

## Resources of support for new parents/carers during covid-19

### **Feeding support – Most Hampshire hospitals now have online BF support videos**

<p><b><u>Healthy Feeding, Healthy Weight Booklet – NHS</u></b></p> 	<p><a href="#">Access booklet</a></p> <p><a href="#">Advice for Bottle Feeding and Breast Feeding</a></p> <p><a href="#">Maximising Breastmilk information</a></p>
<p><b><u>National Breastfeeding Helpline</u></b></p> <p>Need breastfeeding support, information or reassurance? <b>We're here for you.</b>          We're doing all we can to increase capacity on the National Breastfeeding Helpline during this time.</p> <ul style="list-style-type: none"> <li>- We've got more volunteers available than ever before.</li> <li>- We've introduced a voicemail option, so if you can't get through first time, you can leave us a message and we'll get back to you as soon as we can.</li> <li>- We're offering 121 support via social media on <a href="http://www.facebook.com/nationalbreastfeedinghelpline">www.facebook.com/nationalbreastfeedinghelpline</a></li> <li>- Webchat is open at <a href="http://bit.ly/NBHChat">bit.ly/NBHChat</a></li> </ul> <p>Open 9.30am-9.30pm every day of the year          Talk to a mum who knows about breastfeeding  0300 100 0212</p>	<p><b>03001000212</b>  <b>09:30 - 21:30 every day 7 days a week</b></p> <p>Offering 1-2-1 support via social media</p> <p>Webchat also available online</p> <p>Introduced a voicemail option- parents can leave a message and they will call back</p>
<p><b><u>La Leche League – Breastfeeding Support</u></b></p>  <p>Looking for breastfeeding information?          Check out our website - <a href="http://www.llli.org">www.llli.org</a></p> <p> la leche league international</p>	<p>Breastfeeding support via:</p> <ul style="list-style-type: none"> <li>- online meetings via ZOOM</li> <li>- Local Hampshire Leaders (see below)</li> <li>- social media</li> <li>- email via help form/Local Leader</li> <li>- Online website</li> <li>- Company and support</li> </ul> <p>La Leche League Leaders are able to provide breastfeeding information and skilled support on the telephone</p> <p><b><u>Hampshire Leaders Contacts:</u></b></p> <p>Paula, <a href="tel:07762701796">07762 701796</a>, please text to arrange a call, takes calls from <b>Hampshire &amp; Surrey</b></p> <p>Georgina, <a href="tel:07954135038">07954 135038</a>, takes calls from <b>Fleet, Farnborough, Aldershot and surrounding areas</b></p>
 <p><b><u>(Southern Health text service)</u></b></p>	<p><b><u>TEXT – 07520 615720 – Mon-Fri 9-5</u></b></p> <p>ChatHealth 0-5 is a text messaging service set up to support parents, carers and families of under 5's in Hampshire.          HV's can help with any feeding concerns or support via this resource.</p>






**Mental Health support for Mum/Partner**

<p><b><u>HAMPSHIRE LANTERNS</u></b> Support group online</p> 	<p><a href="#">Hampshire Lanterns</a> is a support group for mums in Hampshire, who are experiencing mental health problems during pregnancy or after childbirth. The group is run by mums who have all experienced perinatal mental health problems.</p>
<p><b><u>Baby Buddy Crisis Messenger - Texting Service</u></b> Available for both parents</p> 	<p><b><u>Text BABYBUDDY to 85258</u></b> for <b><u>free 24/7 confidential text support</u></b> from a trained volunteer when they are in emotional pain or crisis- free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if they are struggling to cope and need immediate help. (The text messaging is anonymous)</p>
<p><b><u>NHS 111 - Mental Health Helpline</u></b></p>	<p>Mental health support is now available <b><u>24/7 via the NHS 111 helpline</u></b> - dial 111 and ask to speak to a mental health nurse</p>
<p><b><u>PANDAS support for people coping with pre and postnatal mental illness, as well as their families, friends and carers - Helpline/Email</u></b></p> 	<p>The PANDAS Foundation is here to help support and advise any parent and their networks that need support with <b><u>perinatal mental illness</u></b></p> <p><b><u>FREE helpline 0808 1961 776</u></b> Available on all landlines. Monday – Sunday 9am-8pm</p> <p>PANDAS Email Support (reply within 72 hours): info@pandasfoundation.org.uk</p>
<p><b><u>Samaritans -Helpline/Email</u></b></p> 	<p><b><u>FREE helpline - Call 116 123</u></b> <b><u>Send an email - io@samaritans.org</u></b></p> <p>The Samaritans are a 24 hour confidential, listening service providing emotional support for anyone in crisis.</p>
<p><b><u>https://www.bestbeginnings.org.uk/charities-uk-support -</u></b> <b>Website – Best Beginnings</b></p>	<p>Charities offering remote <b><u>support</u></b> to pregnant families and <b><u>new parents</u></b></p>

## Domestic Abuse




Over a third of domestic violence starts or gets worse when a woman is pregnant

- 15% of women report violence during their pregnancy
- 40%–60% of women experiencing domestic violence are abused while pregnant

<p><b><u>The Hampton Trust</u></b>          Helpline for <u>perpetrators</u> and advice line for professionals</p> 	<p><b><u>Call 02380 009898</u></b>  <b>Monday – 9 am to 5 pm</b>  <b>Tuesday – 9 am to 8 pm</b>  <b>Wednesday – 9 am to 5 pm</b>  <b>Thursday – 9 am to 8 pm</b>  <b>Friday – 9 am to 5 pm</b></p> <p>We can take referrals from individuals and agencies across Hampshire, Southampton, Portsmouth &amp; the Isle of Wight          We are also available to assist professionals wanting advice regarding perpetrators</p>
<p><b><u>STOP DOMESTIC ABUSE FACEBOOK MESSENGER SERVICE (Hampshire specific)</u></b>          Online Messenger for victims</p> 	<p>Victims of Domestic Abuse that <b>cannot currently access a telephone, due to isolating</b> with a perpetrator, are now able to contact a worker via FB messenger Mon-Fri.</p> <p>Facebook = 'Stop Domestic Abuse'  <b>Monday – Friday</b>  <b>09.30- 11.00</b>  <b>15.00-17.00</b>  <b>18.00-20.00</b></p>
<p><b><u>Hampshire Domestic Abuse Service</u></b>          Helpline for victims</p>  	<p><b>03300 165112</b></p> <p>24/7 Confidential Freephone number</p>
<p><b><u>National Domestic Abuse Helpline</u></b>          Helpline for victims</p> 	<p><b>0808 2000 247</b></p> <p>24/7 Confidential Freephone number</p>

**Hampshire Specific. Virtual General Support for new parents**

<p><b><u>Health visitor (HV) Chat Health Service (Southern Health)- Text Service</u></b></p> 	<p><b><u>TEXT – 07520 615720 – Mon-Fri 9-5</u></b></p> <p><b>ChatHealth 0-5 is a text messaging service set up to support parents, carers and families of under 5's in Hampshire</b></p> <p>HV's are able to support with questions from parents, carers and families relating to a wide range of health and wellbeing issues including <b>crying babies, infant feeding, weening, sleep and behaviour problems.</b></p>
<p><b><u>Wessex Healthier Together Website and APP- Website</u></b></p> 	<p><b><u><a href="https://what0-18.nhs.uk/">https://what0-18.nhs.uk/</a></u></b></p> <p><b><u>Wessex Healthier Together</u></b></p> <p>Wessex Healthier Together provides easy-to-read, current health information for families and professionals. It provides clear signposting to appropriate healthcare services when required.</p>
<p><b><u>Download MUSH – The UK's social app for Mum's APP</u></b></p> <p><b>Developed with health care professionals</b></p> 	<p><b>Helps new mothers feel supported and connected with other new mothers</b></p> <ol style="list-style-type: none"> <li>1. She creates a profile- this includes entering her location</li> <li>2. She will automatically be placed in her local area groups, seeing posts from other local mums and seeing local mum meet-ups</li> <li>3. She can search the Mum Matcher for nearby mums around shared interests and child stages</li> <li>4. She can message other mums via one-to-one or group chats in our secure messaging system.</li> </ol>
<p><b><u>Download the 'Baby Buddy' app - Created by health care professionals- evidence- based advice)</u></b></p> 	<p><b><u>Free mobile app for new parents (for up to the first 6 months)</u></b></p> <p>Provides a parenting guide with daily key information, allows you to ask questions,</p> <p>Self-care tools to help parents build their knowledge and confidence during the transition to parenthood and throughout the early stages of parenting.</p>

<p><b><u>Hampshire Healthy Families Website:</u></b>  <a href="http://www.hampshirehealthyfamilies.org.uk/">http://www.hampshirehealthyfamilies.org.uk/</a></p> <p><b>Website</b></p> 	<p>In partnership with Barnardo's - offer's <b>support for families with children aged 0-5 in Hampshire</b> (doesn't include Southampton information).</p> <p>Information about what is going on in their specific area, details on how to access services, organisations and activities in Hampshire, and the advice and support that's available.</p>
<p><b><u>Download the 'Dad Pad' app</u></b>  <b>FREE – developed with the NHS</b></p> 	<p>The DadPad can help by <b>giving Dad's</b> the help, <b>support, knowledge and practical skills</b> that they need.</p> <p>Will ask for their postcode and signpost to <b>local support in the area</b></p>
<p><b><u>The ICON toolkit (Abusive Head Trauma)</u></b></p> 	<p><a href="#"><u>Access Toolkit</u></a></p> <p>ICON is a programme of intervention based around coping with crying. The toolkit contains practical tools, resources, key messages and links to social media.</p>

**The 5 CCG's Safeguarding and Looked after Childrens Team**

Email: [WHCCG.SafeguardingChildren@nhs.net](mailto:WHCCG.SafeguardingChildren@nhs.net)

(During COVID-19 crisis ONLY) Tel: 07880 423547 and 07880 423542

(Post-Covid-19) Tel: 023 8062 7645

Twitter: @WHCCGsgchildren