

Useful contacts

National contacts

Allergy UK

01322 619 898
www.allergyuk.org

Association of Breastfeeding Mothers

0300 330 5453
9.30am-10.30pm www.abm.me.uk

Asthma UK

0800 121 62 44
www.asthma.org.uk

Baby LifeCheck

www.babylifecheck.co.uk

Child Accident Prevention Trust

020 7608 3828
www.capt.org.uk

Cry-sis

08451 228 669
www.cry-sis.org.uk

Dental Helpline

0845 063 1188

Diabetes UK

www.diabetes.org.uk

Family Lives

0808 800 2222
www.familylives.org.uk

Healthy Start

www.healthystart.nhs.uk

La Leche League GB

0845 120 2918 available 24 hours 7 days a week. www.laleche.org.uk

The Lullaby Trust

www.lullabytrust.org.uk

Meningitis Now

0808 80 10 388
www.meningitisnow.org

National Breastfeeding Network Helpline

0300 100 0212, 9.30am-9.30pm
www.breastfeedingnetwork.org.uk

National Childbirth Trust

0300 330 0700 8am-10pm 7 days a week
www.nct.org.uk

National Domestic Violence Helpline

0808 2000 247

www.refuge.org.uk

Netmums

Parenting advice and information.

www.netmums.com

NHS Information Service for Parents

www.nhs.uk/start4life

Red Cross

Information on CPR (kiss of life)

www.redcrossfirstaidtraining.co.uk

Start4Life Healthy tips

www.nhs.uk/start4life

National At-home Dad Network

Dad's views, chat, news and support.

www.athomedad.org

To find an NHS dentist

Call NHS 111 or visit www.nhs.uk

NHS 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 free to call, including from a mobile, and is available 24 hours a day, 365 days a year.

When should I 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

Call 0800 032 0102 or visit www.smokefree.nhs.uk

Local contacts

Royal Free London NHS Foundation Trust

Switchboard 0203 758 2000
Option 1 Royal Free
Option 2 Barnet Hospital
Option 3 Chase Farm Hospital
www.royalfree.nhs.uk

Chase Farm Hospital

Children's Outpatients Enquiries
Urgent Care Centre
Paediatric Assessment Unit
Antenatal Clinic

Barnet Hospital

Children's Outpatients Enquiries
Paediatric Assessment Unit
Antenatal Clinic and Appointments
Community Midwives Admin Team

North Middlesex University Hospital

Switchboard 0208 887 2000
www.northmid.nhs.uk
Children's Outpatients Enquiries
Urgent Care Centre
Paediatric A&E
Antenatal clinic
Community Midwives office

Enfield Universal Services & Specialist Children Services

Cedar House, St Michaels Primary
Care Centre, Gater Drive,
Enfield EN2 OJB.
0`208 375 2945
Enfield CAMHS
Charles Babbage House,
1 Orton Grove, Enfield EN1 4TU.
0208 379 2000

Enfield Safeguarding Children Board

Telephone: 0208 379 2767

Fax: 0208 379 2888

If you are worried about the welfare of a child, please report your concerns to:

Children's Social Care on

0208 379 2507 Mon-Thurs 9 am-5pm, Fri 9am-4.45 pm.

Out of office hours call 0208 379 1000 (select option 2).

You may also make contact by email.

In an emergency, always call 999

If you are worried about a child please tell us about your concerns so that we can help.

Telephone: 0208 379 2507

Monday to Friday: 9.00am – 5.00 pm

Out of office hours: 0208 379 1000, select option 2 and you will be transferred to an advisor.

www.enfield.gov.uk/enfieldlscb

Domestic Abuse Solace Women's Aid Helpline

0808 802 5565

Men's Advice Line

0808 801 0327

In an emergency, always call 999

www.enfield.gov.uk/domesticabuse