

# Useful contacts

## National contacts

### Child Accident Prevention Trust

020 7608 3828

[www.capt.org.uk](http://www.capt.org.uk)

### Cry-sis

08451 228 669

[www.cry-sis.org.uk](http://www.cry-sis.org.uk)

### Diabetes UK

[www.diabetes.org.uk](http://www.diabetes.org.uk)

### Family Lives

0808 800 2222

[www.familylives.org.uk](http://www.familylives.org.uk)

### Foreign and Commonwealth Office

If you are at risk of FGM.

020 7008 1500

### La Leche League GB

0845 120 2918 available 24 hours 7 days a week.

[www.laleche.org.uk](http://www.laleche.org.uk)

### National Breastfeeding Network Helpline

0300 100 0212, 9.30am-9.30pm

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

### National Childbirth Trust

0300 330 0700 8am-10pm 7 days a week.

[www.nct.org.uk](http://www.nct.org.uk)

### National Domestic Violence Helpline

0808 2000 247

[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

### Netmums

Parenting advice and information.

[www.netmums.com](http://www.netmums.com)

### NHS Information Service for Parents

[www.nhs.uk/start4life](http://www.nhs.uk/start4life)

## **Local contacts**

### **Southend Information Point**

For a range of local family support networks, health providers and social activities in Southend.

01702 215007

[www.southendinfopoint.org](http://www.southendinfopoint.org)

### **A Better Start Southend**

Supporting from pregnancy to a child's fourth birthday, the programme focuses on six Southend wards to develop and test new ideas to help ensure Southend's children and families have the best possible start in life.

[abetterstart@southend.gov.uk](mailto:abetterstart@southend.gov.uk)

[www.abetterstartsouthend.co.uk](http://www.abetterstartsouthend.co.uk)

### **Breastfeeding Support**

There are infant feeding support groups throughout Southend.

Speak to your midwife, health visitor or children's centre for more information.

[www.southendinfopoint.org](http://www.southendinfopoint.org)

### **Child Health Clinics**

Ask your GP or contact your local Children's Centre to find out about baby clinics.

[www.southendinfopoint.org](http://www.southendinfopoint.org)

### **Children's Centres**

If you need parenting support, social support, job centre advice, food bank or baby bank, pop into your local Children's Centre - they provide you with support or point you in the right direction of local services to help you.

To find your nearest children's centre visit [www.southendinfopoint.org](http://www.southendinfopoint.org)

### **Healthwatch Southend**

Make sure your views on local health and social care are heard.

01702 356066

[info@healthwatchsouthend.co.uk](mailto:info@healthwatchsouthend.co.uk)

[www.healthwatchsouthend.co.uk](http://www.healthwatchsouthend.co.uk)

### **Free Two Year Old Education**

Some two-year-olds in Southend can get up to 15 hours a week of free early education and childcare.

Your child will get to make new friends, try different activities, learn through play and have fun. To find out if you are eligible and to apply, visit [www.southend.gov.uk](http://www.southend.gov.uk)