

# Useful contacts

## National contacts

### Allergy UK

01322 619 898

[www.allergyuk.org](http://www.allergyuk.org)

### Association of Breastfeeding Mothers

0300 330 5453

9.30am-10.30pm, seven days a week

[www.abm.me.uk](http://www.abm.me.uk)

### Association for Post Natal Illness

<https://apni.org>

### Asthma UK

0300 222 5800

[www.asthma.org.uk](http://www.asthma.org.uk)

### Birth-to-five development timeline

An interactive guide to child development from birth to five years old.

[www.nhs.uk/Tools/Pages/birthtofive.aspx](http://www.nhs.uk/Tools/Pages/birthtofive.aspx)

### Bliss

For babies born too soon, too sick, too small.

0808 801 0322

[www.bliss.org.uk](http://www.bliss.org.uk)

### Bookstart

[www.bookstart.org.uk](http://www.bookstart.org.uk)

### Birth Trauma Association

[www.birthtraumaassociation.org.uk](http://www.birthtraumaassociation.org.uk)

### Caroline Walker Trust

Produce nutritional and practical guidelines.

[www.cwt.org.uk/](http://www.cwt.org.uk/)

Email: [info@cwt.org.uk](mailto:info@cwt.org.uk)

### ChangeLife

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

**Child Accident Prevention Trust**

020 7608 3828  
[www.capt.org.uk](http://www.capt.org.uk)

**Cry-sis**

08451 228 669, 9am-10pm,  
[www.cry-sis.org.uk](http://www.cry-sis.org.uk)

**Diabetes UK**

[www.diabetes.org.uk](http://www.diabetes.org.uk)

**Downs Syndrome Association**

0333 1212 300  
[www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)

**Family Lives**

0808 800 2222  
[www.familylives.org.uk](http://www.familylives.org.uk)

**Healthy Start**

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

**La Leche League GB**

0845 120 2918, available 24 hours, seven days a week  
[www.laleche.org.uk](http://www.laleche.org.uk)

**The Lullaby Trust**

Provides information on safer sleeping and specialist support for bereaved families and anyone affected by a sudden infant death.

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

**Meningitis Now**

0808 80 10 388  
[www.meningitisnow.org](http://www.meningitisnow.org)

**National At-Home Dad Network**

[www.athomedad.org](http://www.athomedad.org)

**National Breastfeeding Network Helpline**

0300 100 0212, 9.30am-9.30pm, seven days a week,  
[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

**National Childbirth Trust**

0300 330 0700, 8am-midnight, seven days a week  
[www.nct.org.uk](http://www.nct.org.uk)

Healthy Early Years - your child and you in Calderdale  
a guide from birth to five

*NHS Calderdale Clinical Commissioning Group  
Calderdale Council*

**National Domestic Violence Helpline**

0808 2000 247, 24 hours

[www.refuge.org.uk](http://www.refuge.org.uk)

**National Portage Association**

[www.portage.org.uk](http://www.portage.org.uk)

**Netmums**

Parenting advice and information,

[www.netmums.com](http://www.netmums.com)

**Newlife Foundation for Disabled Children**

[www.newlifecharity.co.uk](http://www.newlifecharity.co.uk)

**NHS 111**

The NHS non-emergency number. It's fast, easy and free. Call 111 when you need medical help fast but it's not a 999 emergency.

**NHS Dentist**

[www.nhs.uk/dentist](http://www.nhs.uk/dentist)

**Oral Health Foundation**

01788 539780, 9.00am-5.00pm, Monday-Friday

[www.dentalhealth.org](http://www.dentalhealth.org)

**PANDAS - Pre & Postnatal depression advice and support**

[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

**Red Cross**

Information on CPR (kiss of life),

[www.redcrossfirstaidtraining.co.uk](http://www.redcrossfirstaidtraining.co.uk)

**The Royal Society for the Prevention of Accidents (RoSPA)**

General Information: 0121 248 2000 General email enquiries to: [help@rospa.com](mailto:help@rospa.com)

[www.rospa.com](http://www.rospa.com)

**Smokefree**

National stop smoking app, email, SMS and guidance.

[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

**Start4Life**

Healthy tips

[www.nhs.uk/start4life](http://www.nhs.uk/start4life)

**Twins and Multiple Birth Association (TAMBA)**

[www.tamba.org.uk](http://www.tamba.org.uk)

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## Local contacts

### Registering a birth

01422 288081

Calderdale: <http://ebooking.calderdale.gov.uk/eRegistrar/>

### Family support services

This on-line directory provides access to information about a wide range of local services for children and young people and their families living in Calderdale.

[www.calderdale.gov.uk/education/childcare/familiesdirectory/search.jsp](http://www.calderdale.gov.uk/education/childcare/familiesdirectory/search.jsp)

### For information on childcare and early years education funding

Calderdale Early years and Childcare Team 01422 392576

[www.calderdale.gov.uk/v2/residents/education-and-learning/childcare](http://www.calderdale.gov.uk/v2/residents/education-and-learning/childcare)

### Contacting your local Health Visitor

[www.cht.nhs.uk/services/clinical-services/health-visitors](http://www.cht.nhs.uk/services/clinical-services/health-visitors)

### Contacting your local Maternity Services

Community Midwife Hub

01422 2613331

[www.cht.nhs.uk/services/clinical-services/maternity-services/](http://www.cht.nhs.uk/services/clinical-services/maternity-services/)

### Find out what is happening at a Children's Centre near you

<http://surestartchildrenscentresnhp.org.uk>

[www.childrenscentres.co.uk](http://www.childrenscentres.co.uk)

### Breastfeeding

Calderdale Breastfeeding Peer Support

079204 66660

### Baby Café

Breastfeeding Support in Halifax and Huddersfield.

[www.thebabycafe.org](http://www.thebabycafe.org)

Breastfeeding friendly places available on [www.onlynatural.org.uk](http://www.onlynatural.org.uk)

### Calderdale Portage and Early Years Support Teacher Team

This service supports the needs of children in their home or early education setting.

01422 392579

Email: [peyst@calderdale.gov.uk](mailto:peyst@calderdale.gov.uk)

### Special Educational Needs and Disabilities

#### Local Offer

If your child has special educational needs or disabilities the Local Offer is a central hub to provide information, advice, guidance and support.

[www.calderdale.gov.uk/localoffer](http://www.calderdale.gov.uk/localoffer)

### **Calderdale Parent and Carers (CPC)**

A parent led organisation that provides support and delivers a range of free or subsidised services to help you as the parent(s) or carers of disabled children or children with additional needs to achieve the best possible outcomes.

01422 343090

[www.cpandc.org.uk](http://www.cpandc.org.uk)

Email: [info@cpandc.org.uk](mailto:info@cpandc.org.uk)

### **Healthy Lifestyles Support Better Living Team**

The Better living service offers physical activities and healthy lifestyles courses that are specifically designed to support people achieve a healthier lifestyle.

01422 230230

### **Healthwatch Calderdale**

The local watchdog for health and social care services used by you, your children and people you care for.

We provide information and advice, signposting to other services, and an independent health complaints advocacy service.

Use our website to leave reviews of services whether you have had a positive experience or there is room for improvement.

If we find there is a serious issue, or one affecting a number of people, we can investigate and help to make change happen.

01422 399433

Email: [info@healthwatchcalderdale.co.uk](mailto:info@healthwatchcalderdale.co.uk)

[www.healthwatchcalderdale.co.uk](http://www.healthwatchcalderdale.co.uk)

### **Branching Out (Lifeline)**

Branching Out is a confidential alcohol, drug and tobacco service provided by Lifeline. It is for all young people under 21 in Calderdale.

01422 510000

[www.lifeline.org.uk](http://www.lifeline.org.uk)

### **Calderdale Recovery Steps**

Calderdale Recovery Steps is the new service that delivers drug and alcohol treatment services across Calderdale supporting people aged 18 and over. 01422 415550

<http://calderdaleinrecovery.com/>

### **Contraception**

You can get advice on contraception from your GP or from the local family planning service.

<http://sexualhealth.cht.nhs.uk/think-sexual-health/>

Email: [sexualhealthservices.chft@nhs.net](mailto:sexualhealthservices.chft@nhs.net)

### **Yorkshire Smokefree Calderdale**

- Practical advice from our specialist advisors.
- Access to medication to help you stop smoking.
- Free group sessions in Calderdale.
- Specialist support for pregnant ladies. Clinics run at Halifax Central Library, St Paul's Methodist Church in Sowerby Bridge, Noah's Ark Centre in Ovenden and at the Laura Mitchell Centre.

0800 6120011

0330 660 1166 (free from most mobiles)

[www.yorkshiresmokefree.co.uk](http://www.yorkshiresmokefree.co.uk)

### **Calderdale Safeguarding Board**

If you are worried a child or young person is being abused.

01422 393336 multi-agency screening team (MAST)

For out of hours concerns please call the Emergency Duty Team on 01422 288000

[www.calderdale-scb.org.uk](http://www.calderdale-scb.org.uk)

### **Calderdale Domestic Violence Unit - non emergency**

Non emergency helpline for people experiencing domestic violence.

01422 337041 (office hours)

Dial 101 to report an incident.

AASRA Asian Women's refuge 24-hour refuge accommodation 01484 400479

### **Calderdale Staying Safe**

01422 323339 ( office hours)

### **Victim Support West Yorkshire**

An independent charity, who work supporting people affected by crime or traumatic events.

The support is free, confidential and tailored to your needs.

0300 303 1971

### **Calderdale Women's Refuge**

24-hour refuge accommodation. This is a refuge for women and children who are fleeing from or are at risk from domestic violence.

01422 351498