

Help in Tayside for You and Your Baby



Helping sick children and young people meet their healthcare needs,
in partnership with parents, carers and professionals

Action for Sick Children (Scotland) has been working in Scotland for over 30 years on behalf of all children, young people and their families to promote and campaign for the best standards of health care at times of illness. We act as a bridge between health services and patients and their families.

This booklet contains information about useful organisations and websites (free internet access is available at libraries) which may be helpful to young parents. It accompanies our DVD *Young parents speak out* which talks about health issues for young parents and their babies.

We have tried very hard to make sure contact details are correct as of January 2010. But remember changes often happen.

Health information and advice for you and your baby

There is a lot of information available on-line but do be careful and check that it is up-to-date and true. Anyone can write anything they like and post it on the internet. If the problem is urgent it is best to seek information from a reputable source, a professional opinion is preferable. Call a helpline such as NHS24. Looking up symptoms on the internet could waste valuable time. For a useful guide on using the internet to find medical information visit the Contact a Family website www.cafamily.org.uk/medicalinformation



For non-urgent problems contact your health visitor or baby clinic for advice and you can call NHS 24 with any health questions. Your health visitor will give you a personal Child Health Record (the Red Book) for you to keep information about your baby's health. Take this with you to healthcare appointments. There are many charities that specialise in children's health or in women's health. Your midwife, health visitor or GP can recommend organisations that can offer you the support you need.

NHS 24 Tel: 08454 242424 (a 24 hour helpline you can contact when the GP's surgery is closed).

Action for Sick Children (Scotland) www.ascscotland.org.uk
Tel: 0131 553 6553. This office will put you in contact with your local representative.

Websites

NHS 24 www.nhs24.com

Ready Steady Baby www.readysteadybaby.org.uk

Ready Steady Toddler www.readysteadytoddler.org.uk

Talk to Your Baby www.literacytrust.org.uk/talktoyourbaby

Play Talk Read www.infoscotland.com/playtalkread

Contact a Family www.cafamily.org.uk

As a young parent, it is quite likely that many of your pals will still be at school or work and so you might feel that you are stuck at home with a baby that cries a lot. If money is tight then going out shopping can make you feel worse. Making friends with people who are in a similar position to you can help. Don't forget that some older mums might have exactly the same feelings as you, so don't be put off if there is no-one your age at a local group. Try to pluck up the courage and go along. You'll be surprised how welcome you will feel. The babies at a local group might well be your child's school pals of the future and it will be worthwhile making friends with them and their mums now.



Baby Blues

There may be times when it seems that your baby never stops crying and everything feels like a huge struggle and you are exhausted and need a shoulder to lean on (or even cry all over!) Mind you, it might be that there is nothing really to cry about but you cry anyway, and you feel that you are crying more than your baby! Some of these feelings are totally natural and are caused by your hormones doing the Highland Fling. But some of these feelings can be a big problem if they don't go away. If you feel like this – you **MUST** talk to someone. Don't ignore how you are feeling – ***you need support***. Your midwife, health visitor or GP will advise you. Here are some other numbers to call if you need someone to talk to:



Cry-Sis : www.cry-sis.org.uk Tel: 08451 228669 (9am – 10pm daily). Supports parents whose babies are very restless and not sleeping very well and who cry excessively.

Samaritans : www.samaritans.org Tel: 08457 909090
A listening/counselling, confidential 24 hr service.

Parentline Scotland : www.children1st.org.uk Tel: 0808 800 2222

Bluebell at Parentline Scotland : www.children1st.org.uk
Tel: 0800 3457 457. A helpline for post-natal depression.

Sleep Scotland : www.sleepscotland.org Tel: 0131 651 1392
For parents with children with sleep problems.

Places where you might find support or company

Parent and baby groups, toddler groups, playgroups, walking or pram pushing groups, baby clinics and even the local park are all great places to make friends with people in the same boat as you. Don't be stuck indoors and feeling lonely as this is not good for you or your baby.

Local community centres, libraries, church halls, village halls – and it is worth asking your health visitor or checking out the notice board at your local GP surgery when you take your baby to be weighed – or ask the nurse – *or ask another mum!*

Young dads (and even older dads) can feel left out and want to help care for their baby so ask your health visitor if there are groups you can both join. (There is even a guide for dads, which although aimed at fathers of disabled children, contains loads of information useful to all dads) visit www.cafamily.org.uk/pdfs/fathers.pdf

Many local schools are used as Information and Advice Centres and there are lots of mum and baby groups as well as community education classes, so it's worth checking these out.



To find groups visit www.scottishchildcare.gov.uk and the Scottish Pre-school Play Association www.sppa.org.uk
Tel: 0141 2214148

Money

Babies are expensive, but some of the costs can be brought down if you are careful and know where to look. You will soon find out how quickly your baby grows out of clothes, toys, and equipment and you will soon want to get rid of some stuff. It is not worth spending lots of money on things that you will only use for a while. Here is a list of sources of cheap and sometimes FREE stuff.

www.freecycle.org – To register for a free and easy to set up email address visit www.yahoo.co.uk for example, to find where the freebies are. This is where you can pick up some great things, from clothes to beds and even nappies, toys and equipment and it's not all second hand. It is not unusual for young people to get into a muddle over money, especially when there is a new baby and perhaps you are moving into your first 'own place'. The benefits system can also be very confusing.

The following organisations can help:

Welfare Rights : Check out your local community centres as lots of them offer advice sessions on certain days.
www.angus.gov.uk/services

Local Citizens Advice Bureaux : They will give you free confidential advice on debt, benefits and housing matters.
www.citizensadvice.org.uk

Starter Packs (Perth, Dundee and Angus) : They will help with small household items www.starterpacksangus.org.uk

Furniture Projects : Most towns have a furniture recycling project and they can be a great source of good, cheap furniture and equipment. Find them through your local council, in the phone book or on the net – and in this leaflet!

Car Boot Sales : And sales held in local church halls etc can be a great way of picking up a bargain – especially baby things.

Charity Shops : Are another good place to get a bargain and often things are brand new.

Other places to get help and advice

Your local library can provide advice and information about services in your area. Some of them run baby rhyme time and baby reading sessions and so can be another good place to make friends and meet new people. You can also find good information points in some areas such as:



Perth & Kinross Association of Voluntary Service : The Gateway, North Methven Street, Perth PH1 5PP Tel: 01738 567076.

This is a great place to find out about local groups for you and your baby, sources of help and advice on all sorts of things – education, money, benefits, your rights (as a tenant, housing and legal) and more. It will signpost you to the organisation best suited to your needs. Don't be shy about asking for help if you need it!

Of course you may want to keep your skills and experience up to date in a positive way. Volunteering is a great way to keep active and can really help you in job searching in the future. It can also be a relief to talk to other grownups sometimes!

Volunteer Centre Dundee : Number 10, 10 Constitution Rd, Dundee DD1 1LL Tel: 01382 305705

Volunteer Centre Dundee East : Mid Craigie Church, Longtown Terrace, Dundee DD4 8JP Tel: 01382 506147

Volunteer Centre Angus : 32-34 Guthrie Port, Arbroath DD11 1RN Tel: 01241 875525

Volunteer Centre Perth & Kinross : The Gateway, North Methven Street, Perth PH1 5PP Tel: 01738 567076 (in the same building as the Association for Voluntary Service).

Local Groups

St Andrews Project : St. Andrew's Parish Church, 2 King Street, Dundee www.standrewsfamilysupportproject.org Tel: 01382 200466. It offers opportunities, facilities, and support for single parents (21 and under) and their children, which may not be available in mainstream Mother and Toddler Groups. Open Wednesdays, Thursdays & Fridays.

Baby Bumps (YM2B – Perth) : Midwife Unit, Perth Royal Infirmary, Perth PH1 1NX Tel: 01738 473269. Group for pregnant young women. Meets weekly for information, support and pregnancy checks.

Home Start Angus : www.homestartangus.org.uk
Tel: 01241 431131. Homestart volunteers offer regular practical support to families in their own homes. There must be at least one child under 5 years in the family.

Home Start Dundee : www.homestart-dundee.org.uk
Tel: 01382 202040

Home Start Perth : www.homestartperth.org.uk
Tel: 01738 638 847

Fairbridge (Dundee) : 1b Kemback Street, Dundee DD4 6ET
www.fairbridge.org.uk Tel: 01382 451500. Encourages young people to gain new skills, build confidence and promote team work through personal and social development courses.

18 & Under : 1 Victoria Rd, Dundee DD1 1EL www.18u.org.uk
Tel: 01382 206222. Provides support for people aged 18 and under who have been abused in any way.

Parent to Parent : Wallacetown Health Centre, Lyon Street, Dundee DD4 6RB www.parent-to-parent.org Tel: 01382 455200. Supports parents and carers of children and teenagers who have additional needs. It is available in Angus, Dundee, Perth & Kinross.

Take A Break Group : c/o Letham Community Learning Centre, 117/119 Rannoch Road, Perth PH1 2DQ Tel: 01738 441473. Adult learning opportunities for single mothers at risk from the problems caused by social isolation. Free crèche available.

YM2B – Arbroath : Arbroath CMU, Arbroath Infirmary DD11 2AT Tel: 01241 822537 Offers parent education classes for girls under 21. This group centres on the needs and requests of the girls attending. Offers advice on the things important to them ie health & beauty, finance, etc.

16-24 Youth Literacy Team : Mitchell St Centre, Mitchell St, Dundee DD2 2LJ www.discoverlearning.org/discover_literacies_youth.htm Tel: 01382 435854. Provides support with reading, writing, spelling or numbers. One to one or group tuition. Crèche available.



Safety Matters

Abuse

Abuse can take many forms. It may be physical, emotional or sexual. If you feel intimidated or threatened or are concerned that your child may be at risk of abuse then it is important that you talk to someone about it for your own safety or the safety and well-being of your child. It is important to have someone to talk to about this and to get appropriate help and support. Your midwife, health visitor or GP can help you and your baby as well as the following organisations.

Angus Women's Aid : 3a Hill Street, Arbroath DD11 1AQ
Tel: 01241 439457

Dundee Women's Aid : 61 Reform Street, Dundee DD1 1SP
Tel: 01382 226390

Women's Aid Perth : 49 York Place Perth PH2 8EH Tel: 01738 639043

Scottish Domestic Abuse Helpline : Tel: 0800 027 1234 (Free 24hr)

Childline : Tel: 08001111 (Free 24hr)

Tayside Police : Tel: 01382 223200 (24hr)

Women's Rape and Sexual Abuse Centre : Tel: 01382 201291

Dundee Social Work Access Team : Tel: 01382 434 350

Dundee Out of Hours Social Work Team : Tel: 01382 432 270

Angus Social Work : (Arbroath) Tel: 01241 878585
(Forfar) Tel: 01307 462 405 (Montrose) Tel: 01674 672 702.

Out of Hours Service: Tel: 0845 3011120 (5 pm – 8.45 am, weekdays and 5 pm – 8.45 am weekends and public holidays)

Perth Child Protection Phone Line : Tel: 01738 476 768
(9 am – 5 pm weekdays) Out of hours Tel: 0845 3011120

Dundee City Council Home Safety : 1 Highland Chief Way, Dundee DD4 9UA Tel: 01382 436237. Home Safety Officer advises about the kinds of accidents which happen in the home especially to young people.

Practical Help

Brooksbank Toy Library : Pitarlie Rd, Dundee DD4 8DB Tel: 01382 432452
Email: bbpartnership@hotmail.co.uk
Hires out a range of toys that help learning aimed at children 0-8 yrs.
No restrictions on joining.

Brooksbank Child Home Safety : Pitarlie Rd, Dundee DD4 8DS
Tel: 01382 432452
Email: kiddiekaredundee@yahoo.co.uk
Provides child home safety equipment to low income households in Dundee with children under 5 yrs (24 months for safety gates).

Community Family Support Project : Charleston Family Support Centre, Charleston Primary School, Dunholm Place, Dundee DD2 4NY
Tel: 01382 436689. Offers different groups for parents and children and also one to one support.

Dundee Carers Centre : Ward Rd, Dundee www.dundecarers.org.uk
Tel: 01382 200422. Supports carers through practical and emotional support, advocacy, training and information about services, rights and benefits.

LEAD Scotland : Mitchell St Centre, Mitchell St, Dundee DD2 2LJ
www.lead.org.uk Tel: 01382 669532. Supports and enables disabled people and their carers to have a better chance to learn.



Starting out on your own

You are advised to check opening times before visiting your local furniture recycling centre. Some projects require you to be on benefits or to be referred by an agency or other charity, just give them a ring before-hand. Some will deliver but may make a small charge for this. Most will also collect furniture.

Starter Packs Angus : Unit 2, Wardmill Rd, Arbroath DD11 1SA
www.starterpacksangus.org.uk Tel: 01241 878588
Email: enquiries@starterpacksangus.org.uk Household essentials (non-furniture) given free of charge to those in housing need.

Starter Packs Perth : www.starterpacksperth.co.uk Tel: 01738 443562
Crockery/cutlery/cooking utensils /small kitchen appliances and utensils/towels/toiletries/pots & pans. You can access this service through a referral to the Salvation Army Furniture Reuse project. Covers Perth and Kinross.

Angus Furniture Project : Wardmill Works, Unit 1 Wardmill Road, Dens Road Industrial Estate, Arbroath, DD11 1SA Tel: 01241 437438
Email: frpa@btconnect.com

Forfar Resource Store : 9 Don Street, Forfar, Angus, DD8 3BR
Tel: 01307 469370. Email: frf@forfarangus.wanadoo.co.uk

Montrose Area Furniture and Recycling Distribution (MAFRAD) :
Tel: 01674 671177(Monday & Friday)
Email: mafrad.montrose@btconnect.com

Transform Furniture Project – Dundee : Tel: 01382 225070
Email: transform4u@btconnect.com
Items accepted: Furniture and appliances.

Your Future

After a while you may want to think about getting a job or going into education. Whatever you decide, you may need to arrange childcare. **The Parent Services Team** in Dundee (Tel: 01382 433900), the **Perth & Kinross Parenting Strategy Team** in the Community Wing at Perth Grammar School (Tel: 01738 472350) or **Angus Council's ACCESSLine** (Tel: 08452 777 778) can all give information about registered child minders and nurseries and any financial help available.

If you are thinking about education, then it is best to speak to the Student Services Department at the college or university. They may have a crèche and funds available to help single parents. It is worth asking. You may be surprised at how much help is available.



You might like to keep the following information in your baby's change bag, so that anyone who may look after your child will know who to contact if there is a problem and will have the information they may be asked for:

Baby's full name

Baby's date of birth

Baby's address

My mobile number

My baby's medicines (if any)

GP surgery name

GP surgery telephone

Midwife

Health Visitor

Other useful contacts

Action for Sick Children (Scotland) is the only charity in Scotland dedicated to informing, promoting and campaigning on behalf of the needs of ALL sick children and young people within our healthcare system.

For information in your language phone 0131 553 6553

للحصول على معلومات بلغتك التي تتحدث بها، الرجاء الإتصال على هاتف رقم:
0131 553 6553

اپنی زبان میں معلومات حاصل کرنے کیلئے فون 0131 553 6553 پر رابطہ کیجئے۔

अपनी भाषा में जानकारी लेने के लिए फोन करें 0131 553 6553

ਆਪਣੀ ਜ਼ਬਾਨ ਵਿਚ ਹੋਰ ਜ਼ਿਆਦਾ ਜਾਣਕਾਰੀ ਲੈਣ ਲਈ ਫੋਨ ਕਰੋ 0131 553 6553

欲想索取閣下所操之語文資料，請致電 0131 553 6553。

Aby uzyskać informacje w Waszym języku, prosimy o kontakt pod numerem telefonu 01315536553.

For a full list of publications please go to the Action for Sick Children (Scotland) website at www.ascscotland.org.uk

For all other information please contact:



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