's not life threatening.
- When you think you need to go to A&E or another NHS urgent care service.
- When it's outside of your Doctor's surgery hours.
- When you do not know who to call for medical help.
- If you do not have a local Doctor to call.

Call 999 in an emergency

Local contacts

Health Visiting

Health visiting delivers the Healthy Child Programme which offers:

- Infant feeding, starting on solids and healthy eating.
- Childhood immunisations.
- Child developmental assessments.
- Support and advice e.g. crying, biting, toileting, sleep patterns, toddler behaviour etc.
- Early interventions for maternal mental health, including post-natal depression.
- Family support in collaboration with Children's Centres and other relevant agencies e.g. Children's Social Care.

Camden Health Visiting Advice Service

020 33173032

Camden Baby Feeding Team

07808 891260

Camden Family Information Service

020 7974 1679

Contact Camden

020 7974 4444

Children's Centres Camden

Regent's Park Children's Centre

Augustus Street, NW1 3TJ.

020 7974 8934 Mon-Fri 9am-5pm

1A Children's Centre

1A Rosebery Avenue, EC1R 4SR.

020 7974 7024

Mon-Fri 9am-5pm

Agar Children's Centre

Lulworth, Wrotham Road, NW1 9SU.

020 7974 4789

Mon-Fri 9am-5pm

Harmood Children's Centre

1 Forge Place, Ferdinand Street,
NW1 8DQ.

020 7974 8961 Mon-Fri 9am-5pm

Kilburn Grange Children's Centre

1 Palmerston Road, NW6 2JL.

020 7974 5080 Mon-Fri 9am-5pm