

General Health Directory

The Healthwatch Newham guide to local general health services.

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Contents

- Page 2: **Maternity**
- Page 3: **Sexual Health**
- Page 5: **Skin Health**

This guide has been produced by Healthwatch Newham, as part of its free information service.

Get more online  www.healthwatchnewham.co.uk/onlinedirectory/ or call  020 3866 2969.

Early Start Midwifery Team

Maternity

Abbey Lane Children's Centre
1 Abbey Lane
London
E15 2SD

020 3373 0286

Profile:

The Early Start midwifery team consists of midwives, who work in Partnership with Barts Health NHS Trust, to provide an enhanced midwifery service to pregnant women, new mums, and their families, in Newham. We are all based in Children's Centres. Whilst complimenting the services of the core midwives, the Early Start midwives seek to support you in areas where you may need extra help. You may be referred to us with your consent by your midwife, GP, Health Visitor, or any Early Start worker. You can also contact us yourself to discuss any help you might need, or to book classes. We hold community based antenatal classes for women, from 24 - 28 weeks of pregnancy. These classes are informative, fun and friendly. They are held in a Children's Centre close to where you live, enabling you to meet other local expectant women and parents. Classes are supported by the other Health Team members. Please call to book a place as early in your pregnancy as spaces are limited.

We hold antenatal and postnatal drop-in classes/groups. Antenatal drop-in classes/groups are for parents (mums and dads) in any stage of pregnancy who would like to meet other local expectant parents. The classes/groups reflect the local community where you live and help you make new friends who live nearby. The Early Start midwife is also available to give information and advice.

Postnatal drop-in classes/groups are for parents (mums and dads) with new babies up to six months of age. These classes/groups help provide you with support at a time you might feel vulnerable, and give you an opportunity to attend a midwife facilitated programme, where you discuss ways to help you keep your new baby safe and nurtured, and also ways to take care of yourselves as new parents. We also offer breastfeeding groups and workshops for all breastfeeding and expectant mothers to meet and exchange ideas and experiences.

At your first session you will be asked to register with the Early Start service and be given a membership card for entry to all Newham Children's Centres. Please note there are parking restrictions at most venues.

Early Start Midwifery Team Breastfeeding Group

Maternity

Breastfeeding Support Service, Early Start Midwifery Team,
1 Abbey Lane
London
E15 2SD

Rebecca.Alcindor@newham.gov.uk

Profile:

A service for Newham mothers and pregnant women, Come to our breastfeeding drop-ins and antenatal workshops held in Children's Centres to receive the information and support you need to give your baby the best start.

Easy Read Guides on Maternity

Maternity

[http://www.easyhealth.org.uk/listing/maternity-\(leaflets\)](http://www.easyhealth.org.uk/listing/maternity-(leaflets))

Profile:
Easy Read Guides on Maternity.

Newham Maternity Services Liason Committee

Maternity

The Brady Centre
192 Hanbury Street
London
E1 5HU

020 8510 1971
KhaledaM@safh.org.uk
<https://www.facebook.com/NewhamMslc?sk=info>

Profile:
Newham Maternity Services Liason committee empowers women by involving them in the decision making of services which exist to support them.

Post Natal Exercise Class

Maternity

Salvation Army
1 Paul Street
London
E15 4QB

07808 070 882
mumsbumpsandbabies@yahoo.co.uk

Easy Read Guides on Sexual Health

Sexual Health

[http://www.easyhealth.org.uk/categories/sexual-health-\(leaflets\)](http://www.easyhealth.org.uk/categories/sexual-health-(leaflets))

Profile:
Easy Read Guides on Sexual Health.

Newham University Hospital (Department of Sexual Health)

Newham General Hospital
Glen Road
London
E13 8SL

Sexual Health

020 7363 8146
monte.fields@bartshealth.nhs.uk

Profile:

HIV duo testing, Sexual health clinic testing, Out of office hours, PEP (Post-exposure prophylaxis), HIV rapid tests, Walk in services, Young people's services.

Sexual Health Online for North East London**Profile:**

Get information and advice on sexual health related topics.

Sexual Health

www.sho-me.nhs.uk/default.aspx

Shine Clinics**Profile:**

Chlamydia Screening service for Newham.

Sexual Health

020 8586 5073
cscreening@nhs.net
www.checkyourself.org.uk

Widows & Orphans International

Harold Road Community Centre
170 Harold Road
London
E13 0SE

Sexual Health

002 8593 3100
info@worphan.com
www.worphan.com

Profile:

We are a community based organisation working in partnership with local authorities and nation organisations to improve access to HIV information and services.

Skin Deep

Skin Health

020 3659 3408

info@skinawareness.org
<http://skinawareness.org/>

Profile:

Providing informative support to skin disease sufferers and their carers alike, Skin Deep combine art, design, performance, technology, and fashion into fundraising events.

Did you find what you wanted?

If you didn't find what you were looking for, phone the hotline or send an email.
Either way, we will do our best to help you get that result.

 020 3866 2969

 info@healthwatchnewham.co.uk

Disclaimer:

We endeavour to provide information that is accurate and up-to-date, however this cannot be guaranteed.
In order to assist us, please report any errors.

