

RIVERSIDE PRACTICE

New and Expectant Parents Directory

Strabane Area



Tel: 02871 384100

riversidepracticestrabane.co.uk

Riverside Practice

Directory for New and Expectant Parents in the Strabane Area

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The full directory is also available online at:
www.riversidepracticestrabane.co.uk

SUPPORT FOR NEW & EXPECTANT PARENTS



Congratulations!

Welcoming a baby can be a very exciting time in a person's life, however, it can also be overwhelming. A new baby can come with new questions, new feelings and new challenges but there is help at hand. This directory was created in partnership with the Community Midwives, Health Visitors, Social Worker and Student Social Worker at Riverside Practice, Strabane. It offers a range of support for all kinds of issues that you may face in day-to-day life as the parent of a new baby. There are a range of local and national resources you can reach by telephone, email or online.

URGENT HELP & SUPPORT

Emergency services:

999 or 112

Police, ambulance service, fire and rescue service, coastguard.

Out of hours services:

028 7186 5195

Foyle Search and Rescue:

02871 313800

Samaritans Helpline:

Freephone 116 123

Listening ear to those in distress.

Lifeline NI:

0808 808 8000

Lifeline NI - Deaf and Hard of Hearing Textphone users

18001 0808 808 8000

Calls to Lifeline are free to people living in Northern Ireland who are calling from UK landlines and mobiles.

Gateway Team, Derry:

028 7131 4090

The Gateway Service is a social work service for children and families. It is the first point of contact for people who are concerned about a child or young person. It provides an immediate response to safeguard children in need of protection.



MULTIDISCIPLINARY TEAM AT RIVERSIDE PRACTICE

Your physical health, mental health and social wellbeing are very important. At Riverside Practice, you can contact members of our multi-disciplinary team for your health and wellbeing needs.

Members of the Multidisciplinary Team

- You can contact your GP for your general health and wellbeing.
- Your physiotherapist is an expert in problems with your joints, muscles and soft tissue.
- Your mental health practitioner will help you with your mental wellbeing.
- Your social worker can work with you, your family and your community to improve your social wellbeing and the overall quality of your life.
- Your health visitor will look after the wellbeing and progress of your child from birth to four-years-old.
- Your pharmacist will provide you with any medication you have been prescribed.

For more information on the roles of the disciplinary team, please check out our website at: RiversidePracticeStrabane.co.uk or call 028 71 384 100.

BENEFITS, UNEMPLOYMENT AND FINANCIAL SUPPORT



Benefit enquiry line:

0800 220 674

Citizens Advice North West:

0300 303 3650

Cityside/Waterside/Strabane

 citizensadvice.org.uk

*Free, confidential, impartial advice;
representation at tribunals; debt
counselling services.*

Disability Action:

028 7136 0811

 disabilityaction.org

Job Directions, Strabane:

028 7188 3662

 niall@jobdirectionsni.com

Personal Independence Payment (PIP):

Freephone 0800 0121 573

Step Change:

0800 138 1111

Free confidential debt advice.

 stepchange.org

Strabane Community Project:

028 71 883102

 strabanecommunityproject.org.uk

 info@strabanecommunityproject.org.uk

Strabane Community Unemployment Group (SCUG):

02871 383927

Strabane Food Bank:

0800 0472408

Strabane Health Improvement Project:

028 7138 3557

 [facebook.com/
StrabaneHealthImprovementProject](https://facebook.com/StrabaneHealthImprovementProject)



CHILD BEREAVEMENT

Barnardo's Child Bereavement Service Advice Line:

028 90668333

Cruse Bereavement Care:

Foyle Area 028 71262941

 [cruse.org.uk](https://www.cruse.org.uk)

Miscarriage Association Helpline:

01924200799

 info@miscarriageassociation.org

 [miscarriageassociation.org.uk](https://www.miscarriageassociation.org.uk)

NI Stillbirth and Neonatal Death Society (SANDS):

07740993450

 [sandsni.org](https://www.sandsni.org)

North West Counselling:

028 7181 3587

 [northwestcounselling.co.uk](https://www.northwestcounselling.co.uk)

The Compassionate Friends:

028 87788016

 [tcf.org.uk](https://www.tcf.org.uk)



COMMUNITY SUPPORT, HEALTH & WELLBEING

Fountain Street Community Development Association, Strabane:

028 7188 5100

📘 facebook.com/fscda.communitycentre

Melmount Community Forum, Strabane:

028 7188 0878

🌐 melmountcommunityforum.com

📘 facebook.com/melmountcommunityforum

📧 info@melmountforumsnet.co.uk

Strabane Health Improvement Project:

028 7138 3557

📘 facebook.com/StrabaneHealthImprovementProject

Strabane Community Project:

028 71 883102

🌐 strabanecommunityproject.org.uk

📧 info@strabanecommunityproject.org.uk

Looking Beyond the Crisis Project:

Psychological, emotional and physical wellbeing, Access to Food/linked support project, Social Supermarket, support and advice.

CULTURAL / ETHNIC SUPPORT

Chinese Welfare Association:

028 9028 8277

**Migrant Centre NI Immigration Advice
(EU settlement scheme):**

0773 0747 860

📧 euss@migrantcentreni.org

Hate crime support:

📧 bilingualsupportworker@migrantcentreni.org

Strabane Ethnic Community Association:

028 7188 6419



FAMILY & RELATIONSHIP SUPPORT

Barnardo's - Strabane Family Centre:

02871 382658

🌐 barnardos.org.uk

📧 shauna.devine@barnardos.org.uk

Contact for Families with Disabled Children:

0808 808 3555 Freephone helpline

Signposting and help with disabilities.

🌐 cafamily.org.uk

Family Support NI: 0845 600 6483

📧 info@familysupportni.gov.uk

🌐 familysupportni.gov.uk

NI Newpin, Derry: 028 7134 4477

Newpin provides a conduit between community, voluntary and statutory organisations for inclusion, development and referral within family support services.

Parent Line NI: 0808 8020 400

Parenting NI: 0808 801 0722

🌐 parentingni.org

Support for parents and carers including a freephone helpline, counselling and parenting programmes.

Relate:

028 9032 3454

🌐 relateni.org

Relationship and family services.

FAMILY PLANNING SERVICES

Riverside Practice,
Strabane:
028 7138 4100
1a Main St, Strabane

Brae Clinic, Derry:
028 7132 1758
147 Spencer Rd, Derry

INFANT FEEDING: Support for Breastfeeding & Bottle-Feeding Your Baby

Strabane Surestart: 028 7138 2658

*If requiring breastfeeding peer support, please
contact: 077 9504 3205 / 078 7684 1823*

Useful websites:

-  breastfedbabies.org
-  laleche.org.uk
-  kellymom.com
-  breastfeedingnetwork.org.uk
-  breastfeedinginc.ca
-  nct.org.uk
-  abm.me.uk
-  milkatters.org.uk/services-offered/formula-bottle-feeding-support/
-  peps.org/ParentResources/by-topic/feeding/getting-support-for-bottle-feeding
-  nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/advice/
-  unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life_guide_to_bottle_feeding.pdf

MATERNITY SERVICES



Altnagelvin Hospital – Maternity Unit:
028 7134 5171 ext 213007 (appointments)

Maternal & Fetal Assessment Unit:
028 7161 1412

For routine enquiries – Strabane:
02871 384114

Strabane Community Midwives
07841 101783 (urgent only, 9am–5pm)

First-time parents can ask the mid-wives about the antenatal parenting group, 'Getting Ready for Baby'.

Going into labour – Altnagelvin Hospital:

When you go into labour, contact your community midwife if it is between 9am and 5pm. Outside these hours please contact the Maternal and Fetal Assessment Unit for any advice required on 028 7161 1412.

In an emergency dial 999.

Hypnobirthing:

Contact your community midwife if you are interested in finding out more about hypnobirthing.

MENTAL HEALTH HELP



Including Eating Disorders & Anxiety Support

Aware: 02871 260602

 aware-ni.org

 help@aware-ni.org

Calms: 02871 268698

 msstresscentre.org

 calms.wellbeing@hotmail.com

CLEAR Project: 028 7138 3386

 dhcni.com/clear-project

Cunamh: 028 7128 8868

 cunamh.org

Community-led mental health project.

Derry Well Woman: 028 7136 0777

 derrywellwoman.org

Eating Disorders Association:

028 9023 5959 (Helpline)

 eatingdisordersni.co.uk

Innovation Recovery Project:

028 7127 2100

Cross Border Health and Social Care for mental health and wellbeing, Derry.

Inspire Community Wellbeing

Service: 028 7126 9677

 inspirewellbeing.org

Koram Centre, Strabane:

028 71886181

 koramcentre.com

 info@koramcentre.com

Counselling, psychotherapy and psychosocial support.

Lifeline NI: 0808 808 8000

Lifeline NI - Deaf & Hard of Hearing:

18001 0808 808 8000 (Textphone)

Calls to Lifeline are free to people living in Northern Ireland who are calling from UK landlines and mobiles.

Mind Yourself & Foyle Advocates:

028 7126 3461 or 028 7126 3318

Men's Action Network:

028 7137 7777

 man-ni.org

Provides a safe space for men to find support for life issues.

Praxis Care – Derry: 028 7130 8020

 praxiscare.org.uk

Provides services for learning disabilities, mental ill health or acquired brain injury.

Samaritans: 116 123

Support 2gether:

07868 710778 or 07835 040086

 support2gether.co.uk

 facebook.com/s2charity

Western Eating Disorders Service:

028 7132 0165

Zest: 02871 266 999

 zestni.org

 zest@zestni.co.uk


 facebook.com/zesthealingthehurt

Healing the hurt of self-harm and suicide.

SUBSTANCE MISUSE & GAMBLING

Aisling Centre, Enniskillen:

028 6632 5811

 theaislingcentre.com

Support for people who live with, or have lived with, a loved one's addiction.

Alcoholics Anonymous:

028 9035 1222

 alcoholicsanonymous.ie

Alcohol and Drug Services:

028 7186 5239 / 028 7186 5240

028 6638 2073

ASCERT - Engage Family Therapy Service: 0800 2545 123

ASCERT/START 360 – Daisy:

0800 2545 123

For young adults aged 11-25 years whose substance use is impacting them, their families or communities and who are willing to seek support. It is also available to family members affected by another person's substance use, even if the person using substances does not want help.

ASCERT – Steps to Change:

0800 2545 123

Steps to Change provides a programme of support to individuals to help them reduce the harm caused by alcohol or drug use. It is also available to family members affected by another person's substance use, even if the person using substances does not want help.

Asha Treatment Service, Omagh:

028 8283 5453 / 028 8283 5365

 gloria.shaw@westerntrust.hscni.net

For people with addiction problems.

Drinkline: 0300 123 1110

Gamblers Anonymous:

02871 351329

 gamblersanonymous.org.uk

HURT (Have Your Tomorrows), Derry:

028 7136 9696


 hurtni.org.uk

 facebook.com/haveyourtomorrows

Offering support on issues around alcohol and drug addiction.

Narcotics Anonymous:

0300 365 1010

 na-northernireland.org

Northlands Centre, Derry:

028 7131 3232

Treatment centre for alcohol problems.


 northlands.org.uk

SOLACE: 028 6862 8741

Reducing the harm caused by the misuse of alcohol.


START360: VOICES West:

028 7137 1162


 start360.org

Therapeutic services for children, young people and families affected by parental substance misuse.

Websites for further information:

 stopsmokingni.info

 drugsandalcoholni.info

 talktofrank.com

TRANSPORT HELP

For Isolated Parents and Parents in Rural Areas



Easilink Community Transport: Rural links to health and wellbeing, Strabane:
028 7188 3282

Rural links for health and wellbeing offers reduced rate transport for isolated parents and parents in rural areas . The service can pick you up from your home for medical appointments and will bring you back home after your appointment. The service can also deliver pre-arranged prescriptions and pre-paid shopping. The service asks that you bring someone with you, if you need assistance getting in and out of the transport.

VICTIMS OF ABUSE SUPPORT

24 Hour Domestic & Sexual Abuse Helpline:

0808 802 1414

 dsahelpline.org

 help@dsahelpline.org


Foyle Women's Aid:

028 7141 6800

 foylewomensaid.org

Nexus:

02871 260566

 nexusni.org

Nexus Institute offers counselling to survivors of childhood sexual abuse and victims of sexual violence, including those who have experienced rape and sexual assault.

The Rowan – Regional Sexual Assault Referral Centre:

0800 389 4424 (24 hour Freephone Helpline)

 therowan.net

Support and services for anyone who has been sexually abused, assaulted or raped.

Victim Support Foyle: 028 7137 0086

 victimsupportni.com

 foyle@victimsupportni.org.uk

Emotional support for victims of crime.

WAVE Trauma Centre

Derry / Limavady / Strabane:

028 7126 6655

 wavetraumacentre.org.uk

Offers care and support to anyone bereaved or traumatised through violence.

YOUNG MOTHERS' SUPPORT

Family Nurse Partnership:

02871 865115

The Family Nurse Partnership offers young mothers, aged 19-years-old and younger, the opportunity to avail of professional one-to-one support throughout the duration of their pregnancy and up until their baby is two-years-old. The programme primarily focuses on the future health and wellbeing of the child and mother and centres on prevention and early intervention.



School Age Mothers (SAM):

028 7127 2300

The Education Authority's School Age Mothers Programme (SAM) provides schools, families and other interested parties with guidance and support to ensure young women who wish to continue their education at school, whilst pregnant or having had a baby can do so.

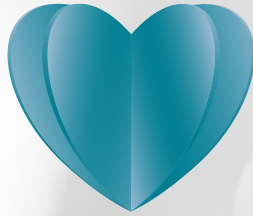


We, at Riverside Practice, hope that this booklet will provide you with helpful contacts for all that life may bring for you as new or expectant parents.

Good luck on your journey through parenthood!







Riverside Practice
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Upper Main Street
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BT82 8AR

Tel: 02871 384100

www.riversidepracticestrabane.co.uk

