

Useful contacts

National contacts

Child Accident Prevention Trust

020 7608 3828

www.capt.org.uk

Cry-sis

08451 228 669

www.cry-sis.org.uk

Diabetes UK

www.diabetes.org.uk

Family Lives

0808 800 2222

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

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.nationaldomesticviolencehelpline.org.uk

Netmums

Parenting advice and information.

www.netmums.com

NHS Information Service for Parents

www.nhs.uk/start4life

Local contacts

Child Development Service

020 8250 7314

Children's Centres

East Locality:

Sheringham Nursery School and Children's Centre

020 8553 2479

St Stephen's Nursery and Children's Centre

020 8586 0147

Central Locality:

Altmore

020 8552 6604

Plaistow Children's Centre

020 8548 5620

West Locality:

Kay Rowe Children's Centre

020 8534 4403

Rebecca Cheetham Children's Centre

020 8534 3136

South Locality:

Beckton and Royal Docks Children's Centre

020 8430 6290

Edith Kerrison Children's Centre

020 7473 2761

Child Health Information Team

020 3373 9983

Children and Young People's Service

020 3373 4600

Dental Care

Appleby Centre

020 7445 7035

Shrewsbury Centre

020 8586 5002

Community Children Nursing Service

020 8475 8580

Sickle Cell and Thalassaemia Centre

020 8821 0800

Family Nurse Partnership (FNP)

020 3373 1295

Infant and Perinatal Mental Health Team

020 3373 9983

Newham Hospital (NUHT)

020 7476 4000

Health Visiting Service

East Locality:

Shrewsbury HV Team 020 3373 9983

The Centre HV Team 020 3373 9983

West Locality:

Lord Lister HV Team 020 3373 9983

West Ham Lane HV Team 020 3373 9983

Central Locality:

Joyce Campbell HV Team

020 3373 9983

Balaam Park HV Team 020 3373 9983

South Locality:

Appleby HV Team 020 3373 9983

Royal Docks HV Team 020 3373 9983

Newham Child & Family Consultation Service (CAMHS)

020 7055 8400

Reproductive & Sexual Health Service

020 8586 5147/48

Safeguarding Children Team

020 3373 7701