



Emotional, security and attachments (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?

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What is EPIP?

They are a small team consisting of a specialist health visitor, a parent infant psychotherapists. 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?

Carol Levine (parent infant psychotherapists) -

07826 765 845

Website-

www.e-pip.org.uk



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

How to find out more?

Niamh Bays—
07719 324 840



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 2-5 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.

Call Enfield Children's Centre for more information -
020 8106 9996

Local Health Visitor Team

Telephone number -
020 3988 7300



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

Baby Weighing Clinics Drop ins at Enfield Children's Centres

Forest Green -

Every Monday 1:15pm - 3:15pm
Eldon Children's Centre

Every Tuesday 9:30am - 11.30am
Raynham Children's Centre

Bowes Road -

Every Thursday 9:30am - 11.30am
Hazelwood Children's Centre

Moorfield -

Every Friday 9:30am - 11:30am
Carterhatch Children's Centre

Home start

Home-Start Barnet, Brent, Enfield & Harrow offers many different services to parents and families in the Barnet, Brent, Enfield and Harrow areas



**Barnet, Brent,
Enfield & Harrow**

Free remote activity sessions:

Thursday 10:30am *Story time*

Available for children of all ages

Thursday 11:00am—12:00pm *Perinatal support group*

Available for new parents with babies under one years old

Friday 10:30am *Music time*

Available to children of all ages

How to register:

Email—
Hayley@homestartbarnet.org

To find out more:

[Www.homestartbarnet.org](http://www.homestartbarnet.org)



Breastfeeding Support:

North Mid Breastfeeding Drop-in Groups in Enfield

Run by Midwife & Health Visitor– no need to book– just turn up



****Wednesdays****

Time- 13.00-15.00 pm

Culture Palace 51 Palace Gardens Shopping Centre , Enfield EN2 6SN

National breastfeeding helpline

0300 100 0221

Independent, confidential, mother– centred, non-judgemental breastfeeding support and information.

Open: 9:30am - 9:30pm Everyday

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

www.nationalbreastfeedinghelpline.org.uk

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