

Bright Start

Help for you,
your partner and
your baby on
the journey to
parenthood and
beyond



Family Hubs, Start for Life

Preparing to be Parents

Journey to Parenthood

6-week antenatal course for all parents-to-be to learn about your baby, birth and beyond.

- [!\[\]\(31b03e46ee8a80a1f1467b8c03bd76e8_img.jpg\) Find Your Islington, Journey to Parenthood: Antenatal Parenting Programme](#)

Understanding pregnancy, birth and baby (online)

Online course to support your family with becoming a parent.

- [!\[\]\(4e333a6106fc298d0ae6dff272a736ef_img.jpg\) Find Your Islington, Parenting Programmes in Islington](#)

Dad Matters

Meet other dads-to-be, get tips on bonding with your baby, and support for your own mental health.

- [!\[\]\(e27c4336460e9e6729a19580c0456728_img.jpg\) Find Your Islington, Dad Matters](#)

Parent and Baby Psychology Service (PBPS)




A team of clinical psychologists here to help parents- to-be who are finding the transition to parenthood challenging.

- [!\[\]\(609f3372828e3526d7ce4ba9a1b5248e_img.jpg\) Find Your Islington, Parent and Baby Psychology Service](#)

Healthcare Support in Pregnancy


Antenatal Midwifery Appointments in the community

Both Whittington and UCLH maternity services offer appointments in your local Family Hub and children's centres.

-  The Whittington has clinics in the Islington area - contact us on **0207 288 3482** for more information.
-  Appointments and Classes
(whittington.nhs.uk)
-  Your pregnancy : University College London Hospitals NHS Foundation Trust
(uclh.nhs.uk)

Antenatal Education

Both Whittington and UCLH maternity services offer their own antenatal classes you can access for birth preparation.

-  More information about classes at the Whittington Appointments and Classes
(whittington.nhs.uk)

Speak with your midwife to find out more

Health Visitors' contact

Bright Start's Health Visiting team are here to support your family from pregnancy through to your child's 5th birthday.

-  Find Your Islington, Health Visiting Service

Getting Ready for Feeding

Community Baby Feeding Support

Individual and group support to help you prepare for feeding your baby or talk through a previous experience and learn about the support available after birth.

- ✉ Email whh.tr-islingtonbreastfeedingpeersupport@nhs.net
- 👉 Or visit [Find Your Islington, Islington Baby Feeding Support](#)

Maternity Baby Feeding Classes

Information about feeding your baby and classes from the Whittington.

Breastfeeding antenatal classes are available at UCLH. Please discuss with your midwife at your antenatal appointment.

- 👉 www.whittington.nhs.uk/default.asp?c=44807

Keeping Healthy

Healthy Start Vitamins

Free vitamins for all to support you during pregnancy (and for you and your child/ren after birth)

- 👉 Ask at your local children's centre or some health centres or visit islington.gov.uk/healthy-start

Healthy Start Card

Monthly payments for low-income families to support you with the cost of fruit, vegetables, pulses and milk.

- 👉 Apply online healthystart.nhs.uk/how-to-apply/ or ask at your local Bright Start Children's Centre/Family Hub

Your Voice

Maternity and Neonatal Voices Partnership (MNVP)

UCLH and Whittington Hospital maternity and neonatal services work closely with families to support birthing women and people in their antenatal and postnatal journey. We work together to review and contribute to the development of maternity and neonatal care.

To be involved please use the emails below.

✉ UCLH MNVP uclhmaternityvoices@gmail.com

Whittington MNVP:

✉ mnvp.whittington@nhs.net and whittingtonmnvp@gmail.com
or follow [@whittingtonmnvp](https://twitter.com/whittingtonmnvp)



Family Hub locations

For more information and to access any of the above please visit your local Family Hub.

Family Hub North

Hornsey Road
Children's Centre,
8 Tiltman Place,
Hornsey Road
N7 7EN

Tel. 020 7527 2005

Family Hub South

Bemerton Children's
Centre, 1a Coatbridge
House, Carnoustie
Drive
N1 0DX

Tel. 020 7527 4806

Family Hub Central

New River Green
Children's Centre,
23 Ramsey Walk,
N1 2SX

Tel. 020 7527 4813

✉ Email Bright Start
brightstart@islington.gov.uk

➡ Scan the QR code or visit Bright
Start at **[islington.gov.uk/
startforlife](https://islington.gov.uk/startforlife)**

