



#Bexley Parentcare

AFTER THE BIRTH...

I'm really
NOT O.K.

I'm
FINE

hmm...



Being a parent or carer is one of the most important jobs in the world.

Like every mum, dad or carer, you'll have great days, and then there could be days when you may not feel your best.

Awake since 4am

Money worries

Washing machine's broken

You just want to scream
at the top of your lungs

....*"Help me, I feel
like I'm sinking"*

Had a decent
night's sleep

Day out planned
with the family

Giggles, cuddles and
kisses all round

....*"Yep, today has
been a great day"*

You care for the young people in your life. What if you need some care yourself?

"There are services for everyone /
there are all sorts of mums, Real
advice is out there, connecting with
other mums can reduce anxiety"

Are you experiencing any of these symptoms?

Stress, anxiety, isolation, exhaustion, loss of or increased appetite, headaches, lack of motivation, crying, sleeplessness, and oversleeping.

If you're feeling worried, if you're feeling sad, if you're finding it hard to cope with family life, relationships, debt or work problems....whatever the reason, if you're feeling low, know that help is at hand.

- ▶ Get in touch with your GP and explain how you're feeling. Your GP will be able to point you in the right direction
- ▶ If your child is aged 0-5 years, contact your Health Visitor.

Health Visitors are specially trained to help children aged 0-5, and their families.

- ▶ If you're a Bexley parent or carer of children aged 0-18, search online for "Bexley Parentcare."

Visit Bexley Parentcare to find advice, activities, services, parent groups and carers groups, that are located in Bexley.

Bexley Parentcare helps Bexley parents and carers to find help, advice and support available in the borough, so you can get help closer to home.



A short guide to 'Bexley Parentcare' - FAQ's

I've not heard of Bexley Parentcare before. Is it new?

Launched in 2019, Bexley Parentcare is a new joint initiative between the NHS in Bexley, Bexley council, and local community and voluntary groups that work specifically with parents and carers of children aged 0-18 years.

When it comes to raising children, every parent or carer will have good days and bad days. But if it feels like you are having more bad days than good days, it helps to know where to go to get help, advice and a listening ear – and that's why Bexley Parentcare was created.

Bexley Parentcare is about matching Bexley parents and carers to sources of help in the borough, so you can get help close to home.

Who created Bexley Parentcare?

Bexley Parentcare was created for and with help from Bexley parents and carers.

As the aim of Bexley Parentcare is to support Bexley parents and carers of children and young people aged 0-18 years. Bexley Parentcare is supported by Bexley S.H.I.E.L.D., the safeguarding partnership for children and young people – you can find out more about Bexley S.H.I.E.L.D. below.

Why was Bexley Parentcare created? What is unique about Bexley Parentcare?

Bexley Parentcare was created in response to suggestions from parents and carers, who said Bexley needs a single hub where parents and carers can find out about local services and resources that support Bexley's parents and carers.

Why is it called Bexley Parentcare?

After talking to local parents and carers, “Bexley Parentcare” emerged as the best name to describe how Bexley parents and carers can find sources of help in the borough.

As a parent or carer, you spend your time looking after your children – it is an important job, with its share of ups and downs. Every parent or carer will have tough days – in fact, it’s perfectly normal. Bexley Parentcare is there for you on those days when you, as a parent or carer, may need a bit of care and support yourself.



How does Bexley Parentcare help me as a parent or carer?

Bexley Parentcare pulls together, in one place, the different kinds of services that Bexley’s parents and carers of children aged 0-18 years might need.

Bexley Parentcare works like a directory of services – you can search for services by location or by the type of help you need. The directory contains information on services and resources available in Bexley – you’ll often be able to find a community group or parent group that is located locally to your home.

The services are usually provided by the NHS in Bexley, Bexley council and voluntary organisations. Bexley Parentcare also includes details of national organisations that can help parents and carers in Bexley.

“Speak up! Asking for help, helps! You will be heard. People will help you build your confidence to cope.”

Here are just some of the services that you can find on Bexley Parentcare:

- ▶ advice on how to manage your finances
- ▶ information on your nearest sources of help for parents
- ▶ information on local services and resources that support the mental health and wellbeing of Bexley's parents and carers.

I'm having a really bad day. In fact, the past few days have been pretty awful. What can I do?

We all have days when things feel particularly bad, when we want to scream at the top of our lungs. It's important to know you're not alone - and you're no different from any parent or carer in Bexley. It's OK to not feel OK. It's important to remember that things will get better. And, it's important to remember there are a range of services to help in Bexley, places where you can talk to someone about how you feel.

We suggest:

- ▶ Get in touch with your GP. Talk to them about how you're feeling.
- ▶ If your child is aged 0-5 years, contact your Health Visitor. Your Health Visitor is specially trained to help children aged 0-5 years, and their families.
- ▶ Additionally, you can book an appointment with your GP or an appointment at one of two GP Access Hubs in Bexley. GP Access Hubs are available for all patients registered with a Bexley GP (or a resident in Bexley but have yet to registered with a Bexley GP practice).

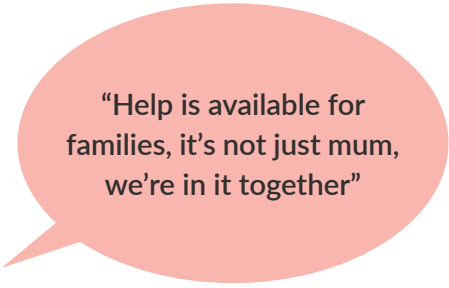
The GP Access Hubs are open between 6.30pm and 8pm Monday to Friday and 8am to 8pm Saturdays and Sundays (including bank holidays). Booking is easy - contact your GP practice in the usual way during normal operating hours, and ask for a weekday evening or weekend appointment.

To book an evening or weekend appointment after the GP practice has closed, call freephone NHS 111 or use the direct telephone lines via the Urgent Care Centre waiting rooms at Erith Hospital and Queen Mary's Hospital.

I am a Bexley parent and I am interested in meeting other local parents – how do I do this?

Bexley Parentcare has a search function, so you can search for and discover the many different activities, resources, services and sources of support available in Bexley for parents and carers of children aged 0-18 years. Whether you live north or south of the borough, whether your kids are toddlers, tweens or teenagers - there are a range of options for support and advice on Bexley Parentcare.

Additionally, for Bexley families with children aged 0-5 years, there are three children's centres in the borough that provide activities, support and services specifically designed for children aged 0-5 years. Children's Centres are funded by the council and the activities and classes are usually free. Many Bexley parents and carers find that taking part in a Children's Centre activity is a great way to meet other local parents and carers. You can attend activities at any of the children's centres – for more information, visit www.bexley.gov.uk/childrenfamilies

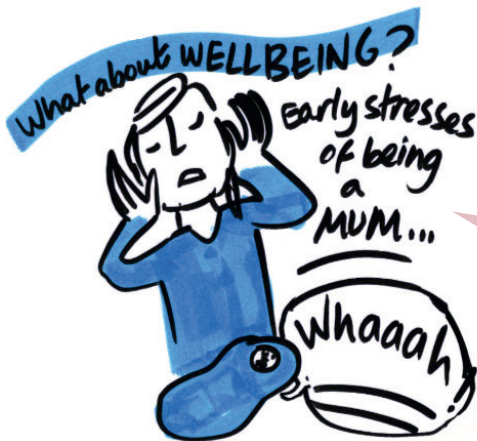


“Help is available for families, it's not just mum, we're in it together”

How do I get started with Bexley Parentcare?

If you have access to the internet or a smartphone, we suggest you visit Bexley Parentcare information on the S.H.I.E.L.D. website: www.bexleylscb.org.uk/page.php?section=section_2&id=280#Bexley%20Parentcare

If you don't have access to the internet, you can visit Bexley Parentcare information by using computers available at one of the 12 libraries in Bexley.



What is the Bexley S.H.I.E.L.D. safeguarding partnership?

Like every borough, Bexley has a multi-agency safeguarding partnership for children and young people – the partnership works to promote and protect the welfare of children and young people in the borough. The safeguarding partnership is made up of the NHS, the council and local police working together with Bexley's community groups and Bexley parents and carers of children aged 0-18 years. The partnership was named Bexley S.H.I.E.L.D. by the Youth Council.

"There's support for serious mental health issues, it takes time to get better but you can get the right services for you"

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