

## Further support



Links will open in a new window to external

sites. Cambridge University Hospitals is not and cannot be held responsible for the accuracy in linked resources, nor do we necessarily share views or opinions expressed.

## Support groups

### NHS Direct

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[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### National Childbirth Trust (NCT)

0300 330 0771

[www.nct.org.uk](http://www.nct.org.uk)

### Cry-sis

08451 228 669

Support for families with excessively crying, sleepless and demanding babies

[www.cry-sis.org.uk](http://www.cry-sis.org.uk)

### Infant Sleep Information Source

[www.isisonline.org.uk](http://www.isisonline.org.uk)

Information for parents who wish to make informed choices about infant sleep and night-time care.

### Association of Breastfeeding Mothers

0300 330 5453

[www.abm.me.uk](http://www.abm.me.uk)

## **La Leche League**

0845 120 2918

[www.laleche.org.uk](http://www.laleche.org.uk)

## **Breastfeeding Network**

0300 100 0210

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

[www.thebabycafe.org](http://www.thebabycafe.org)

The Baby Café charity coordinates a network of breastfeeding drop-in centres and other services to support breastfeeding mothers across the UK

## **Twins and Multiple Birth Association (TAMBA)**

0800 138 0509

[www.tamba.org.uk](http://www.tamba.org.uk)

## **Birth Afterthoughts Service at the Rosie hospital**

01223 217 882

[www.cuh.org.uk/birthafterthoughts](http://www.cuh.org.uk/birthafterthoughts)

## **Mothers for Mothers**

0117 975 6006

Postnatal depression support group

[www.mothersformothers.co.uk](http://www.mothersformothers.co.uk)

**Association for Postnatal Illness**

020 7386 0868

[www.apni.org](http://www.apni.org)

**Postnatal Exercise**

[www.postnatalexercise.co.uk](http://www.postnatalexercise.co.uk)

**CAMQUIT**

Cambridgeshire's Stop Smoking Service

0800 018 4304

[www.camquit.nhs.uk](http://www.camquit.nhs.uk)

**NHS SmokeFree**

Advice to help you stop smoking

0800 022 4332

[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

**Go Real**

0845 850 0606

The Real Nappy information service

[www.goreal.org.uk](http://www.goreal.org.uk)

## **The Lullaby Trust (formally FSIDS)**

0808 802 6868

Specialist support for bereaved families and anyone affected by a sudden infant death

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

## **BLISS**

0500 618140

Premature baby charity

[www.bliss.org.uk](http://www.bliss.org.uk)

## **Gingerbread**

0808 802 0925

Advice and support for single parents

[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

## **Home-Start**

Voluntary organisation offering support to families who have at least one child under five when family life becomes difficult

[www.home-start.org.uk](http://www.home-start.org.uk)

## **Healthy Start Vouchers**

0845 607 6823

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## **Child Benefit**

0845 302 1444

[www.hmrc.gov.uk/childbenefit](http://www.hmrc.gov.uk/childbenefit)

## **ACAS (Advisory, Conciliation and Arbitration Service)**

Maternity and Paternity rights

08457 474747

[www.acas.org.uk](http://www.acas.org.uk)

## **Child Maintenance**

0845 609 0092

[www.gov.uk/child-maintenance](http://www.gov.uk/child-maintenance)

## **UK National Screening Committee (NSC)**

[www.screening.nhs.uk](http://www.screening.nhs.uk)

## **National Institute for Health and Clinical Excellence (NICE)**

[www.nice.org.uk](http://www.nice.org.uk)

## **Department of Health**

[www.dh.gov.uk](http://www.dh.gov.uk)

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## Benefits

### Healthy Start

You might be entitled to vouchers every week for free milk, fresh fruit and vegetables, infant formula, and vitamins.

You qualify for Healthy Start if you're at least 10 weeks pregnant or have a child under four years old and you or your family get:

- Income Support, or
- Income-based Jobseeker's Allowance, or
- Income-related Employment and Support Allowance, or
- Child Tax Credit (but not Working Tax Credit unless your family is receiving Working Tax Credit run-on only) and has an annual family income of £16,190 or less (2013/14).

You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits or tax credits.

Find out if you qualify: [Healthy Start](#)

### Free prescriptions and NHS dental care in pregnancy

Anyone who is pregnant or has had a baby in the past 12 months qualifies for free prescriptions and NHS dental care. All you need is a maternity exemption certificate signed by your doctor or midwife. Fill out the maternity exemption form FW8. It's available from your doctor or midwife. They'll sign and send it in and you'll receive your certificate in the post.

### Sure Start Maternity Grant

If you're on a low income and getting certain benefits or tax credits, you could get a one-off payment of £500 to help with the cost of your first baby. It's tax free and you don't have to pay it back. You must claim the grant within 11 weeks of expecting your baby or within 3

months after the birth.

Find out if you qualify: [\*\*Sure Start Maternity Grant\*\*](#)

**Help with travel costs**

If you are on benefits we can help you with your travel expenses to and from the hospital for your appointments.

Find out if you qualify: [\*\*Help with travel costs\*\*](#)

**Further support**

**If you're working**

Statutory Maternity Pay	Pregnant women and new mums on maternity leave (up to 39 weeks).
Maternity Allowance	Pregnant women and new mums who are not eligible for Statutory Maternity Pay (perhaps because they're self-employed).
Ordinary Statutory Paternity Pay	New dads or partners who work. It amounts to two weeks' paid leave and unpaid additional leave.
Working Tax Credit	Working adults. Whether you qualify depends on the number of hours you work and whether you are single or in a couple. (There is extra help with childcare costs if you qualify).

**After the birth**

Child Benefit	Anyone responsible for a child.
Child Tax Credit	Anyone with responsibility for a child who normally lives with them, depending on your household income.

**If you're studying**



<p>Care to Learn help with childcare costs</p>	<p>Under-20s who live in England, are studying and have at least one child and a partner who is unable to provide childcare.</p>	<p>Find out if you qualify: <b><u>Care to Learn</u></b></p>
<p>Childcare Grant help with childcare costs</p>	<p>Full-time higher education students in England with dependent children in registered or approved childcare.</p>	<p>For more information: <b><u>Childcare Grant</u></b></p>
<p>Parents' Learning Allowance help towards course costs</p>	<p>Full-time higher education students with dependent children.</p>	<p>For more information: <b><u>Parents' Learning Allowance</u></b></p>

## Useful resources from other sites