

# 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-9.30pm

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

### Asthma UK

0800 121 62 44

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

### British Dental Health Foundation

01788 539780

9am-5pm, Monday-Friday

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

### Child Accident Prevention Trust

020 7608 3828

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

### Cry-sis

08451 228 669

[www.cry-sis.org.uk](http://www.cry-sis.org.uk)

### Diabetes UK

[www.diabetes.org.uk](http://www.diabetes.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 7 days a week.

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

### The Lullaby Trust

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

**Meningitis Now**

0808 80 10 388

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

**National Stay At-home Dad Network**

Dad's views, chat, news and support

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

**National Breastfeeding Network Helpline**

0300 100 0212

9.30am-9.30pm

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

**National Childbirth Trust**

0300 330 0700

8am-10pm 7 days a week

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

**National Domestic Violence Helpline**

0808 2000 247

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

**Netmums**

Parenting advice and information.

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

**Red Cross**

Information on CPR (kiss of life)

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

**Start4Life Healthy tips**

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

**To find an NHS Dentist**

Call **NHS 111** or visit [www.nhs.uk](http://www.nhs.uk)

**NHS 111**

NHS 111 makes it easier for you to access local NHS healthcare services. It is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Call NHS 111 if:**

- You need medical help fast but it's not a 999 emergency.
- You think you need to go to A&E or need another NHS urgent care service.
- You don't know who to call or you don't have a GP to call.
- You need health information or reassurance about what to do next.

If a health professional has given you a specific phone number to call when you are concerned about your condition, continue to use that number.

## **Smokefree**

Call 0300 123 1044 or visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

## **Local contacts**

### **Rochdale Family Information Service**

A free information and advice service providing up-to-date information about childcare and services for families with children aged 0-19 (0-25 for children with additional needs) in the Rochdale borough.

01706 719900

[www.rochdale.gov.uk/familyhelp](http://www.rochdale.gov.uk/familyhelp)

[family.info@rochdale.gov.uk](mailto:family.info@rochdale.gov.uk)

### **Health Visiting/School Nursing Teams**

These are not emergency services. If your child is unwell or needs immediate attention, please contact your GP or emergency services as appropriate.

#### **Rochdale East Locality**

Health Visiting, 01706 261955/676444.

School Nursing, 01706 261800.

#### **Rochdale West Locality**

Health Visiting/School Nursing,

01706 676300.

#### **Pennine Locality**

Health Visiting/School Nursing,

01706 764320.

#### **Middleton Locality**

Health Visiting, 0161 716 2830.

School Nursing, 0161 716 2840.

#### **Heywood Locality**

Health Visiting/School Nursing,

01706 261952.

## **Children's Community Nursing Team**

The Team is delivered by Pennine Care NHS Foundation Trust and operates from 8am-8pm, 365 days a year. It comprises skilled children's nurses who see children and young people, aged from birth to 18 years, who have a range of conditions. They can provide treatment and care for an acute need, for example after an illness or injury. They also help if a child has a long-term medical need such as epilepsy, diabetes or asthma. Speak to your GP.

## **Healthwatch Rochdale**

Helps local people get the best out of their health and social care services. Make sure your views on local health and social care services are heard.

01706 249575

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

[info@healthwatchrochdale.org.uk](mailto:info@healthwatchrochdale.org.uk)

## **Healthy Young Minds**

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

## **Out-of-hours services**

To access these, call your GP practice as usual and you will be advised which services are available to you.

## **Walk-in centres**

These services can offer assessment and treatment of minor illnesses and injuries that aren't serious enough to require a visit to A&E. No appointment is necessary.

## **Rochdale Urgent Care Centre**

Rochdale Infirmary, Whitehall Street,  
OL12 0NB.

Open 24 hours, seven days a week.

## **Bury Urgent Treatment Centre**

### **Moorgate Primary Care Centre,**

22 Derby Way, BL9 0NJ.

Open 8am-10pm, seven days a week.



**Heywood, Middleton and Rochdale NHS Walk-in Centre**

Integrated Care Centre,

New Radcliffe Street, OL1 1NL.

Open 7am-11pm, seven days a week.

**A guide for parents and carers of children from birth (and beyond)  
Common childhood illnesses & wellbeing**

***NHS Heywood, Middleton and Rochdale Clinical Commissioning Group  
NHS Oldham Clinical Commissioning Group***