

A Guide for Young Mums & Dads

IMPORTANT INFO:
Ideas for baby names:

Name:

Expected Date of Delivery:

My appointments:



IN THIS GUIDE...

- ☞ Keeping you and baby healthy 2
- ☞ Activities and Groups 3
- ☞ Education, Training and Work options 4
- ☞ Money and things 5
- ☞ Housing and other support 6
- ☞ Dads matter too! 7
- ☞ Children's Centres 8



Other things to remember:

Thinking of breastfeeding or bottle feeding?

This booklet will introduce you to lots of help & support for you in Kingston.

Becoming a new young mum or dad can be a time of great joy, but sometimes it can be difficult and scary. Family and friends may react to the news of your pregnancy in different or surprising ways. Becoming a parent brings changes and decisions, but the good news is that there are lots of people who can give you ideas about where to go and who to ask for help.

Adjusting to being a parent can be hard for anyone, but it can be particularly difficult if you are young. Talking and meeting with other young parents can be a good way to share experiences and make new friends.

It's important for all mums and dads to prepare for the birth. Find out more on page 2 about ante-natal classes for young parents.

You might have lots of questions about money & benefits, where you'll live, staying on or going back to school, college, work or training. Keep calm, there are lots of people who can help.

Finally, congratulations on becoming a young mum or dad to be and best wishes for the future with your new arrival!

From the Teenage Pregnancy Team

If you have any questions, worries or need to chat to the **Teenage Pregnancy Team** get in touch.

Call us on **020 8547 6920**

or e-mail us on:

teenage.pregnancy@rbk.kingston.gov.uk

and tell us you'd like to join our e-mail list to find out about events coming up, new services and more!

Healthy Living for You and Baby

ANTENATAL GROUP

We run six-week antenatal programmes especially for mums and dads to be aged under 22, living in Kingston borough. You should be invited when you're 20-24 weeks pregnant.

For more information call **Lisa Thefaut (midwife) on 020 8546 7711 ext. 3033**

- Understanding and preparing for labour
- Choices about the birth, and how to make it easier
- What's happening to your body and to your baby
- What to expect in the early days and keeping your baby safe
- Breastfeeding, bathing and changing your baby

*"All the information made me feel more confident and ready for the birth and when baby arrives"
"Everything was very helpful including breastfeeding—which I had made up my mind not to do. Now I'm considering it"*

Drugs & Alcohol

Want someone to talk to or just a bit of advice about alcohol or using other substances?

Get in touch with the young peoples substance misuse team who will not judge you and can help you to cut down or stop using.

Phone: **0208 547 6920**

E-mail: sms@rbk.kingston.gov.uk

Web: www.sorted4.info

Contraception & Sexual Health

You can get pregnant again straight away after giving birth

if you don't use contraception!

For information and advice on contraception, you can talk to: your midwife, health visitor, GP, ante-natal clinic or visit a sexual health service.



KU19

KU19 provide a sexual health service for young people under 19. It includes a range of contraception, advice and some testing for STI's.

KU19@Connexions Mon 3:30-6:30pm Connexions, Brook St, Kingston

KU19@Hawks Wed 3:30-5pm Hawks Road Clinic, Hawks Rd, Kingston

KU19@YMCA Thur 3:30-6:30pm YMCA, 49 Victoria Rd, Surbiton

KU19@Hook Fri 3:30-6:30pm Hook Centre, Hook Road, Chessington

Email: ku19@kpct.nhs.uk Call: **020 8549 6323** Text: **07781 488 019**

YOUNG LIVIN' BUS

The Young Livin' bus is in **Kingston Town Centre** on a **Thursday 3.30-6pm** and the last Saturday of the month 1-3.30pm (outside JD sports) and offers condoms and advice. Call on 020 8547 6796.

THE POINT CLINIC

The Point is an under 18's full sexual health service at the Wolverton Centre (Kingston Hospital) Tuesdays 4-6pm. There are other sexual health services at the Wolverton, details are on www.gettingiton.org.uk

For up to date sexual health info visit www.gettingiton.org.uk

Sexually Transmitted Infections (STIs)

It is important to get yourself (and your partner) screened for STIs both when you are pregnant and at any time that you have unprotected sex with a new partner. Some STI's are tested for during pregnancy, speak to your midwife if you are unsure. Some are not e.g. Chlamydia so it is worth going for a test.

BABY ZONE

The Foundation for the Study of Infant Deaths

(FSID) produce a booklet free of charge. The booklet covers safe baby care advice including reducing the risk of cot death and accident prevention.

FSID Helpline **0808 802 6868** or helpline@fsid.org.uk



Breastfeeding

If you choose to breastfeed, then you are protecting your baby against many things including some infections and there are also benefits for you! Speak to your midwife to find out more.

Surbiton, Chessington, Norbiton and New Malden Children's Centres and the Hawks Road Clinic run a **'Baby Café'**, a drop in offering help, support and info to pregnant and breastfeeding mums.

Chessington - Tuesday 1.30-3.30pm (020 8397 6319), **Norbiton - Wed 9.30-11am** (020 8949 6065), **Hawks Rd Clinic - Wednesday 11:30am-1.30pm** (020 8549 3672), **Surbiton - Thursday 10am-12pm** (020 8547 6242), and **New Malden CC - First Friday of every month 9.30-11.30am**(020 8336 1561).

Activities

Groups For Young Parents

Come along for a chat, share some ideas and have support understanding and enjoying your baby. Meet others and think about your own needs as a parent! Guaranteed to tire them out!

Tuesday 2-3pm	Play days A group for the younger parent (Under 22) Surbiton Children's Centre	Call Jennifer or Clare On 020 8547 6242
Wednesday 12-2pm	Ante Natal for Young Mums Under 22 Surbiton Children's Centre	Call Anna on 020 8547 6242

You can also get in touch with your local Children's Centre (details on back page) to ask about groups and activities (there are often trips and special events during holidays and half terms).

Leisure Centres

You can take your baby to the pool from any age. Some pools run special baby and toddler sessions. Leisure centres also have other activities e.g. soft play available, call to find out.

Kingfisher - 020 8546 1042
King's Meadows - 020 8547 2198
Malden Centre - 020 8336 7770
Tolworth REC - 020 8391 7910

If you are on I.S., J.S.A or are a full time student you may be eligible for an 'Active Kingston Card' which can give you discounts.

Parks

Dickerage Adventure Playground - An adventure playground suitable for all ages, why not try it out? It's near the Triangle in New Malden.

Bushy Park - Take the 111 bus to see the huge play area with sand pit, shaded area, slide and much more.

Local Parks - Check out your local park, maybe get a football. Brilliant for keeping your little one fit and developing coordination!

Libraries

It's free and easy to join up and borrow books.

There is also 'Story and Rhyme Time' for under 5's.

Kingston Children's 020 8547 6438
Adults' 020 8547 6400
Surbiton 0208 547 6444
Tolworth 0208 547 6470
Hook&Chessington 0208 547 6480
New Malden 0208 547 6490
Old Malden 0208 547 6467
Tudor Drive 0208 547 6456

Give your library a ring to find out times or other activities.

Islamic Resource Centre

The IRC provide a free service to the community including counselling, support, advice as well as classes in I.T, literacy and ESOL. Call on 020 8549 5499, they are at 59 East Road, Kingston. E mail: irc59@hotmail.com

Families Information Service

Phone us to find out what's going on - we can give you information on stay and play groups and also special events. You can phone / email us for information on childcare providers (including teenage parent friendly childminders), playgroups, holiday play and activity schemes and details of advice sessions.

Tel: **020 8547 6582**
 Email: **fis@rbk.kingston.gov.uk**



Kingston WelCare

Welcare is a voluntary organisation supporting local young families. Welcare House is a family friendly building where children can enjoy a play area and garden. Through creative activities, the project aims to promote good parenting to enhance parent's self confidence, skills and enjoyment of their role to promote the well being and development of young children..

If you're a parent feeling alone, isolated or just bored with baby talk, why not drop in?

WelCare House,
 53-55 Canbury Park Rd, Kingston KT2 6LQ
 Tel: **020 8546 3258**
 or e-mail: **admin@welcarekingston.org.uk**

Learning & Earning



Kingston Connexions: Argyll House
23 Brook Street, Kingston KT1 2BN
(Near the JobCentrePlus)

If you are 13-19, (or up to 25 for people with learning difficulties) pop in for a chat about education, work or training options as well as benefits and support available.

If you feel you need a little extra support or help, ask to be referred to a Targeted Adviser.

Education Maintenance Allowance

If you're 16 -18 enrolled on a course in England which is one of the following: a full-time further education course at a college or school, a Diploma funded by the Young People's Learning Agency or a course that leads to an Apprenticeship, a Young People's Learning Agency-funded Foundation Learning Programme you may be entitled to £30 a week! **It will not affect any other benefits you get!**

Talk to Connexions or the EMA helpline:
0808 1016 219.



hillcroft *the national residential college for women*

Hillcroft College offer residential learning opportunities to enable women to change their lives through education. They specialise in offering courses for women with few or no qualifications to help them develop the confidence and skills to fulfil their potential and achieve their goals.

Open Days for Young Mums every Thursday 10am—1pm.

Call to book your appointment. You are welcome to bring your child to the open days. Find out how we can help you to change your life through education, from IT to Photography, Film Making, to entry to University and many other exciting learning opportunities. Hillcroft College, South Bank, Surbiton KT6 6DF



020 8399 2688 e-mail: enquiry@hillcroft.ac.uk

Family Learning

Our family and friends are our most powerful influences on our learning. Values, attitudes and culture that we learn from family can stay with us throughout our lives. Family Learning consists of a whole range of activities enabling parents and/or carers and children to learn together. It helps parents and/or carers to support their children by getting involved in their education and promotes lifelong learning.

Courses are held at the following centres; Kingston Adult Education, North Kingston Centre, Richmond Road, Kingston, KT2 5PE
King Charles Centre, King Charles Road, KT5 9AL
Schools and other venues in the borough

- Adults will achieve a qualification for most courses running over a period of 10 weeks.
- Children will receive a Certificate of Recognition and Achievement.

Contact: 020 8547 6732

CARETOLEARN

WHY SHOULD I LEARN?

Doing a course or training will help build a better future for you and your child(ren). It will also help you:

- develop new skills and greater confidence;
- improve your chances of getting a job;
- mix with other people and get out and about;
- become more independent; and
- perhaps get new qualifications
- **You can receive up to £175 week for childcare & travel costs!**

WHAT CAN I LEARN?

- Courses in schools, sixth forms, sixth form colleges, other colleges and learning providers.
- Entry to Employment courses include training in a range of different skills and opportunities that can be tailored to suit you
- Modern Apprenticeships and NVQ offering non-employed status training that will prepare you for work
- Some work on your basic skills or some refresher courses.

If you don't know what to do contact the Childcare Team Help line on 0845 600 2809

Jobcentreplus

3 Brook Street, Kingston KT1 2EY
www.jobcentreplus.gov.uk **0845 604 3719**

There are advisors at the Job Centre Plus who might be able to help.

Lone Parents Advisors;
Under 18's advisors;
Advisors for 18-24 year olds
& New deal for disabled people Advisors

YOU MUST:

- be under 20 and are learning or training;
- start a course in School, college or as a trainee with a work based learning provider.
- be caring for your own children
- live in England; and
- use a registered childcare provider

Money & Things

Do you need to furnish your house or flat at minimum cost?

Low cost furniture for people on benefits or low incomes, delivered free! Based in New Malden, phone 020 8942 5500 and arrange an appointment to visit. It's not a good place to bring children. Ask your health visitor/ council housing department to refer you.



KINGSTON ECO-OP

Kingston Eco-Op generates fresh opportunities for volunteers who can experience significant barriers into employment. They offer a range of different activities which aims to effect personal and social change, and help to reduce isolation, increase self confidence and self-esteem and to create opportunities for employment. These include bike repair, gardening.



growbaby

Their aim is to provide good quality, new and second-hand, baby clothes and equipment, completely free of charge, to anyone who needs it, regardless of their income, background, or faith.

They accept baby clothes and equipment from anyone who chooses to donate; they simply ask that potential donors ensure that they are in good condition.

SO, DO YOU...

NEED THEIR HELP?

WISH TO DONATE BABY CLOTHES AND EQUIPMENT?

WANT TO HELP US IN ANY WAY?

please contact Peter and Noni Farrelly

home: **020 8339 0372** mobile: **07900212567**

email: peterandnoni@kingstonvineyard.co.uk

website: www.growbaby.co.uk

Growbaby is a project of Kingston Vineyard

SURE START MATERNITY GRANT

If you're on benefits/low income you may be entitled to get £500, get a form at the Job Centre. You can claim from 29 weeks pregnant until your baby is 3 months

CHILD TAX CREDIT

You can be on benefits OR working to qualify for CTC. It's different to Child Benefit (which you get no matter what you earn). It's separate, but you can apply for it with 'Working tax credit'.

It must be applied for separately from IS/ JSA.

Helpline: **0845 300 3900**

What is Healthy Start?

With Healthy Start, **you can get free vouchers every week** which you swap for milk, fresh fruit, fresh vegetables and infant formula milk. Each weekly voucher is worth £3.10. You can also get free vitamins. All women under 18 qualify for them while pregnant, you will also qualify if your child is under 4, and you receive I.S.; income based; JSA or CTC but not WTC and have a low income, e.g. if you are a student. For more information or to apply, please visit www.healthystart.nhs.uk



MONEY & BENEFITS ADVICE

www.citizensadvice.org.uk

Find your nearest **Citizens Advice Bureau** at:

- Neville House, 55 Eden Street, Kingston,
- Kingston County Court Helpdesk,
- Hook Centre for people who live/work in the Hook and Chessington area, by appointment only.
- New Malden Library also provides a service to those who live in the area, by appointment only.
- For Kingston University Students there is one at the Penrhyn Road campus.

Or call **Kingston Law Centre** for legal advice on immigration, debt, housing, benefits, employment. Drop-in to the Eden Street CAB building Tuesday's 6:30-7:30pm

HIP—Health in Pregnancy Grant Update

You can claim a **one-off, tax-free payment of £190** from HMRC if you're a mum-to-be who's at least 25 weeks pregnant. It is there to help you prepare for the birth of your baby. It does not affect your tax credits or any other benefits. Everyone gets the same amount – you will not be asked about your income.

UPDATE:

This grant is unfortunately coming to an end as of 1 January 2011. If, however, you reach your 25th week of pregnancy before this date you will still qualify.

For more info visit: www.direct.gov.uk/money4mum2be

CHILD TRUST FUND - Update

Make sure your baby has one! If your child was born after 2 August 2010 they **will now receive £50 instead of the previous £250**, if you are claiming IS/JSA (income based) or are on a low income they will get an extra £50. If your child was born before 1 August you will qualify for the previous amount of £250 & a further £250 if you are claiming the benefits as mentioned above.

There will also no longer be an extra payment of £250 once your child turns 7, if your child turned 7 before 1 August 2010 they will, however, still qualify.

If you have any questions you can call the CTF helpline on **0845 302 1470**, pop into the Inland Revenue Office or visit their website: www.childtrustfund.gov.uk

Housing & Other Support

Housing

If you are homeless threatened with homelessness or are unable to remain in your current home you can seek advice from the Housing Advice Service.

They can provide you with advice on your rights to occupy your home, your options for re-housing and offer practical assistance in preventing your homelessness. You can contact the Assessments Team at **Guildhall Two, Kingston, KT1 1EU** or phone: **020 8547 5460**. If you require the help of the Council outside of normal office hours you can contact their service emergency number on **020 8770 5000**.

If you are worried about going to see them and would like some advice beforehand or if you have had a decision that you do not agree with from the council, call **Shelter's advice line: 0808 800 4444**. If you have internet access (or visit a library) take a look at www.shelter.org.uk where you can get lots of useful information and e-mail advice.

Fassett Road / Floating Support

Fassett Road is for young mums aged 16-22 yrs. Applicants must have been accepted as homeless by the **Homeless Assessment Team**. Accommodation is temporary & offers low to medium support based around providing parenting skills and health and child development.

You can get in touch with Fassett Road on **020 8546 5278**.

The **Floating Support** workers can provide help if you have your own tenancy for where you are living and you are having difficulties keeping it, managing bills and money and difficulties meeting other young parents. The floating support workers work with **mums and dads** aged 16-22yrs.



Domestic Violence & The One Stop Shop - Support in Kingston

DOMESTIC VIOLENCE ONE STOP SHOP

If you are looking for
FREE
Information or advice
Visit the One Stop Shop
At **The Baptist Church**,
Union Street, Kingston KT1 1RP
Monday 9:30-12:30
Tel: 07917 271 549

Supported by:

Kingston Community Safety Unit, Victim Support, Hestia Outreach, Islamic Resource centre, Kaleidoscope project, Citizens Advice Bureau.
Legal Advice is Available

FOR URGENT HELP ALWAYS CALL 999

Anyone can experience Domestic Violence. If you are being abused, threatened, physically or sexually assaulted by a partner, former partner or family member, this is domestic violence. As well as actual physical violence, it can involve a wide range of other abusive and controlling behaviours such as threats, harassment, financial control and emotional abuse.

Perpetrators use domestic violence to exert control and power over another person. Forced marriages, so called 'honour crimes' and female genital mutilation are all forms of domestic violence.

Do you have to control your behaviour to avoid your partner or family member's anger? **Do they criticise or humiliate you all the time?** Are they always checking up on you? **Does their jealousy stop you from seeing family or friends?** Do they say their behaviour is your fault? **Do they make excuses for their behaviour?** Do they say they are the only one who cares? **Are you worried about the effect of any of this on your children?**

You may not have answered yes to all these questions or feel it's 'not too bad', however, feeling scared, humiliated, pressured or controlled is not the way you should feel in any relationship. Domestic abuse does not just involve physical violence. It can be psychological, emotional, sexual or financial.

Remember you are not alone, you are not to blame and there is support available.

Kingston Police Community Safety Unit 020 8247 5165
Domestic Violence Helpline: 0808 2000 247

If you are worried about a child or you think your children may be **at risk contact ASSK (Advancing Services for Kingston Kids)**

Dads Matter Too!

Young Fathers Initiative



You are either about to become a father or have recently become one. Do you want to be the best father you can? Of course you do.

Old school, a father's job would be to make sure that he earned enough for his family and played with his children at weekends. That has changed, and you probably expect yourself to be a much more involved father. Most young fathers also want to change nappies, feed, bath, play with their children and be there at bedtimes. There are some people who think young fathers are not mature or responsible enough, but it doesn't matter how old you are, it is what you do that matters.

This site aims to give you the information you need to be a great dad, it also aims to get you thinking about your new role and responsibilities. A baby changes your life.

This site provides information and advice on what to expect, benefits, advice on sex and contraception, parental responsibilities and links to other services. Their website address is www.young-fathers.org.uk, you can also follow them on Facebook.



The Daddy Cool Project is a campaign to celebrate the many good young fathers living and working in today's society.

This project provides a chance for young fathers to better themselves, to communicate, socialise and learn from one another i.e. football matches, daddy and child days out, information points and structured discussions. It aims to disperse negative stereotypes i.e. "baby father" and "weekend dad". Create an occasion for recognition and empowerment. Reduce anti-social behaviour within local communities and neighbourhood rivalry.

You can contact them through their website at www.daddycoolproject.org.uk

Families Need Fathers

www.fnf.org.uk (020 7613 5060)

Registered charity providing support to separate parents (mums and dads) on parenting issues arising from relationship breakdown, helping to maintain the child's relationship with both parents.

Who Let The Dad's Out?

www.kingstonfathers.co.uk

Join the dads' group for a morning of activities for you to enjoy with your children and other dads. Cost is £1.50 per dad.

Chessington Children's Centre - every Tuesday 10am-12pm

Surbiton Children's Centre - 1st Saturday monthly

Old Malden Children's Centre - 2nd Saturday monthly

Norbiton Children's Centre - 3rd Saturday monthly

Kingston Town Children's Centre - 4th Saturday of the month

Dads can keep updated with information about "Who Let the Dads Out?" other activities for dads in Kingston via a texting service. To sign up and receive regular information on fathering text - **pf dads** to 07797 806 523

The Legal Stuff

If you are a parent then you are responsible in the eyes of the law for the safety, well being and upbringing of your child. Parental responsibility requires you to make certain decisions as to how your child is educated and also, in the unfortunate event of illness, how your child receives medical attention. You are also required to ensure by law that your child receives the best care possible within the family unit.

If your child was born after 1 December 2003 and you are named on the child's birth certificate you automatically have parental responsibility. If your child was born prior to 1 December 2003 you must apply to the courts to obtain parental responsibility.

Other websites you may find useful:

www.young-fathers.org.uk

www.bubbalicious.co.uk/dads

www.fatherhoodinstitute.org

www.babycentre.co.uk/a-z/youngparent

www.younghealth.co.uk/young-parents

Children's Centres

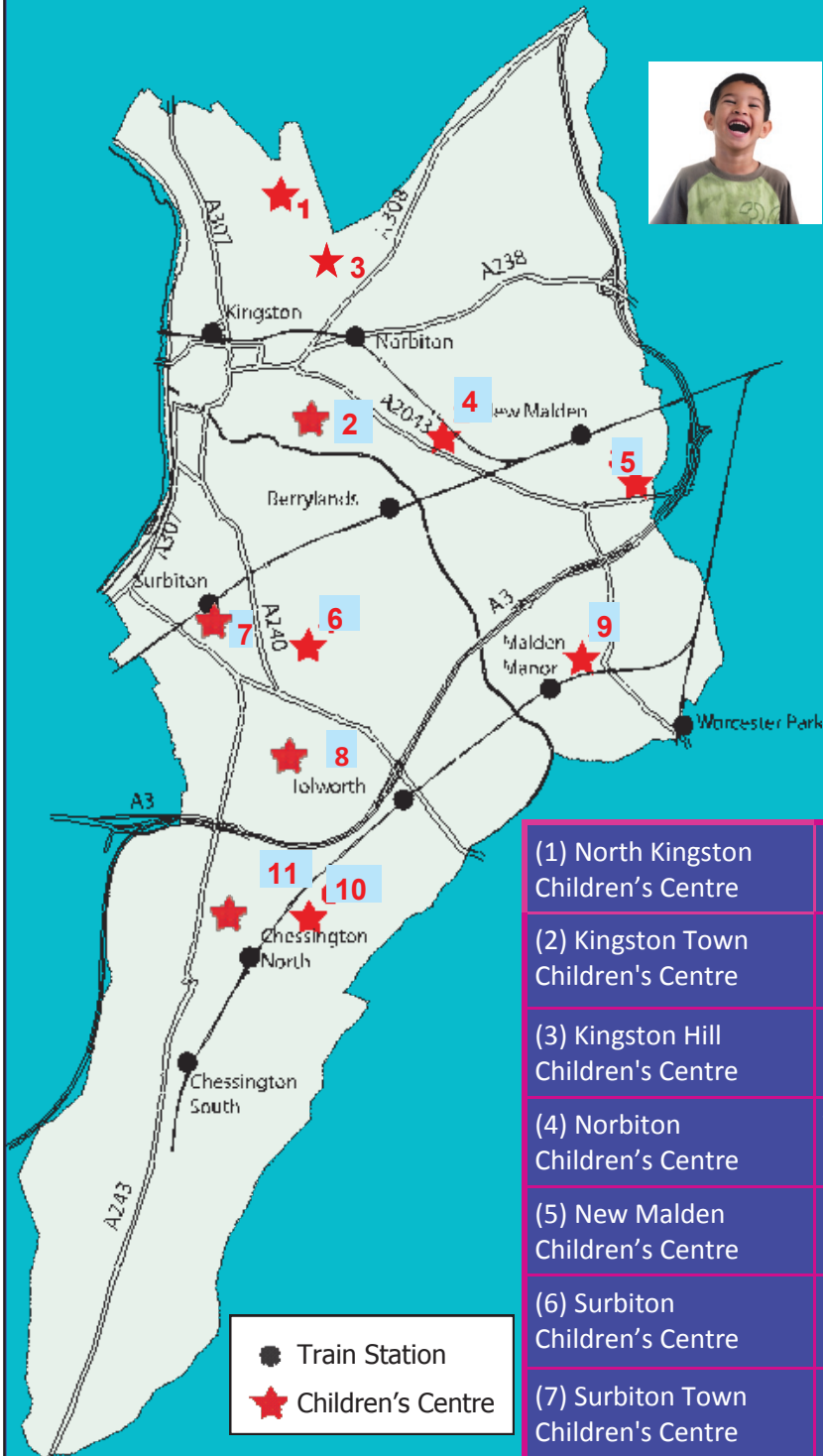


Kingston's Children's Centres provide a range of services for children under 5 yrs and their families. The range of children's services can include:

- child and family health services
- information for families and carers
- childcare and early education
- support for children with special needs
- outreach to families in need
- family support
- adult education classes with crèche facilities helping parents find training and employment

Each Children's Centre runs different services, it's worth popping into a few to see what's on offer, for example, to see whether they run a young parents stay and play group, a dads group, or even a course for parents with a crèche.

Information is also available
www.kingston.gov.uk/children_s_centres



Train Station
 Children's Centre



(1) North Kingston Children's Centre	Latchmere Road, Kingston KT2 5TT	020 8547 0187
(2) Kingston Town Children's Centre	Villiers Road, Kingston KT1 3AR	020 8481 0640
(3) Kingston Hill Children's Centre	Alexandra Infant School Alexandra Rd, Kingston KT2 6SE	020 8546 7176 (School)
(4) Norbiton Children's Centre	The Mount, Dickerage Lane, New Malden KT3 3RZ	020 8949 6065
(5) New Malden Children's Centre	Burlington Road, New Malden, KT3 4LR	020 8336 1561
(6) Surbiton Children's Centre	Alpha Road, Surbiton KT5 8RS	0208547 6242 or 020 8390 2555
(7) Surbiton Town Children's Centre	Surbiton YMCA , 49 Victoria Rd Surbiton, KT6 4NG	020 8547 6242
(8) Tolworth Children's Centre	Tolworth Infant & Nursery School, School Lane, Surbiton, KT6 7SA	020 8399 4231 (School)
(9) Old Malden Children's Centre	Malden Manor Primary, Sheephouse Way, KT3 5PF	020 8241 0837 or 020 8337 9620
(10) Chessington Children's Centre	Buckland Rd, Chessington KT9 1JE	020 8408 8927
(11) West Chessington Children's Centre	Lovelace Primary School, Mansfield Rd, Chessington KT9 2RN	020 8397 3265 (School)