

Useful contacts

National

Asthma UK

0300 222 5800

www.asthma.org.uk

Baby LifeCheck

www.babylifecheck.co.uk

British Nutrition Foundation

020 7557 7930

www.nutrition.org.uk

Cry-sis

08451 228 669

www.cry-sis.org.uk

Dental Helpline

0845 063 1188

Family Lives

0808 800 2222

www.familylives.org.uk

Fatherhood Institute

www.fatherhoodinstitute.org

Healthy Start

www.healthystart.nhs.uk

Meningitis Now

0808 80 10 388

www.meningitisnow.org

National Breastfeeding Helpline

0300 100 0212

www.breastfeedingnetwork.org.uk

National Childbirth Trust

0300 330 0700

www.nct.org.uk

National Domestic Violence Helpline

0808 2000 247

NHS 111

24 hour - for when it is less urgent than 999

NHS LifeCheck

www.nhs.uk/LifeCheck

NHS Live Well

www.nhs.uk/Livewell/childhealth0-1

www.nhs.uk/Livewell/Goodfood

NHS Smokefree

0300 123 1044

www.nhs.uk/smokefree

Real Baby Milk

www.realbabymilk.org

Start4Life

0300 123 4567

www.nhs.uk/start4life

The Lullaby Trust (FSID)

www.lullabytrust.org.uk

www.gov.uk

www.dh.gov.uk

Call 111 - When it's less urgent than 999

Call 999 in an emergency

Think! - Right treatment Right place

Local

The Royal Blackburn Hospital provides care for major emergencies, and Burnley General Hospital provides care for minor injury only.

What to do if you think your child is SERIOUSLY ILL

If you think your child is seriously ill **CALL 999 AND ASK FOR THE AMBULANCE SERVICE** or bring them to the **Emergency Department at the Royal Blackburn Hospital**.

DO NOT take them to Burnley General Hospital or any other service.

What to do if your child has a MINOR ILLNESS

This booklet is intended to provide advice and support to self-manage minor illnesses. If you require additional support there are a number of options available to you:

- Your local pharmacist will have knowledge of most everyday health issues and they can suggest the best medicine to help.
- From 8.00am to 6.30pm (Monday to Friday) contact your **GP** directly, or call **111** to seek advice.
- For treatment outside of your GP's opening hours please contact **111** to seek advice, out-of-hours appointments and available Walk-in Centres.

What to do if your child has a MINOR INJURY

For treatment of minor injuries you may attend one of the following:

- Urgent Care Centres located at Burnley General Hospital or Royal Blackburn Hospital.
- Accrington Victoria Minor Injuries Unit. The unit is open 8.30am to 8.30pm seven days a week.

Please contact **NHS 111** for further information and advice.