

**Parenting in Slough**

**Useful Contacts & Online Resources**

Age Band	Support Service	What does this service offer? Web Links	How can I access this service?
Antenatal	<b>NHS</b> <a href="http://www.fhft.nh.uk">www.fhft.nh.uk</a>	<p>If you are pregnant and would like to have your baby at Wexham Park Hospital please complete the online pregnancy notification form  <a href="http://www.fhft.nhs.uk/services/maternity/pregnancy-notification-forms/">www.fhft.nhs.uk/services/maternity/pregnancy-notification-forms/</a></p> <p>You will be offered appointments with your midwife at 16,28,31,34,36,38,40 and 41 weeks to see either you midwife or GP.            Crystal Team midwives: enhanced midwifery care team – for referral discuss this with your midwife at booking appointment.</p> <p>If you are diabetic and planning a pregnancy please contact the diabetic specialist midwives at  <a href="mailto:fhft.diabetesantenatalclinicwph@nhs.net">fhft.diabetesantenatalclinicwph@nhs.net</a></p> <p>For support with mental health you can self-refer to:  <a href="http://www.talkingtherapies.berkshire.nhs.uk">www.talkingtherapies.berkshire.nhs.uk</a> (Berks ladies) or  <a href="http://www.oxfordhealth.nhs.uk">www.oxfordhealth.nhs.uk</a> (Bucks ladies)</p>	<b>Self Help</b> <b>Open Access</b>
	<b>Benefits – Government Guidelines</b>	Information on maternity grant and maternity allowance <a href="http://www.gov.uk/maternity">www.gov.uk/maternity</a>	<b>Self Help</b> <b>Open Access to online resource</b>
	<b>Best Beginnings – online app</b>	Nationally developed app- available for free download - developing practical, simple, educational and interactive tools to support parents-to-be and new parents – includes antenatal, postnatal, breastfeeding & mental health support. <a href="https://www.bestbeginnings.org.uk/">https://www.bestbeginnings.org.uk/</a>	<b>Self Help</b> <b>Open Access to online resource</b>
	<b>Solihull approach Maternity at Frimley Health and Care</b>	This Solihull Approach antenatal online course gives parents practical information about pregnancy and birth, whilst at the same time introducing them to their baby.	<b>Self Help</b> <b>Open Access to online resource</b>

		<p>Features include:</p> <ul style="list-style-type: none"> <li>• Coproduced information from preconception to early parenthood.</li> <li>• Easy access to FHFT clinical guidelines</li> <li>• Signposting to evidence based information and local sources of help and support.</li> <li>• Information about a range of maternity services at both FPH and WPH</li> <li>• Translation into over 100 languages.</li> <li>• Latest news and updates.</li> <li>• Links to social media</li> </ul> <p>This online resource can be accessed via the maternity section of the FHFT site or at:  <a href="https://www.frimleyhealthandcare.org.uk/maternity">https://www.frimleyhealthandcare.org.uk/maternity</a></p>	
	<b>Baby Bank</b>	Can provide expectant mums with good quality second hand essentials such as baby clothes, bedding, nappies, wipes and cotton wool all packed into a Moses basket pushchairs, bottles. <a href="http://www.babybank.org">www.babybank.org</a>	<b>Self-Help</b> <b>Open Access to online resource</b> <b>Tel: 07704 919184</b> Email <a href="mailto:info@thebabybank.org">info@thebabybank.org</a>
<b>All ages</b>	<b>Mind Ed for families</b>	Safe and reliable advice about young people's mental health, created by experts and parents together <a href="https://mindedforfamilies.org.uk">https://mindedforfamilies.org.uk</a>	<b>Self Help</b> <b>Open Access to online resource</b>
<b>0-16</b>	<b>Child Benefit Enquiries</b>	<a href="http://www.gov.uk/childbenefit">www.gov.uk/childbenefit</a> Information on Child benefit once baby is born	<b>Self Help</b> <b>Open Access to online resource</b>
<b>All Ages</b>	<b>Slough Family Information Service (FIS)</b>	Website offers information on: Support and advice for families with children and young people Childcare for children aged 0-13 Financial support and help with childcare costs. Free early education for 2, 3 and 4 year olds Children's Centres and family services Schools and school-based family services	<b>Self Help</b> <b>Open Access</b>  <b>Tel: 01753 476589</b>  <b>E mail:</b> <a href="http://www.slough.gov.uk">www.slough.gov.uk</a>

		<p>Activities for children, young people aged 0-19 and families</p> <p>The Local Offer including activities and services for children and young people with special educational needs and disabilities (SEND)          Adult Education &amp; Employment  <a href="http://www.sloughfamilyservices.org.uk">www.sloughfamilyservices.org.uk</a></p>	
0-5	<b>First Days</b>	<p>Provide everyday essentials to families who are living in poverty by distributing clothes, toiletries, school uniforms, equipment, furniture, toys and books.  <a href="http://www.firstdays.net">www.firstdays.net</a></p>	<p><b>Self Help</b>  <b>Open Access to online resource</b></p>
0-5	<b>Slough Food Bank</b>	<p>Provides emergency food to those in crisis.</p> <p>Slough foodbank works using a voucher referral system. Find out more about how we work.</p> <p>A local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.</p>	<p>Slough Foodbank works with a number of different agencies, such as Citizens Advice, children's centres and health visitors. To find out more about the agencies that hold our vouchers and how you can get help, please contact Slough Food Bank</p> <p><b>Tel: 01753 550303</b>  <b>Email</b>  <a href="mailto:office@slough.foodbank.org.uk">office@slough.foodbank.org.uk</a></p>
	<b>Healthy Start Vitamins Provided by Health Visiting Team</b>	<p>Can be collected from any of Slough's children's centres during normal opening hours</p>	<p><b>Self Help</b>  <b>Open Access</b></p> <p><b>Contact the Early Help Hub</b></p> <p><b>Tel: 01753 476556</b></p>
	<p><b>Talking Therapies</b></p> <p><b>Drop in Sessions</b>          Every Monday          Time: 5.30pm - 6.30pm (Last appointment 6.10pm) Where: Cedar House</p>	<p>Talking Therapies is a friendly approachable service that offers support for stress, anxiety and depression and we now offer a drop in clinic for you to come to meet a practitioner.</p> <p>Talk about your problems and find out the best treatment and support</p> <p>Bring along a family member or friend for support</p> <p>Multi lingual therapists available</p> <p>Please just drop in—no need for an</p>	<p><b>Open access or GP Referral</b></p>

		<p>appointment</p> <p>Or you can call 0300 365 2000 and ask to attend our next drop in clinic and we'll arrange a timed slot for you</p>	
<b>All ages</b>	<b>New Horizons</b>	<p>New Horizons is the base for the Community Mental Health Team in Slough that work with adults with complex and severe mental health difficulties and offer support to carers and families too.</p>	<p><b>Mental Health Crisis Team</b></p> <p><b>If you need urgent help, but it's not an emergency, you can call our</b></p> <p><b>Mental Health Crisis Team</b>  <b>Tel: 0300 365 0300 or</b>  <b>Tel:0300 365 9999</b></p> <p><b>If you need someone to talk to, you can also call:</b></p> <p><b>Sane Line</b>  <b>Tel: 0300 304 7000</b>  <b>(open 4.30pm - 10.30pm every day)</b></p> <p><b>Samaritans</b>  <b>Tel: 0116 123</b>  <b>(24 hours every day)</b></p>
<b>All ages</b>	<p><b>Better co-parenting, happier kids.</b></p> <p><b>Our Family Wizard</b></p>	<p>With 'Our Family Wizard', your schedule, files, contacts, and communication are contained within one app, so you can solve shared custody challenges faster and without confusion. That means less conflict and more energy to focus on your children.</p> <p>Powerful tools document your parenting time, child-related expenses, exchanges, and more</p>	<p><b>Self Help Open Access</b></p> <p><b>This is an online app and can be accessed via the link below:</b></p> <p><a href="https://www.ourfamilywizard.co.uk/">https://www.ourfamilywizard.co.uk/</a></p>