

HEALTH AND WELLBEING SERVICES FOR PARENTS AND CARERS

October 2017

Introduction

The Camden Health and Wellbeing Team have collated a list of local health and wellbeing services for parents and carers. Schools might want to include some or all of them on their school website or parents' noticeboard or use as part of parent workshops or other support schools provide for parents and carers. Some are for primary aged pupils and others for secondary aged pupils and schools will want to review the list to ensure they are relevant to their parents

We have included services that support all adults and those that are specifically for parents and carers and their families, as well as some services for children and young people.

The list covers some key aspects of health and wellbeing including emotional and mental health, drugs and alcohol, healthy eating, oral health, physical activity and smoking cessation.

Please note:

- *Every effort has been made to ensure that the information is correct at the time of sending to schools but it is possible that information may change over time. We cannot guarantee the quality of any non-Council organisations nor take any responsibility for any services they may provide.*
- *Some of the resources are more suitable for primary and others more suitable for secondary so would need to be adapted to suit individual schools*

If you know of additional services that you think would be helpful for other schools, please contact jude.clements@camden.gov.uk

SERVICES FOR ALL ADULTS

EMOTIONAL HEALTH AND WELLBEING/MENTAL HEALTH

<p>CAMDEN AND ISLINGTON MENTAL HEALTH ASSESSMENT AND ADVICE TEAM</p> <p>Mental Health Service for Adults</p>	<p>For any resident of Camden or Islington aged 18 and over, who may be experiencing mental health problems and might require specialist mental health help.</p> <p>Self referral or via GP 020 3317 7300 Cim-tr.aat-referrals@nhs.net</p>
<p>iCOPE - AN NHS SERVICE</p> <p>Assessment and treatment for a range of psychological</p>	<p>Provides a confidential psychological therapy service for people over the age of 18 registered with Camden or Islington GPs.</p> <p>Includes online self-help resources and workshops as well as counselling.</p> <p>For more information</p>

problems including anxiety, depression and stress.	iCope Psychological Therapies Service – North Camden http://www.candi.nhs.uk/services/icope-psychological-therapies-service-north-camden
ONLINE PSYCHOLOGICAL THERAPIES SERVICE (IAPT)	<p>Cognitive Behaviour Therapy (CBT) is provided in real-time over the internet using written (typed) conversations.</p> <p>The session is provided by an accredited therapist in a secure online therapy room, at a scheduled time and location that is convenient to you. Appointments are either 30 or 60 minutes long any time of day, including evenings and weekends. and they can attend them from anywhere they can connect to the internet</p> <p>Self-referral 01954 230066 between 9am and 5.30pm</p> <p>http://uk.iesohealth.com/accessing-ieso/patients/camden-london-borough/</p> <p>Or via GP, nurse or health professional</p>
NHS WEBSITE	<p>Find your local mental health support at http://www.nhs.uk/service-search/Mental-Health-Adults-of-all-ages/LocationSearch/718</p>
DRUGS and ALCOHOL	
CAMDEN COMMUNITY DRUG SERVICE	<p>Camden Community Drug Service is a free and confidential drug service for adults in Camden and Kilburn. The service works with people who are using any type of drugs, including: opiates, stimulants, cannabis and new psychoactive drugs.</p> <p>Services include key work, counselling, groups and complementary therapies, as well as a range of support groups and peer led activities. 020 7485 2722 184 Royal College Street and 210 Kilburn High Road. camden.cdts@cri.cjism.net</p> <p>Access via self referral If you would like to refer yourself or someone else to the service you can call, email or visit the service in person.</p>
INTEGRATED CAMDEN ALCOHOL SERVICE (ICAS)	<p>iCas offers help and support with alcohol concerns from a variety of locations including medical centres, hostels, hospitals and meeting places in the community. 020 3227 4950 to book an appointment at a location close to home</p> <p>24-hour Freephone Advice and Referral line 0300 303 2420. 7-8 Early Mews, Arlington Road, Camden Town NW1 7HG.</p>

<p>NORTH CAMDEN DRUGS SERVICE (RESPONSE)</p>	<p>Focused interventions for North Camden residents who have substance misuse problems, with clear treatment outcomes to help combat drug misuse, improve mental health and wellbeing, and enable recovery.</p> <p>Age range treated 18+ 020 3317 6400</p> <p>5 Daleham Gardens London NW3 5BY United Kingdom cim-tr.response@nhs.net</p> <p>Opening hours Monday, Wednesday & Friday 9.00 am - 1.00 pm, 1.30 pm - 5.00 pm</p>
<p>SOUTH CAMDEN DRUG SERVICE</p>	<p>This service is for people who are concerned about their drug use. The team will conduct a comprehensive assessment of treatment needs before developing a treatment plan. Substitute medication, such as methadone and buprenorphine, talking therapies, psychiatric assessments, assessments for residential detox and rehabilitation, testing and vaccination for hepatitis is provided as well as general support and advice.</p> <p>Access is via self-referral or through other agencies.</p> <p>020 3317 6000 The Margarete Centre 108 Hampstead Road London NW1 2LS United Kingdom</p> <p>cim-tr.scds@nhs.net</p> <p>Opening hours Monday 9am – 5pm (GRIP Clinic - appointment based only) Tuesday 9am – 2pm and 4pm - 7pm (Late clinic - by appointment only) Wednesday - Friday 9am – 5pm Thursday - 11am - 5pm Friday - 9am - 5pm</p>
<p>HEALTHY EATING</p>	
<p>REBALANCE 12 week adult weight management programme</p>	<p>Support is available including catch-up sessions, motivational texts and 50% off gym membership at any GLL leisure centres in Camden or Islington.</p> <p>Are you eligible? View the website for further information:</p>

	http://www.camden.gov.uk/ccm/content/leisure/sports-and-activities/lose-weight/?page=1#section-7 020 7974 1741 rebalance@camden.gov.uk
SMOKING CESSATION	
BREATHE Camden and Islington Stop-Smoking Service Support for individuals (13 years +) to quit tobacco and other smoking products including shisha	Visit www.breasthestopsmoking.org Call 020 3633 2609 , or text QUIT to 66777, or Email info@breasthestopsmoking.org 1:1 support available at GP surgeries, pharmacies and clinics. Call the number above to get information about support near you
OTHER SERVICES	
NHS HEALTH CHECKS Adult health check free for 40-74 year olds	0203 308 2955 For more information visit www.nhshealthcheck.com/camden

SERVICES FOR PARENTS AND FAMILIES

ASTHMA

ASTHMA UK | ASTHMA AND YOUR CHILD

Advice and support to help children stay well with their asthma.
<https://www.asthma.org.uk/advice/child/>

BREASTFEEDING

CAMDEN AND ISLINGTON COMMUNITY MIDWIVES SERVICE

Three doctors' group practices with 18 midwives providing total midwifery care in hospital and community to all local women in South Camden and South Islington.

020 3447 9567

3rd Floor, Elizabeth Garrett Anderson and Obstetrics Hospital,
 235 Euston Road,
 London,
 NW1 2BU

CAMDEN BABY FEEDING TEAM

Offers information and support for parents in Camden before and after they've had their baby. Parents can receive help with breastfeeding, bottle feeding, mixed feeding and expressing. The service includes telephone support, home visits, and baby feeding drop-in sessions at Children's Centres in Camden.

07808 891260

	camden.babyfeedingteam@nhs.net
NATIONAL BREASTFEEDING NETWORK	0300 100 0212 https://www.breastfeedingnetwork.org.uk/
EMOTIONAL HEALTH AND WELLBEING/MENTAL HEALTH	
ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES Supporting children and families' mental and emotional health	Groups to help parents manage their child's behaviour and help their child manage their emotions. Also other resources to support families and help promote their child's resilience and wellbeing, including top tips for parents www.annafreud.org
CHARLIE WALLER MEMORIAL TRUST WEBSITE:	Click on 'free stuff' then 'resources' to see free mental health resources, including 'a parents' guide to depression' and 'coping with self-harm – a guide for parents and carers'. https://www.cwmt.org.uk/
FAMILIES IN FOCUS Emotional and psychological support for parents	There are two psychologists working within Families in Focus who provide emotional and psychological support to parents. This often takes place alongside support from a family worker or through a parenting programme. Sessions are tailored to the parents' needs and may be linked to their role as a parent or be unrelated to this. Support for <ul style="list-style-type: none"> • feeling stressed, worried or low • difficulties in relationships • thinking about difficult past experiences Sessions are usually one hour long, can take place weekly or fortnightly and can be short or long-term, depending on the parent's needs. For families living in the north of the Borough 0207 974 8926 Mavis.Sarfo-Adu@camden.gov.uk For families living in the south of the Borough 0207 974 1957 Elaine.Crouch@camden.gov.uk
OPEN MINDED <i>(formerly CAMHS)</i> Support for children and adolescents (up to 18 years old) experiencing emotional health and wellbeing problems.	Self-referrals and referrals from GPs. Parents can call to discuss support options for their children, and adolescents. South Camden 020 8938 2700 North Camden 020 8938 2233

<https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/open-minded-camden-camhs/>

HEALTHY EATING

CAMDEN HEALTH AND WELLBEING TEAM

Starting Solids Session (for children 4-6 months)

Free 90 minute session for parents/carers of babies who have not yet started solid foods. The session covers when and how to start solids, signs of readiness, which foods to avoid and ideas to ensure your baby gets a varied diet.

Starting Solids Next Steps (children 7months- 1 year)

Free 90 minute session for parents/carers of babies under a year that have started solids and have more questions or have experienced feeding challenges. This session covers moving on to textured and finger foods, encouraging your baby to drink from a cup and moving onto family foods.

Family healthy eating and physical activity programmes:

Families for Life Early Years (2-4 years)

Families for Life Primary (5-11 years)

4 week healthy eating and active play for families with children aged 2- 4 or 5-11 years (up to 6 families on a programme. Each session is 90 minutes and includes fun physical activities and some cooking and tasting of simple recipes based on a specific theme such as budgeting, time, limited space and fussy eating.

Family cooking programme:

Family Kitchen (2-11 years)

A 6 week programme to support families to learn to cook and eat healthy meals together. Each session is 90 minutes and includes practical cooking skills and techniques and a chance to eat the meals prepared in the group

Parents can find out more about these free programmes by calling **0207 974 6736** or emailing

healthandwellbeingteam@camden.gov.uk.

COMMUNITY PAEDIATRIC DIETICIAN

Support for children defined as underweight

0203 316 8871

Via GP referral

HEALTHY LIFESTYLES OUTREACH PRACTITIONER

One to one support for children who are overweight or very overweight (over the BMI 91st centile)

Parents can request support for their children aged 4 – 17 years.

Contact Keighley Hylton

020 3317 2304

keighley.hylton@nhs.net

<p>HEALTHY START SCHEME A government scheme to improve the health of pregnant women and families with children under four years old.</p>	<p>Vitamin drops for children up to 4 years of age and women’s vitamin tablets for pregnant mother and up to a year after birth. For eligible families there are Healthy Start vouchers available for plain cow’s milk, fruit and veg or infant formula. <i>You qualify for Healthy Start Vouchers if you are at least 10 weeks pregnant or have a child under 4 years and you or your family receive benefits or meet the low income criteria. You also qualify if you are under 18 and pregnant.</i> For information visit your local children centre or nursery, call 0845 607 6823 or visit: www.healthystart.nhs.uk</p>
ORAL HEALTH	
<p>COMMUNITY DENTAL SERVICE</p>	<p>Referrals accepted from general dental practitioners and other health/social care professionals. http://www.whittington.nhs.uk/default.asp?c=10989 020 3317 2353 Email: CamdenandIslingtoncds@nhs.net</p>
PHYSICAL ACTIVITY	
<p>SPORT AND PHYSICAL ACTIVITY IN CAMDEN</p>	<p>For information on local sport centres, swimming, sports clubs and Camden Active Communities visit: http://www.camden.gov.uk/ccm/navigation/leisure/sport-and-physical-activity/ or call 0207 974 3181</p>
<p>CYCLE TRAINING</p>	<p>For more information visit: http://camden.gov.uk/ccm/content/transport-and-streets/cycling-and-pedestrians/cycle-training-in-camden/ Visit the Facebook date for dates and times https://www.facebook.com/CyclingCamden/events 020 7974 5071 Email cycle@camden.gov.uk to book.</p>
SAFETY	
<p>NSPCC National children's charity preventing abuse and helping those affected to recover</p>	<p>Find out how you can keep children safe from abuse and other dangers, both online and in the physical world. Talking to your child about staying safe online. Talking “PANTS” (underwear rule) is a simple way that <i>parents</i> can help keep children safe from abuse. https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe</p>
<p>THINKUKNOW</p>	<p>Includes advice on protecting children from abuse online; supporting parents who are concerned that their child may be a victim of sexual abuse; direct contact for parents to report concerns around sexual</p>

Protecting children from abuse on line. Information, support and guidance from the National Crime Agency's CEOP Command	abuse, sexual exploitation and online abuse. https://www.thinkuknow.co.uk/PARENTS/
PARENTS ZONE and PARENT INFO	A comprehensive website for parents to help support them navigate the online world safely. The site also provides support and advice on other issues including sex and relationships, special needs parenting courses and family life Its sister site Parent Info is for schools and children. Schools can sign up for the site to enable a Parent Info feed from the school website https://parentzone.org.uk/ http://parentinfo.org/
KEEPING CHILDREN SAFE IN EDUCATION	Statutory guidance on "Keeping children safe in education" for schools produced by the Department for Education https://www.gov.uk/government/publications/keeping-children-safe-in-education--2

SERVICES FOR YOUNG PEOPLE

EMOTIONAL HEALTH AND WELLBEING/MENTAL HEALTH

THE BRANDON CENTRE	Individual and group counselling and psychotherapy for 12 to 24 year olds. Intensive family based interventions for families of 10 to 17 year olds with severe behaviour problems (referral by Open Minded, CAMHS or social services only). Parenting programme for parents of challenging 12 to 16 year olds. One to one and group support. For counselling and psychotherapy: counselling@brandoncentre.org.uk For parent training and family service: familyservice@brandoncentre.org.uk http://brandon-centre.org.uk/
THE HIVE Youth Hub offering holistic support to young people aged 16-24. Particularly aimed at young people who have not engaged with mental health services previously.	One to one casework, health and wellbeing activities including yoga and gardening, employment and training advice, sexual health clinic and a social enterprise. Contact: Kirsty.magahy@catch-22.org.uk https://www.catch-22.org.uk/services/axis-the-hive/

YOUNG MINDS	<p>Advice and support for children and young people about a range of mental health issues and disorders.</p> <p>https://youngminds.org.uk/</p>
SEXUAL HEALTH AND RELATIONSHIPS	
THE BRANDON CENTRE	<p>Confidential contraception and sexual health advice and services for young people (up to 24 years) By appointment and drop in Monday to Thursday 9.30am - 7pm Friday 9.30am - 5pm Saturday 10am - 3pm</p> <p>020 7267 4792 26 Prince of Wales Road London NW5 3LG http://brandon-centre.org.uk/</p>
BROOK IN EUSTON	<p>Confidential contraception and sexual health advice and services for young people (up to 24 years) Drop in Monday to Friday 12.00 – 6.00pm Saturday 12.00 – 2.00pm</p> <p>020 7387 8700 92-94 Chalton Street Euston London NW1 1HJ https://www.brook.org.uk/</p>
PULSE N7 Sexual health service in Islington	<p>Drop in Monday – Friday 12.00-6.00pm Saturday 12.00-2.00pm 020 7527 1300 164 Holloway Road London N7 8DD</p>
PULSE@LIFT Sexual health service in Islington	<p>Drop in Monday and Wednesdays 3.00 – 7.00pm 020 7527 7030 45 White Lion Street Islington N1 9PW</p>