

Healthy Children: 5 Years to Pre-Teen

Local and online resources for
parents/carers living in Ealing
(weblinks below)

Stay Well

FIND A GP: Everyone should have one, includes information on how to register

FIND AN NHS DENTIST: NHS Dental care for children is free. It is important to take your child for regular dental appointments

EMERGENCY DENTIST: How to access an NHS dentist in an emergency or out of hours

EYE TESTS FOR CHILDREN: Free on the NHS. If you have any concerns about your child's vision speak to your GP or local optician

CHILDHOOD VACCINATIONS: Information on when to have them. If in doubt speak to your GP surgery or Health Visitor

FLU VACCINE ADVICE: The nasal spray flu vaccine is free on the NHS for all children in Primary School

IS MY CHILD TOO UNWELL FOR SCHOOL?: Information to help you decide whether or not to keep your child off school

HOW TO HELP YOUR UNWELL CHILD: Information to help you identify when an illness is minor and when it is serious

HEALTHIER TOGETHER: Useful health information for all the family in multiple languages

Get Active & Eat Well

JUNIOR PARK RUN: A free 2km run, dedicated to 4-14 year olds and their families, every Sunday morning currently in Acton, Northala Fields, Osterley and Pitshanger Park

EAT WELL: Information and guidance about eating a healthy balanced diet

GET ACTIVE: Find free and low-cost local activities for all the family

ALFIE PROGRAMME: Nutrition based interactive workshops combined with physical activity for children aged 5-13 years and families

Mental Health & Wellbeing

Please speak to your child's school or GP if you are worried about their mental health

SCREEN TIME ADVICE: Screen time recommendations and health effects

SLEEP ADVICE: A good sleep routine is really important for health and wellbeing

ANTI-BULLYING ADVICE: How to deal with bullying and get help

BEST FOR YOU NHS: Mental health digital platform for 11-25 year olds

SPEAK CAMHS: If you're a young person or parent / carer worried about mental health call the Speak CAMHS helpline 0800 328 4444 and choose Option 2 for CAMHS for support

THE CIRCLE: A drop in café and hub offering support to children, young people and their parents who are in active mental distress and at risk of crisis located in Ealing

YOUNG MINDS: Information and helpline for young people, parents and professionals

Parenting Support

PARENTING SERVICE: Parenting programmes, courses and workshops

EALING LOCAL OFFER: Support for children and families with special educational needs or a disability

Keeping Safe

EALING DOMESTIC ABUSE SERVICES: Find local help and support

NATIONAL DOMESTIC VIOLENCE HELPLINE:

If you are a woman experiencing abuse: 0808 200 0247

If you are a man experiencing abuse: 0808 801 0327

EALING CHILDREN'S INTEGRATED RESPONSE SERVICE

(ECIRS): If you are concerned that a child has been harmed or is at risk of harm call ECIRS immediately on 020 8825 8000 (24 hours for emergency calls). If a child is in immediate danger call the Police on 999.

CHILDLINE: Confidential advice and support: 0800 1111

Community & Financial Support

YOUNG EALING FOUNDATION: Promotes activities and opportunities for young people

YOUNG CARERS SERVICE: Free information and advice, fun activities in school holidays, regular after school clubs and one to one support

EALING HOLIDAY ACTIVITIES AND FOOD (HAF):

Programme offers free holiday activities and a nutritious meal during the Easter, Summer and Christmas school holidays across Ealing

COST OF LIVING SUPPORT: Information about all the different sources of help, benefits, grants and money saving discounts Ealing Council has on offer you can also call 020 8825 7170

FOODBANKS: Provide free nutritionally balanced emergency food and support to local people

HELP WITH HEALTH COSTS: Help with hospital appointments, visits and health related costs

SHELTER: Housing advice on homelessness, council housing, eviction and more

EALING HOUSING: Provide information on all housing issues for Ealing residents

For more information please visit the Ealing Family Information Service on:

www.ealingfamiliesdirectory.org.uk

Tel: 020 8825 5588 Email: children@ealing.gov.uk

Guide to help you choose the right service for you and your NHS



Self-care

Cough, Colds, Grazes, Small cuts, Sore throat.

Self-care is the best choice to treat minor illnesses and injuries. A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.



Pharmacy

Diarrhoea, Earache, Painful cough, Sticky eye, Teething, Rashes.

Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A & E department, and save time. No appointment is needed and most pharmacies have private consulting areas.



GP

Asthma, Back pain, Vomiting, Stomach ache.

GPs and nurses have an excellent understanding of general health issues and can deal with a whole range of health problems



Minor Injuries

Cuts, Sprains, Strain, Bruises, Itchy rash, Minor burns.

Minor Injuries Units, Walk-in centres and Urgent Care Centres provide non-urgent services for a range of conditions. They are usually led by nurses and an appointment is not necessary.



A&E /999

Severe bleeding, Breathing difficulties, Severe chest pain, Loss of consciousness.

A & E or 999 are best used in an emergency for serious or life threatening situations.

NHS 111

If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call NHS 111.

**24 hours a day
7 days a week**

NHS website

You can also access health advice and guidance or find your nearest service online through NHS website.

**Visit
www.nhs.uk**