

Support and advice for new parents

Having a new baby can be really exciting but all parents and carers need a bit of support. We've pulled together information on the help and support that is available to you in Camden.

If you are struggling with the cost of living crisis and you're in urgent need of support, help is available

☎ 020 7974 4444 (option 9)

📍 camden.gov.uk/costofliving



Children's centre services

There are six children's centres in Camden that offer advice, support and activities for people and families who are expecting a baby or have children up to the age of 5. This includes health visiting and family support, support with breastfeeding, baby feeding and healthy eating, support with your own wellbeing, help finding a job and applying for benefits, childcare, free activities and play sessions, and support for children who are disabled or have special educational needs. They are also a good place to meet other parents and carers 📍 camden.gov.uk/childrenscentres

☎ 0800 389 5789



Make sure you're getting all the help with money that you're entitled to



1. Check you're receiving all the benefits you're entitled to: benefits-calculator.turn2us.org.uk
2. You could get a Sure Start Maternity Grant one-off payment of £500 to help towards the costs of having a child – claim within 6 months of the baby's birth:
gov.uk/sure-start-maternity-grant
3. Find out about other benefits available if you have a child, including pay when you have or adopt a child, Child Benefit, support for disabled children and help with childcare costs:
gov.uk/browse/benefits/families
4. Check if you're eligible for Council Tax Support for a reduction in council tax:
camden.gov.uk/council-tax-support
5. If you receive benefits, tell the Department for Work and Pensions (DWP) and the Council's benefits team about your new baby and any loss of earnings as you may be entitled to more support gov.uk/report-benefits-change-circumstances camden.gov.uk/change-circumstances
6. If your child is disabled, grants may be available from familyfund.org.uk
7. If you're a lone parent, live in Camden and looking to re-enter employment, you may be eligible for a £1,500 Childcare Grant [020 7974 1666](https://02079741666) camden.gov.uk/childcaregrant
8. Contact our Early Years Welfare Rights Service for free help and advice with benefits assessments and accessing other support [@ieysWelfareRights@camden.gov.uk](mailto:ieysWelfareRights@camden.gov.uk)
[0800 389 5789](https://08003895789)

Little Village

Little Village is a local charity that provides a range of free or low-cost equipment, clothes and nappies for new parents. Ask your midwife or health visitor for a referral littlevillagehq.org



Help with food

NHS Healthy Start

Get help to buy healthy food, milk and vitamins if you're pregnant or have a child under 4 healthystart.nhs.uk

Emergency formula milk

If you are struggling to afford infant formula milk for your child, please speak to your GP or health visitor.



Support with healthy eating

Join free healthy eating and programmes and cook-along webinars (voucher for ingredients provided).

camden.gov.uk/healthy-eating-families

If you're in urgent need of support with food:

- findfood.camden.gov.uk
- [@communityresponse@camden.gov.uk](mailto:communityresponse@camden.gov.uk)
- [020 7974 4444 \(option 9\)](https://02079744444)
- camden.gov.uk/access-food

Free school meals

If you have a school-aged child who is eligible for free school meals and you claim, you will save over £500 a year. Check if your child is eligible and apply camden.gov.uk/free-school-meals. If your child receives free school meals ask your child's school if they have a breakfast club.

More support with the cost of living crisis



If you're struggling with the cost of living crisis, you're not alone. Find out more about the help and support available:

- camden.gov.uk/costofliving
- [020 7974 4444 \(option 9\)](https://02079744444)



Help with mental health and wellbeing

- Family Lives is a service that supports families. For more information, contact your local children's centre or health visitor
📍 familylives.org.uk or call 📞 **0808 800 2222**
- If you're feeling down or anxious, or if you think you or your partner may have pre- or post-natal depression, you can also speak to your GP, call iCope on 📞 **020 3317 6670** or find out more about mental health support at 📍 camden.gov.uk/mental-health
- If you're experiencing a mental health crisis, phone the 24-hour crisis line on for specialist support 📞 **020 3317 6333**
In an emergency, always call 📞 **999**



If you're at risk of or experiencing domestic violence or abuse, free and confidential help is available through Camden Safety Net.

@ camdensafetynet@camden.gov.uk

📞 **020 7974 2526** 📍 camden.gov.uk/domestic-violence

'Warm welcome' spaces

These are available across Camden to relax, meet up with others and get support with the cost of living crisis if you need it. You'll find them in children's centres, libraries and other community buildings.

📍 camden.gov.uk/warmwelcome

Free activities

In addition to the activities at children's centres, there are a range of free things to do with your baby in Camden. Our libraries run weekly rhyme time and baby bounce sessions – check times at 📍 camden.gov.uk/rhymetime. Find out about more activities in your neighbourhood at 📍 camden.gov.uk/free-events-activities

