

## Baby, children and young people's health

Please use this information to find quick links to guides, support, groups and health information for families and children from 0 to 19 years old.

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### Top tips for staying healthy

You may find these pages on InformationNOW useful. Read more on:

- [Healthy teeth](#)
  - [Healthy eating and drinking](#)
  - [Being active](#)
  - [Children's activities](#)
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### Pregnancy

[NHS Start for Life](#) is an information website where you can find out more about:

- **pregnancy:** week-by-week guide, advice on vitamins, and which foods to include for a healthy, nutritious diet
- **babies:** with tips on parenthood, breastfeeding, vaccinations and free tools for having a healthy, happy baby
- **toddlers:** helping your child learn to talk by chatting, reading and playing together, and being physically active

[Newcastle Support Directory](#) has more information on [Pregnancy Support in Newcastle](#)

[Involve North East](#) has videos for pregnant people and new parents with English as an additional language, to help understand what happens after you've had a baby in the UK. They show the different health professionals you meet and what sort of checks they do on mum and baby, and as your baby grows. They also show where you can get help. These free videos are easy to understand and you can download a free workbook too. [Watch the videos on YouTube.](#)

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### Babies and young children

[Worried about a poorly child? The Little Orange Book](#) has information and advice on everything from common minor ailments like teething, constipation and colds, to more serious conditions like measles or Covid-19 and meningitis. It explains:

- how to manage common illnesses and conditions experienced by babies and young children
- guidance on what to look out for
- using a traffic light system, when to seek help

This guide helps parents and carers to keep their kids well and prevent unnecessary trips to the GP or hospital. You can pick up your own copy of the Little Orange Book from GP surgeries, children's centres or midwives, or [download a copy from the NHS website](#).

The Little Orange Book was produced by Newcastle Gateshead CCG with help from GPs, health visitors, practice managers and staff, pharmacists, paediatricians and children's nurses, as well as parents and carers. [Watch Dr David Jones explain more about the Little Orange Book on YouTube](#).

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## Health information for babies, children and young people

[Healthier Together](#) is an NHS website to find accurate and trusted NHS healthcare advice across North East and North Cumbria (NENC). All the information has been checked by clinicians, to offer the best advice for parents, carers, young people and health professionals.

You can find everything from pregnancy tips and advice on poorly babies to 'should my child go to school today?' or emotional wellbeing for young people, and they regularly add new topics.

### NHS 111

[NHS 111](#) and [NHS 111 online](#) is the free telephone service when you need medical help fast but it's not a 999 emergency.

[NHS 111](#) is the non emergency number to call when you need medical or dental help fast but it's not a 999 emergency. Available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

You can use [NHS 111 online](#) (for people aged 5 and over) to access advice and request a call.

**In an emergency call the Emergency Services on 999.**

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## Breastfeeding support

[Find local breastfeeding support groups](#) on Newcastle Support Directory.

[Read more about breastfeeding help and support from NHS](#).

[Healthworks](#) offer breastfeeding support and an [A to Z of breastfeeding](#) to download.

[La Leche League](#) provide breastfeeding information and support at: face to face meet-ups, on their national Helpline and website, by email and social media support groups.

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## Baby and toddler groups

## [Find local baby and toddler groups on Newcastle Support Directory](#)

These groups often take place at places of worship. [Read more about Places of Worship on InformationNOW.](#)

## Children and families early help and community hubs

Being a parent can be a tough job and sometimes we all need a bit of help.

[Children and Families Newcastle Early Help at Newcastle City Council](#) can help you. You can ask for help with an ongoing problem or get help to prevent one from happening. Early Help can support your family to stay on track.

Children and Families Hubs are social spaces that offer a range of practical, educational and wellbeing activities for babies, children, young people and families. You can get information, help, training and advice at:

Location in Newcastle	Community Hubs (including Autism)
North	<a href="#">Fawdon Children's Centre</a> <a href="#">The Haven</a> <a href="#">Gosforth Library</a>
East	<a href="#">Byker Sands Family Centre</a> <a href="#">West Walker Family Centre</a> <a href="#">St Martin's Centre, Byker</a>
Inner West	<a href="#">Cowgate Centre</a> <a href="#">Riverside Community Health Project at Carnegie Building</a> <a href="#">NunsMoor Centre</a> <a href="#">Families Matter at Blakelaw</a>
Outer West	<a href="#">Galafield Centre</a> <a href="#">Charlton Street in Lemington</a>

Help and services available at the hubs includes: health visiting, family support, community midwifery, mental health support, children's therapies, youth provision, training

opportunities, childcare, employability

**Barnardo's** supports children, young people and families. They offer parenting advice, counselling and support services on matters such as: mental wellbeing, family breakdown, bereavement, discrimination and back to school.

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## Support for parents

There is support for parents available at the [Children and Families Early Help and Hubs](#) mentioned above. There is also a range of support for families in Newcastle . Being a parent can be an exciting and challenging time. Tiredness and stress can result in arguments with the people closest to you. If you are in a relationship, you may find that you're arguing more. Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to your relationship and your children.

You can read more on InformationNOW to find local help and support with:

- [Family and relationship problems](#)
  - [Grandparenting issues](#)
  - [OneplusOne](#) free healthy relationship digital support
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## Common childhood illnesses

As children begin to socialise, they pick up germs and illnesses. This is useful to help their build their immune system. There are some common illnesses to be aware of. But always remember if you are worried about the health of your child, speak to your GP. If your child is listless, floppy, hard to wake, unresponsive, go to [your nearest Accident and Emergency](#). Read more about NHS information on common illnesses:

- [Coughs, colds and ear infections](#)
  - [Rashes](#)
  - [Slapped check syndrome](#)
  - [Hand, foot and mouth](#)
  - [Conjunctivitis](#)
  - [Chickenpox](#)
  - [Diarrhoea and vomiting](#)
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## Symptoms to be aware of

There are some illnesses which can be very serious for babies and children. Your child may not be able to tell you that they're feeling unwell. Read through the symptoms of the illness listed below, so you can spot the signs:

- [Sepsis, blood poisoning or septicaemia](#)
- [Meningitis](#)

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## Health visitors

**Health Visitors** and **School Nurses** are professionals from the NHS who can help you and your family to be healthy. They support children from birth to 19 years old. They can meet you at home, in a clinic or in school. Everything they do is to improve the health and wellbeing of your family.

The services they provide include:

- support for your child's growth, development, emotional wellbeing and health
- healthy living information and advice: stop smoking advice, dental health, contraception and nutrition

They provide support in partnership with you and it's confidential. There may be times when other support is needed and they will talk to you if they think you need additional, specialist help.

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## Register with a GP

Registering with your local doctor or General Practice surgery means you can access health check ups, vaccinations and help out of hours if you need it.

Read more about [Your doctor or GP on InformationNOW](#)

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## Find a dentist

There is no need to register with a dentist in the same way as with a GP because you are not bound to a catchment area.

Simply find a dental surgery that's convenient for you, whether it's near your home or work and phone them to see if there are any appointments available.

### [Search for an NHS dentist near you](#)

Read about [healthy teeth](#) and [dentists](#) on InformationNOW

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## Coronavirus and children

The 3 main symptoms of coronavirus in children are:

- high temperature
- new or persistent cough
- loss or change to sense of taste or smell

[Read more on Coronavirus testing, vaccination and isolation requirements from the NHS.](#)

[Download an animated descriptive book for young children](#) about coronavirus in several languages.

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## Vaccinations for babies and young children

Vaccinating your child protects them as they grow from serious illnesses and diseases. Without vaccinations your child could become very unwell and spread the infection to others.

Your child is offered different vaccinations throughout their life. They should get them at the right time to protect them. If you miss the vaccinations, you can ask your GP at any time and book them.

[The timetable for when children are due their vaccinations](#) is on the NHS website

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### Babies vaccinations

Babies under 1 years old are given these vaccinations

[6 in 1 vaccination](#) to protect against:

- [diphtheria](#)
- [hepatitis B](#)
- [Hib \(Haemophilus influenzae type b\)](#)
- [polio](#)
- [tetanus](#)
- [whooping cough \(pertussis\)](#)

and at other times

- [Rotavirus vaccine](#)
  - [MenB](#)
  - [Pneumococcal \(PCV\) vaccine](#)
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### Vaccinations for children

Children ages 1 to 15 years

- [MMR \(measles, mumps and rubella\) vaccine](#) is a combined vaccine given to children at 1 years old and a second dose at 3 years and 4 months old
- [Tetanus](#) the first 3 doses are given as part of the 6-in-1 vaccine at age 8, 12 and 16 weeks. a booster dose is given as part of the 4-in-1 pre-school booster at age 3 years and 4 months. a final dose is given as part of the 3-in-1 teenage booster at age 14
- [Flu](#) is a regular nasal spray for children aged 2 or 3 years, all primary school children, all year 7 to year 11 children in secondary school, children aged 2 to 17 years with long-term health conditions
- [Polio](#) is given by injection in 5 separate doses. 8, 12 and 16 weeks of age, 3 years and 4 months of age, as part of the 4-in-1 (DTaP/IPV) pre-school booster at 14 years of age as part of the 3-in-1 (Td/IPV) teenage booster

- **HPV or Human Papillomavirus** is given to girls and boys aged 12 to 13 years (born after 1 September 2006) in two separate doses
  - **BCG** is given on the NHS only when a child or adult is thought to have an increased risk of coming into contact with TB or tuberculosis.
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## Healthy Start Scheme

[NHS Healthy Start Scheme](#) is for people who are more than 10 weeks pregnant, or have children under the age of 4, who receive certain benefits. You get a free prepaid card that's topped up every 4 weeks to buy: milk, fruit and vegetables. You can also collect free vitamins from [locations listed here](#).

You can use the card in shops that accept Mastercard payments and sell at least one of the Healthy Start foods.

[Watch the video about accessing Healthy Start Scheme in Newcastle](#)

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## Mental Health for children and young people

[Kooth](#) is an online counselling and mental health service, available everyday. Young people can log on to access self-help materials, goal setting and one-to-one chat sessions with a qualified counsellor 365 days a year.

[Patient Information Centre](#) has a range of self help guides to support you with your mental health

Read more on support available in Newcastle:

- [Mental health support](#)
- [self harm](#)
- [suicide](#)

[US Active](#) works with young people 12 to 25 years old, who have, or are at risk of developing mental health difficulties. They engage young people in a sport or activity of their choice, to help improve their mental health. Being physically active helps them to feel good, increase their confidence and self-esteem.

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## Young carers

Young carers are children and young people under 18 looking after someone in their family who could not manage without their support. The person you care for may have a disability, a physical or mental illness, be frail or have alcohol or drug-related problems.

Young carers take on practical and emotional caring responsibilities that would not usually be expected of a young person. This may in turn impact on their health, wellbeing and lifelong chances. Services and support are available to young carers and their families to make sure that they do not take on inappropriate or excessive caring roles.

[Read more about Looking after someone on InformationNOW](#) to find out more about how to look after yourself alongside the person you care for. Support includes: Carers breaks, a wellbeing fund, support groups, benefits advice and much more.

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## Caring for a young family member

[Family or friends care also known as kinship care](#), is when grandparents or other family members step in to raise a relative's or friend's child. This usually happens when the child's parents are no longer able to care for their child.

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## Children and Families information

[Children and Families Newcastle](#) is the website for children and families in Newcastle. You can find community activities and local support services near you. This includes:

- services for Children with Special Educational Needs and Disability (SEND)
  - Children's activities such as: baby and toddler groups, school holiday activities or youth groups
  - Schools, childcare providers and nurseries
  - pregnancy and family support services
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## Refugees and Asylum seekers

[Action Foundation](#) provide specialised practical, emotional and social support for asylum seeking and refugee children, families and young people.

Still worried, contact [NHS 111](#) for information and support. [In an emergency dial 999.](#)

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## Useful Organisations

### Patient Advice and Liaison Service (PALS)

**Email:** [pals@nhct.nhs.uk](mailto:pals@nhct.nhs.uk)

**Website:** <https://www.nhs.uk/nhs-services/hospitals/what-is-pals-patient-advice-and-liaison-service/>

**Telephone:** 0800 032 0202

**Address:** Freepost PALS,

## **Patient Information Centre – Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)**

**Website:** [www.cntw.nhs.uk](http://www.cntw.nhs.uk)

**Telephone:** 0191 246 7288

**Address:** St Nicholas Hospital, NE3 3XT

## **Kooth**

**Website:** <https://www.kooth.com/>

**Telephone:** 0191 246 7288

## **Children and Young People’s service (CYPS) – Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)**

**Email:** [NGCYPS@cntw.nhs.uk](mailto:NGCYPS@cntw.nhs.uk)

**Website:** <https://www.cntw.nhs.uk/services/children-young-peoples-service-newcastle-gateshead/>

**Telephone:** 0191 246 6913

**Address:** Benton House, NE2 1QE

## **Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)**

**Website:** <https://www.cntw.nhs.uk/>

**Telephone:** 0191 246 6800

**Address:** St Nicholas Hospital, NE3 3XT

## **UK Health Security Agency**

**Website:** <https://www.gov.uk/government/organisations/public-health-england>

**Telephone:** 0300 303 8395

## **Children’s and Families Newcastle**

**Email:** [cfnwebsite@newcastle.gov.uk](mailto:cfnwebsite@newcastle.gov.uk)

**Website:** <https://childrenandfamiliesnewcastle.org.uk/>

**Telephone:** 0191 277 4674

**Address:** Civic Centre, NE1 8QH

## **NHS**

**Website:** [www.nhs.uk](http://www.nhs.uk)

**Telephone:** 0191 277 4674

## **NHS 111**

**Website:** [www.nhs.uk/111](http://www.nhs.uk/111)

**Telephone:** 0191 277 4674

## **Barnardo's Newcastle Young People's Support Team**

**Email:** [newcastleypst@barnardos.org.uk](mailto:newcastleypst@barnardos.org.uk)

**Website:** <https://www.barnardos.org.uk/what-we-do/services/newcastle-young-peoples-support-team-independence-project>

**Telephone:** 0191 253 2127

**Address:** Pottery Bank Community Centre,, NE6 3SW

## **North East North Cumbria Integrated Care Board (ICB)**

**Email:** [necsu.nenc-icb.contactus@nhs.net](mailto:necsu.nenc-icb.contactus@nhs.net)

**Website:** [www.northeastnorthcumbria.nhs.uk](http://www.northeastnorthcumbria.nhs.uk)

**Telephone:** 0191 253 2127

**Address:** Integrated Care Board, NE15 8NY

## **La Leche League**

**Website:** <https://laleche.org.uk/>

**Telephone:** 0191 253 2127

**Address:** Charlotte House, DE21 6BF

## Healthier Together

**Website:** <https://www.nenc-healthiertogether.nhs.uk/>

**Telephone:** 0191 253 2127

## Healthy Start Scheme

**Email:** [healthy.start@nhsbsa.nhs.uk](mailto:healthy.start@nhsbsa.nhs.uk)

**Website:** <https://www.healthystart.nhs.uk>

**Telephone:** 0191 253 2127

**Address:** Healthy Start, NE1 6SN

## Geoffrey Rhodes Centre NHS Health visiting services

**Website:** <https://www.nhs.uk/Services/clinics/Overview/DefaultView.aspx?id=96346>

**Telephone:** 0191 282 3319

**Address:** Geoffrey Rhodes Centre, NE6 2UZ

## NHS Start for Life

**Website:** <https://www.nhs.uk/start4life/pregnancy/>

**Telephone:** 0191 282 3319

## Charlton Street Lemington Children and Families Hub

**Email:** [newcastleouterwestenquiries@newcastle.gov.uk](mailto:newcastleouterwestenquiries@newcastle.gov.uk)

**Telephone:** 0191 277 7800

**Address:** Charlton Street Centre, NE15 8RN

## Children and Families Newcastle Early Help at Newcastle City Council

**Website:** <https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/early-help-your-family>

**Telephone:** 0191 211 5805

## **Barnardo's**

**Email:** supporterrelations@barnardos.org.uk

**Website:** <https://www.barnardos.org.uk>

**Telephone:** 0191 271 4615

**Address:** Barnardo's Head Office, IG6 1QG

## **Fawdon Children's Centre**

**Email:** newcastlenorthernenquiries@newcastle.gov.uk

**Telephone:** 0191 211 5773

**Address:** Cairns Way, NE3 2SN

## **The Haven**

**Email:** newcastlenorthernenquiries@newcastle.gov.uk

**Website:** <https://www.newcastlesupportdirectory.org.uk/my-shortlist/6989,6983,6993,6988,3801,6990,6982,6984,6041>

**Telephone:** 0191 211 5773

**Address:** The Haven, NE3 3RX

## **Separating better**

**Website:** [www.oneplusone.org.uk/separating-better](http://www.oneplusone.org.uk/separating-better)

**Telephone:** 0191 211 5773

## **Families Matter**

**Email:** newcastleinnerwestenquiries@newcastle.gov.uk

**Website:** <https://www.facebook.com/groups/1432363223656608>

**Telephone:** 0191 214 2460

**Address:** Families Matter, NE5 3PJ

## **West Walker Family Centre**

**Email:** [newcastleeastenquiries@newcastle.gov.uk](mailto:newcastleeastenquiries@newcastle.gov.uk)

**Website:** <https://www.facebook.com/profile.php?id=100064620375076>

**Telephone:** 0191 275 9636

**Address:** West Walker Family Centre, NE6 3BU

## **Gosforth Library**

**Email:** [information@newcastle.gov.uk](mailto:information@newcastle.gov.uk)

**Website:** <https://www.newcastle.gov.uk/services/libraries-and-culture/your-libraries/gosforth-library>

**Telephone:** 0191 278 7878

**Address:** Gosforth Library, NE3 3HD

## **St Martin's Centre**

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

**Website:** <http://www.stmartinscentre.org.uk>

**Telephone:** 0191 276 4002

**Address:** St Martin's Centre, NE6 2RJ

## **OnePlusOne**

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

**Website:** <https://www.oneplusone.org.uk/parents>

**Telephone:** 0191 276 4002

## **Action Foundation**

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

**Website:** [www.actionfoundation.org.uk](http://www.actionfoundation.org.uk)

**Telephone:** 0191 231 3113

**Address:** CastleGate, NE1 2JQ

## US Active

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

**Website:** <https://www.usactive.org.uk/>

**Telephone:** 07397189965

**Address:** US Active, NE3 9EU

## CHADCA early years playgroup

**Website:** <http://www.chadcaplaygroup.com/>

**Telephone:** 07484 907 674

**Address:** Chadca Centre, NE5 1EG

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## Related Articles

[Mental Health](#)

[Family and relationship problems](#)

[Grandparent issues](#)

[Looking after someone](#)

[Caring for young relatives – Family or friend \(kinship\) carers](#)