

Emotional, security and attachment (EPIP)

EPIP provide a services working with parents to be and parents with a babies up to 18 months

- Are you feeling low or depressed?
- Are you anxious or worried?
- Are you feeling concerned that you haven't formed a bond with your baby?

What is EPIP?

They are a small team consisting of a specialist health visitor & a parent infant psychotherapist. We work with parents and their babies to understand the feeling you have for your new baby & trying to find ways of communicating together and enjoying each other

How to find out more?

Jane Davies (Specialist Health Visitor) -

0208 702 6828 or email-

beh-tr.epip@nhs.net



Welcome to Enfield Children Centre



020 8106 9996

www.ccenfield.org

Family support via Enfield Children Centre

We are a service that offers support to families with children under the age of 5 that may be struggling with the following:

- Behaviour management
- Form filling
- Nursery placement
- Food bank
- Referrals to charities
- Referrals to other services for emotional support, Domestic violence etc.
- Parenting course such as first time parents

To book an appointment to speak with a Family Support Worker

call -

020 8106 9996



Domestic Abuse

If you're worried about yourself or someone else.

HELP & SUPPORT LINE

Free Phone: 0800 923 9009

Email: CallusDAH@enfield.gov.uk

Citizen Advice Bureau

They are able to provide you with facts and possible outcomes of different options, that way you can make the decision that is right for you. If needed they will offer practical support such as form filling, writing letters or negotiating with third parties.

Do you need support with:

- Benefits
- housing
- form filling
- Money and debt problems
- Employment



How to book an appointment:

Call Enfield Children's Centre—020 8106 9996

Have you just had a new baby?

Enfield Children's Centre are offering a **First Time Parents Group** for those who have had a new baby aged between 2-4 months .

We aim to provide parents with information and knowledge of local services available.

The course runs for 5 weeks & each week we have a different professional join us to discuss the service that they offer.

Check on our website www.ccenfield.org for more information then call us on 020 8106 9996 to book a place

Local Health Visitor Team

Call- 020 3988 7300

For more information on about the Health Visiting service in Enfield please go to- <https://www.northmid.nhs.uk/health-visiting/>



Healthy Child Clinic Drop-ins at Enfield Children's Centres

Forest Green - Every Monday 1:15pm - 3:15pm

Eldon Children's Centre

Moorfield - Every Friday 9:30am - 11:30am

Carterhatch Children's Centre



HENRY Starting Solids Workshop

For parents ensuring babies have a healthy start in life

Please see our website www.ccenfield.org for more information then call

020 8106 9996 to Book a place

Universal Therapies Team

Have you heard of the new Universal Therapies Team for Enfield residents?

If you have any questions concerns or about your child's development, you can stop by and see a therapist for advice and guidance.



We have:

Physiotherapy
Supporting your child's physical development and mobility – eg sitting, rolling, standing, crawling, walking, running, jumping, balance.

Speech and Language Therapy
Supporting your child's talking, understanding, pronunciation and interaction skills.

Occupational Therapy
Supporting your child's main occupations of dressing, self-feeding, toileting, play, early mark-making and teeth brushing.



Where to find us!

Healthy Child Clinic	Day	Time	Professionals Available
Eldon Children's Centre Eldon Primary School, St Peters Road N98JP	Monday	Drop-in from 1:15-2:45pm	Speech & Language Therapy
Ponders End Youth Centre Ponders End Youth Centre, 129 South Street EN3 4PX	Tuesday	Drop-in from 9:30-11:00am	Occupational Therapy Speech & Language Therapy
Christ Church Hall Christ Church United Reformed Church, Chase Side EN26NJ	Wednesday	Drop-in from 9:30-11:30am	Occupational Therapy Speech & Language Therapy Physiotherapy
Carterhatch Children's Centre Carterhatch Children's Centre, Autumn Close EN14JY	Friday	Drop-in from 9:30-11:00am	Physiotherapy

*Please note we do not book appointments, we are a drop-in service only.

** Unfortunately, we cannot guarantee cover in our absence, please contact your health visitor or GP if you have concerns.

Contact us on: northmid.csruniversaltherapies@nhs.net

Breastfeeding Drop-in Groups in Enfield

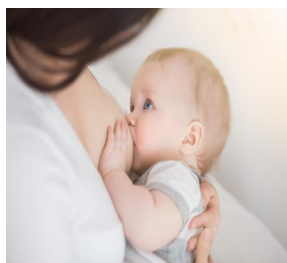
Breastfeeding Support sessions DROP-INS held at DeBohun Children's Centre -Thursday afternoons

1,30 to 3.00PM—NO NEED TO BOOK

Breastfeeding Support session at Carterhatch Children's Centre- Thursday mornings

To refer into this service please email

north.breferrals@nhs.net



Mondays 1.00-3.00pm DROP IN– ABC Breastfeeding Support Group – Craig Park Youth & Family Hub , 2 Lawrence Road, Baxter Road N18 2HN

Tuesdays 9.30am -1.30pm DROP IN– Peer Support Breastfeeding – Ponders End Youth & Family Hub, South Street Enfield ,EN3 5PA

Wednesdays 1.00-3.00pm - North Mid Breastfeeding DROPIN Groups run by Midwives & Specialist Health Visitor– Dugdale Centre, 39 London Road, EN2 6D
Or Contact Adele Houldsworth, Specialist Health Visitor on 07929 744696

Helpline - National Breastfeeding 0300 100 0212
or email- Enfieldsupport@breastfeedingnetwork.org.uk

Open: 9:30am - 9:30pm Every day

All volunteers are trained and supported by the association of breastfeeding mothers and the breastfeeding network.

www.nationalbreastfeedinghelpline.org.uk

Jan 2025

Let's Talk (IAPT)

The service is available for all Enfield residents from the age of 16 registered with an Enfield GP who are experiencing symptoms of the following conditions:

- Low mood, sadness and tearfulness
- Anxiety, worry and tension
- Irritability and anger
- Difficult or unexpected feelings towards your pregnancy or baby
- Poor sleep even when your baby sleeps well
- Feeling unable to cope or enjoy anything
- Thoughts that you are not a good enough parent
- Worrying thoughts about your baby
- Anxiety about labour or struggling to come to terms with a difficult labour

Referral contact details

Website: www.lets-talk-iapt.nhs.uk

Email: lets-talk-enfield@nhs.net

Telephone: 020 8342 3012 / 020 8702 4900

**LET'S
TALK**

TALKING YOUR WAY TO
BETTER MENTAL HEALTH

NHS