

# Support for new Mums, Dads and their families during Covid19

## Chadsfield Medical Practice

(Numbers / links correct as of April 20)

Late pregnancy and just after giving birth can be difficult and anxious times; and current Covid-19 lockdowns may make this harder for you.

We (and other services) are trying to limit face-to-face appointments to only those that are *really* necessary to reduce spread of the virus. However, please don't feel like help and support isn't there at the end of a phone or our new video technology.

We at Chadsfield Medical Practice want you to know that we are here for you if you need help or advice. *Please* don't hesitate to call the GP about you or your baby, 8am-18:00pm

- Chadsfield Medical Practice - 0161 426 9388

Other helpful numbers and websites that continue to offer phone or online help and support as needed are as follows, please see also see our **Chadsfield Medical Practice Facebook** page and website for updates.

Help with pregnancy, birth, your new-born or older child:

- **Stepping Hill Midwifery Helpline** – 0161 419 5514 (for use for Covid concerns)
- **Stepping Hill Midwifery Triage** – 0161 419 5551 (can be used for concerns up to 28 days after delivery)
- **Breastfeeding support** – 0161 419 4430 / 07767 870 506
- **Stockport Health Visiting and School Nursing Helpline** - 0161 835 6789 (for any concerns or advice about children aged 0-16)

Help with your emotions and mental health

- **The Big White Wall** – [www.bigwhitewall.com](http://www.bigwhitewall.com), which offers 24/7 anonymous support via digital emotional wellbeing and mental health service, offers peer support for anyone over the age of 16 as well as support from trained clinicians alongside a range of helpful tools and resources. If you are a Stockport resident, register by using your own postcode.

- **The Mental Health Helpline** – 0800 138 7276, which is a 24/7 virtual service, providing a safe place for anyone over the age of 18 in Stockport, commissioned by Stockport NHS CCG and provided by the charity Making Space.
- **Emotional Wellbeing Hub** – 0161 217 6028, accessed through the Multi-Agency Safeguarding and Support Hub (MASSH). 8.30am-5pm Mon-Thurs, 8.30am-4.30pm Fri <http://www.stockport.gov.uk/wellbeingcoronavirus>
- **Every Mind Matters** 10 tips for those who are anxious about coronavirus <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>
- **Young Minds** Advice for young people who feel anxious about coronavirus <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- **Stockport Mind**  
Telephone/email/social media support still available, regardless of whether people are already under the service or not, as much as is possible. If the answerphone is on, we will get back to people when able. Staff all working from home except for a rotation system to cover phones in the office on 0161 480 7393 (during opening hours).
- **Stockport Psychological wellbeing service** 0161 480 2020  
For help with mental health problems from trained psychologists

Help with other practical issues such as housing, finances, supplies of household goods etc:

- **Wellbeing Navigators** Accessed via GP reception
- **The Prevention Alliance**  
If you would like to speak with one of our keyworkers, our TPA phone line 0161 474 1042 continues to be staffed Monday – Friday 09:00 – 16:30.

## Advice about relationships

- **The Prevention Alliance (as above)**
- **Domestic Violence helpline** 0161 477 4294
- **Relate** 0300 330 5793

## Advice about contraception and sexual health:

- The Northern CASH 0161 7011523  
<https://www.thenorthernsexualhealth.co.uk/Online-Booking>

## Social Media, activities and virtual get-togethers

- **Stockport Mumbler** is a group that helps get new parents together and signpost to activities. Obviously this may need to be ‘virtual’ get-togethers at the moment and activities that can be done at home.  
<https://stockport.mumbler.co.uk/mums/support-groups/>
- There are lots of local support groups for new parents on social media such as **facebook**.
- **Peanut** is an app (endorsed by the NHS) that gives support and local links to groups, advice and other like-minded local women for women’s health including postnatal issues and depression.
- **Zoom** is a free app that allows you to have get-togethers over video with family and friends.

## What to do if your baby is unwell?

The following links are to leaflets for help and advice and help about illnesses in your baby:

- **Coronavirus: parent information for newborn babies**  
<https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/04/Coronavirus-Parent-information-for-newborn-babies-leaflet-FINAL-070420.pdf>
- **Other Illness in newborn babies**  
<https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/04/Illness-in-newborn-babies-leaflet-FINAL-070420.pdf>
- **illness in older babies and children**

<https://www.enhertsccg.nhs.uk/news/202004/advice-parents-during-coronavirus>  
Please remember that Stepping Hill A+E is open as normal if you have serious concerns about your baby. If you aren't sure ring your GP for an urgent telephone appointment or 111 (if we are closed) for advice. If we need to see your baby, we will carefully arrange this to limit risk of infection for you and your baby; and A+E departments have coronavirus-free zones that can safely see your baby.

### **Child Immunisations and postnatal Checks**

Routinely we see babies at 8 weeks to check their health and start their immunisation programme. **This will still go ahead to protect your baby.** We will do everything we can to ensure that this is done safely. In order to help this process, we may ask that you

- Contact us straight away (don't turn up) if you or any of your close family members have developed symptoms of coronavirus within 14 days of the planned appointment
- If possible, please only accompany your baby with one adult who has parental responsibility, ideally no siblings
- We may ask you to come to different entrances of the building to normal or to wait in your car until your appointment time so please look out for any instruction, and make sure you have appropriate provisions (e.g. milk for your baby if not breast feeding, a drink for yourself, make sure you have been to the loo before coming).

We usually carry out a **postnatal check** of mum at 6 weeks after birth. **This will now be done over the phone and / or video.** If, after speaking to the GP, the GP feels you do need a physical examination, we will arrange for you to come and see us as safely as possible.

*Please remember we are here for you at Chadsfield Medical Practice. We remain fully open and if you have any concerns, please call.*