St Ives Area

Health Visitors Under 5's Booklet

This booklet aims to provide parents and carers of children under 5, information on children’s activities in the St Ives areas.
What do babies need?

Parent who sees what the baby is good at

Parent who notices and helps the baby with their difficulties

Warm, friendly face-to-face time

Chance to see other people and be part of the chatting

When the baby talks, to be spoken back to

To be listened to, thought about and told what is happening around them

Routine and regular, predictable ways of being cared for

Parent able to cope with change as the baby develops

Interesting things to look at and do

Parents who will understand that babies are not all the same

... they develop at different rates

Parent who helps the baby reach its full potential.
<table>
<thead>
<tr>
<th>Contents Page:</th>
</tr>
</thead>
<tbody>
<tr>
<td>What do babies need?</td>
</tr>
<tr>
<td>Introductions</td>
</tr>
<tr>
<td>Child Health Clinics</td>
</tr>
<tr>
<td>Breastfeeding Support Clinic</td>
</tr>
<tr>
<td>Surgeries</td>
</tr>
<tr>
<td>Domestic Abuse and Help</td>
</tr>
<tr>
<td>Children’s Centres</td>
</tr>
<tr>
<td>Parent &amp; Toddler Groups</td>
</tr>
<tr>
<td>Pre School Playgroups</td>
</tr>
<tr>
<td>Day Nurseries</td>
</tr>
<tr>
<td>Activities</td>
</tr>
<tr>
<td>Special Needs</td>
</tr>
<tr>
<td>Help &amp; Advice</td>
</tr>
</tbody>
</table>
Introducing the St Ives Health Visiting Team

Health Visitors: 
Helen Astle 01480 357152  
Georgina Hookham 01480 357152  
Desda Jordan 01480 357152  
Mandi Lewis 01480 357152  
Sally Tilley 01480 357152

Nursery Nurses: 
Tricia Ward 01480 357152  
Debbie Ray 01480 357152

Office Administrator: Janet Hamer 01480 357152

Email: ccs-tr.healthvisitorsstives@nhs.net

What is a Health Visitor?
The Health Visitor is a registered nurse with special training in assessment of the health needs of individuals, families and the community.

Core Service
Families with children under 5 are offered a core service and other visits as necessary.

- Antenatal contact at about 28 - 36 weeks.
- New baby contact 10 – 14 days
- 6 – 8 week contact with a Health Visitor to complete the post-natal questionnaire, this gives you the chance to discuss your feelings and worries.
- 1 year check by appointment. This assessment is to ensure your child is reaching his/her milestones and to discuss any concerns.
- 2 year check by appointment. This assessment is to ensure your child is reaching his/her milestones and to discuss any concerns.
- Your Health Visitor can be contacted at any time to discuss any aspect of your child’s behaviour and development, e.g. sleep difficulties, feeding problems, behaviour problems or any difficulties within the family.
Immunisations:
Appointments will be sent, immunisations are done by the practice nurses at GP surgeries. Please bring your red book with you.

St Ives Area Health Visitors
Health Visitors offer tried and tested advice and can answer any questions that you may have about your child; they can be a great source of support, and can help with many problems such as sleep, eating, potty training and developmental progress.

You need to contact the Health Visitor on the list below that is based at the GP surgery where you are registered. If there is no one there, feel free to leave a message. All offices have answer phones, and any messages left are returned as soon as possible.

Children’s Health Clinics

Papworth Clinic
Daisy Children’s Centre
Varrier Jones Drive, Papworth Everard

Every 1st and 3rd Tuesday of the month:
1:30pm – 2:30pm

St Ives Clinic, Ramsey Road (next to Fire Station)
Monday: 2 - 3pm and Thursday 10:30am - 12noon

14 Cornwall Rd
Wyton PE28 2ED

4th Tuesday of the month
10-11am

No appointments necessary please bring your red book with you.

Breastfeeding Support Clinic (0 - 6 months) – From Weds 16 August 2017
St Ives Clinic, Ramsey Road, Every Wednesday 11.00am – 12 noon, Tel: 01480 357140

If you would like to attend a Speech and Language drop in please look on the website at: http://www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services/specialist-services/childrens-speech-and-language-therapy/my-child/drop-in-to-see-us for drop in dates and venues in the area.
Surgeries

The Spinney Surgery, St Ives Tel: 08444773603

The Orchard Surgery, St Ives Tel: 01480 466611

Northcote House Surgery, St Ives Tel: 01480 461873

The Old Exchange Surgery, St Ives Tel: 01480 497477

Cromwell Place Surgery, Tel: 01480 462206

Papworth Surgery, Papworth Everard, Tel: 01480 830888
DOMESTIC ABUSE AND HELP

One in four women will experience domestic violence, which includes physical violence, verbal abuse, money control and bullying. So, if that is not you, it might be your sister, mother, friend, fellow worker.

Sadly every week two women are killed by their partner or ex partner. Less than half of all incidents are reported to the police, but they still receive a call every minute which involves domestic abuse.

There is a lot of help to be found “out there”, but the biggest, and bravest, step is to say “enough is enough”, and to seek help. On average women suffer for years before seeking help.

Immediate danger Police 999

Don’t forget to cover your tracks if using websites, landlines or mobile phones.

It is advised that if looking on websites and you are living with your abuser, that you use a different computer.

The St Barnabas Learning Centre, (Coneygear Road), or Huntingdon library are excellent places to do this. (For advice on this the best website is www.womensaid.org.uk)

National Centre for Domestic Violence (NCDV)

Very good information site, provides excellent support for getting an injunction, free, fast, emergency service

Tel: 0844 8044 999

Text NCDV TO 60777 (they will call you back)

Website: www.ncdv.org.uk

Women’s Aid

National domestic violence charity which helps 25,000 women and children every year. Good website with lots of useful advice for yourself and women you know.

Tel: 0808 2000 247
Website: www.womensaid.org.uk
Email: help@womensaid.org

Cambridge Women’s Aid
Tel: 01223 460 947
NOUR (advice / information for Muslim women)
Website: www.Nour-dv.org.uk
Advice/help line Mon to Fri 10am – 1pm
Tel: 0208 904 8193 / 0208 908 6715

Karma Nirvana
Supports victims and survivors of forced marriage and honour based abuse.
P.O. Box 148
Leeds
LS13 9BD

Advice/helpline Tel: 0800 5999 247
Website: www.karmanirvana.org.uk

NSPCC Asian
Women’s helpline Tel: 0800 096 7719
English, Bengali, Hindi, Urdu, Punjabi and Gujarati

Samaritans
You don’t have to be suicidal. A listening ear to provide comfort and support, 24hrs a day, 365 days of the year.

Tel: 08457 90 90 90
Website: www.samaritans.org.uk
Email: jo@samaritans.org

Freepost rsrb-kkby-cyjk
Chris
PO Box 9090
Stirling
FK8 2SA

Victim Support
Tel: 0845 30 30 900

The Hideout
Young person’s website to help children and young people understand domestic abuse, and how to take positive action.

Website: Thehideout.org

Childline
Tel: 0800 1111
Children’s Centres

Sure Start Children’s Centres are at the heart of the government’s “Every Child Matters: Change for Children” programme.

Their purpose is to improve outcomes for all young children, from birth to age 5 and to reduce inequalities in outcomes between children growing up in disadvantage and the wider population. Centres provide a focus for multi-agency teams to deliver integrated services to young children and their families.

Children’s Centres in Huntingdonshire

The Daisy Children’s Centre
Varrier Jones Drive
Papworth Everard
CB23 3XQ
Tel: 01480 831423

Activities include – baby & toddler groups, play sessions, First Aid.

St Ives Children’s Centre
Broad Leas Centre
Broad Leas
St Ives
PE27 5QB
Tel: 07776494100

Activities include – baby & toddler groups, baby yoga, Asian women’s group, Polish parent & toddler group, postnatal depression group, speech & language group & support groups.

Starship Children’s Centre
Gladeside, Bar Hill, Cambridge  CB23 8DY
Tel: 01954 200473
Email: barhillchildrenscentre@cambridgeshire.gov.uk

Daffodil Children’s Centre
Park Lane, Godmanchester, Huntingdon  PE29 2AG
Tel: 01480 375116
Email: godmanchesterchildrenscentre@cambridgeshire.gov.uk
Parent and Toddler Groups

Please contact these groups direct to check details are correct as this list is not regularly updated.

St Ives

**The Bridge Parent and Toddler Group**
Unit 3, Bramley Road (behind BP Garage)
Thursday 9:30am – 11am (term time only)

**Crossways Church, Ramsey Road**
(Booking Essential – Term time only)
9:30am – 11:30am Tuesday
Tel: 01480 454220

**Free Church**
Market Hill
Wednesday (Term time only) 1:30pm – 3pm
Tel: 01480 468535

**Burleigh Hill Community Centre**
Constable Road
Thursday 9:30am – 11:30am
Tel: 01480 463161 (hall)
Tel: 01480 351635 (Barbara Cleminshaw)

**Methodist Church**
The Waits
Tuesday 10am – 11:30am

**Thorndown School Mobile**
Wednesday (Term time only) 9:15am – 10:30am

**Eastfield School**
Friday 9am – 10:45 am
Tel: 01480 463958

**Monday Munchkins**
Every Monday 10am - 12noon
All Saints Church Hall, Ramsey Road (opp. The Merchant Pub)
BLUNTISHAM
Little Fishes Parent & Toddler Group: 0 - 3 years old
Baptist Church Hall
Every Tuesday (term time only) 10am - 11:30am

St Mary’s Church Hall
Station Road
Every Monday 10am - 11:30am
Tel: 01487 840984

COLNE
Village Hall
Fridays (Term time only)
10am – 12noon

EARITH
Rectory Hall
Every Thursday 9:45am - 11:45am - term time only

ELTISLEY
Eltisley 0 – 5 Group
CADE – Cricket Pavilion
Every Monday 10am – 12noon

FENSTANTON FIREFLIES
Church Hall, School Lane
Every Wednesday 10am – 11:30am
£2.50 per adult

HEMINGFORD’S
1st Steps, St James Parish Centre
Tuesday 10:00am – 12noon (term time only)
Tel: 01480 375939

St James Parish Centre
Tots Praise
Thursday 1.45pm - 3pm (Term time only)
HILTON
Village Hall
Every Tuesday (Term time only) 10am – 11:30am

HOUGHTON & WYTON
The Memorial Hall
Houghton
Tuesday & Thursday 10.00am – 11.45am
Tel: 01480 466301 (Amanda Read)

HUNTINGDON
Little Stars
Spring Common School
Huntingdon
Group for Children with Special Needs
Wednesday (Term time only) 9:45 am – 11:45am
Tel: 07971 736002

NEEDINGWORTH
Village Hall
Monday 10.00am – 11.30am
Tel: 01480 469260 (Emma Taylor)

Baptist Church
Every Wednesday 10.00am – 11.30am

WYTON TODDLER GROUP
Bumps, babies and beyond
2-4 Cornwall Road, Wyton on the Hill
Every Tuesday 9:30am – 11:30am
Every Thursday 1pm – 3pm
£1 per family
St Ives Area Pre-School Playgroups

**Burleigh Hill Pre-School**
Wheatfield Junior & Infant School
Wheatfields
St Ives
Tel: 01480 498600

**Eastfield County Nursery Class**
Eastfield School
Pig Lane
St Ives
Tel: 01480 463958

**Fenstanton Pre-School**
The Mobile
School Lane
Fenstanton
Tel: 01480 496156

**Hemingford Grey Playgroup**
St. Ives Road
Hemingford Grey PE28 9DU
Tel: 01480 496141

**Hilton Pre-School**
The Village Hall
The Green
Hilton
Tel: 01480 831561

**Houghton & Wyton**
Pre-School Playgroup
Village Playing Field
St Ives Road
Houghton
Tel: 01480 943691

**Needingworth Community Pre-School**
Holywell School
Mill Way
Needingworth
Tel: 01480 462007
St Ives Area Pre-School Playgroups

Burleigh Hill Pre-School
Wheatfield Junior & Infant School
Wheatfields
St Ives
Tel: 01480 498600

Eastfield County Nursery Class
Eastfield School
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The Village Hall
The Green
Hilton
Tel: 01480 831561

Houghton & Wyton
Pre-School Playgroup
Village Playing Field
St Ives Road
Houghton
Tel: 01480 943691

Needingworth Community Pre-School
Holywell School
Mill Way
Needingworth
Tel: 01480 462007
Pavilion Playgroup  
Thorndown Infant School  
Hill Rise  
St Ives  
Tel: 01480 462741  

Wyton Pre-School  
Bennett Childcare Centre  
Wiltshire Road  
Wyton  
Tel: 01480 435471  

Wheatfields Nursery Playgroup  
c/o Wheatfield Junior & Infant School  
Nene Way  
Wheatfields  
St Ives  
Tel: 01480 494960  

St Ives Area Day Nurseries  

Eastfield County Nursery Class  
Eastfield School, Pig Lane, St Ives  
Tel: 01480 463958  

Fledglings Day Centre  
Bennett Childcare Centre  
Wiltshire Road, Wyton  
Tel: 01480 453891 Ext 7398  

Ladybird Day Nursery  
The Linden  
24 High Street, Fenstanton  
Tel: 01480 469166  

Roundabout Day Nursery  
Compass Point Business Park  
Stock Bridge Way, St Ives  
Tel: 01480 494966
Silk Farm Nursery School
St Ives Road
Somersham
Tel: 01487 843525

St Ives Day Nursey
15 Needingworth Road
St Ives
Tel: 01480 380081

Sunshine Day Nursery
Methodist Church Hall
Potton Road, Hilton
Tel: 01480 830351

Zig Zag Day Nursery
High Leys
St Ives
Tel: 01480 462420

Opportunity Links
If you require a list of other childcare providers, please contact Opportunity Links on either 0800 298 9121 (Peterborough area) or 0845 0454014 (Cambridge area) or look on their website www.opportunity-links.org.uk

Activities

Libraries
Libraries (Story Time)
Tel: 08450 455225

Twins Club
Voluntary group of parents who have faced the blessings and challenges of multiple births. Essentially a self help group, meeting up for coffee and play sessions. There are also monthly outings, social evenings, summer and Christmas events and a buddy system and regular newsletters.

Twins & Multiple Births Association (TAMBA)
Support listening & information service
Tel: 0870 770 3305

Twinline
Support & information service
Tel: 0800 138 0509 between 10.00am – 1.00pm or 7.00pm – 10.00pm
Noah’s Ark (Ely & District)
Witchford Baptist Church, Main Street, Witchford
Tuesdays 10.00am – 12.00pm
Tel: Lisa 07985200922 or Bryony 07932631401

Huntingdon Twins Club
Medway Centre, Huntingdon
1st & 3rd Monday of the month
Email: hunts.twinsclub@googlemail.com
Contact details are also on the TAMBA website

Poppies Children’s Centre Twins Group
Brampton Village Primary School, Brampton PE28 4RF
Monday 10.00am – 11.30am - Tel: 01480 376191

SPECIAL NEEDS

There are a number of support groups within the area who offer help and support to parents, carers and their children.

SAID (Speech and Interactive Difficulties)
SAID is a support group for parents of children with autistic spectrum disorder and associated communication and interaction difficulties. They hold regular meetings and activities locally.
Tel: 01480 354125.

The Family Fund and Contact a Family
Support, advice and information for families with disabled children. They publish fact sheets on a variety of topics including travel and funding. The family fund can also give grants towards holidays for families on low incomes.
The Family Fund, Unit 4, Alpha Court, Monks Cross Drive, Huntingdon, York, YO32 9WN
Tel: 0845 130 45 42 open 9.00am – 5.00pm

Contact a Family
209-211 City Road, London, EC1V 1JN.
Tel: 0207 760 88700 or their helpline number is 0808 808 3555. Helpline available daily 10.00am – 4.00pm and Monday 5.30pm – 7.30pm.

Kids Out
Charity that gives grants to fund specially designed toys and equipment; also holidays and short breaks.
Tel: 01525 385252 for more information.
**Children Today**  
Another charity that funds a wide variety of specialist equipment for children with special needs.  
Tel: 01244 335622  email: [www.children-today.org.uk](http://www.children-today.org.uk)

**Sense**  
Sense is the biggest provider of services for deaf blind people and is a national Organisation.  
Tel: 0845 127 0080 for more information.

**Listening Books**  
Charity who loan out audio books via post for those who have difficulties reading.  
Tel: 0207 407 9417 for more information.

**NCH Cambridgeshire Activity Service**  
These organise activities for children and young people with learning disabilities during the school holidays.  
Tel: Lisa Morley 01954 233949 for more information

**Upside Down Club**  
Multi-sports group for children/young people with disabilities. Meetings are held monthly at St Ivo leisure centre.  
Tel: Fiona 01480 830614 for more information

**Parent Partnership Service (PPS)**  
Offers information and advice to parents and carers of children with special education needs.  
Tel: 01223 714111  
Email: [pps@cambridgeshire.gov.uk](mailto:pps@cambridgeshire.gov.uk)

**HELP AND ADVICE**

**National Support Groups and Help lines**  
Real Nappies – 0845 644 3045 offer a free 2 week trial and advice.  
NYAC – 0800 616101. Advice and Advocacy for children and young people  
SERENE – 0207 404 5011. For parents of crying babies  
GINGERBREAD – 0800 018 4318. Advice line for one parent families  
Association for Postnatal illness – 0207 386 0868  
Domestic Violence Helplines  
Refuge/Women’s Aid – 0808 2000 247  
Women’s Domestic Violence Helpline – 0161 839 8574  
Muslim women’s helpline – 0208 8904 8193  
Childline – 0800 1111  
NSPCC – 0808 800 5000  
Shelterline – 0808 800 4444  
Samaritans – 08457 90 90 90  
Victim Support – 0845 30 30 900  
Cambs women’s aid – 01223 460947  
National Centre for Domestic Violence – 08709 220704/0800 9702070  
The Child Care Information Service – 0845 0454014
Other helplines
AIDS – 0800 567123
Alcoholics Anonymous – 0845 769 7555
Asthma – 0207 226 2260
Autism – 0207 7833 2299
Benefit Enquiry Line – 0800 882200
Cruise Bereavement – 01480 414511
DASH – Drug & Alcohol Service – 01480 415231
DIAL Druglink – 01480 413800
Debtline – 0645 500 511
Direct gov – www.direct.gov.uk (Government information & services)
Drinksense – 01480 456956
Dyslexia – 0117 9739 405
Eczema – 0207 388 4097
Kidscape – 0207 730 3300 (For parents of children being bullied)
Lone Parent helpline – 0800 018526
National Childbirth Trust – 0300 3300 770
National Drugs helpline – 0800 77 66 00
Needle disposal – 01480 388 388
Net Mums – www.netmums.com
NHS Direct – 0845 4647
Parentline – 0808 800 2222
Refuge – 24hrs crisis line – 08705 995 443
Relate – 01223 357424
Social Care Services – 0845 045 5203
Women’s Aid National 24hr domestic violence helpline – 0845 023 468

We have tried to include all known activities and facilities for the under 5’s. We hope we have achieved this, but if you know of an event or activity that is not featured, please contact us. We welcome any contribution and alterations.

PLEASE REMEMBER WHILST AT ANY OF THE GROUPS WITHIN THIS BOOKLET, THE SAFETY OF YOUR CHILD IS YOUR RESPONSIBILITY.
For further information about this service contact:

Health Visiting Office
St Ives and Ramsey Area
Oak Tree Centre
1 Oak Drive
Huntingdon
Cambs
PE29 7HN

Telephone: 01480 357152

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any concerns about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on Freephone 0800 013 2511 or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.