

## Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

## Who to contact

Children's public health nursing  
t: 0300 123 3444

Medch.childrenscommunity@nhs.net

Our privacy notice is available at [medwaycommunityhealthcare.nhs.uk/privacy/](https://medwaycommunityhealthcare.nhs.uk/privacy/)

If you would like to view or request a copy of your patient record, please email [medch.dataprotection@nhs.net](mailto:medch.dataprotection@nhs.net) or call 01634 334640. In most instances this service is free and we aim to provide the requested information within 1 calendar month. More information can be found by visiting: [medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/](https://medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/)

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

## Customer care

Please send any comments about Medway Community Healthcare services to: -

Customer care coordinator  
Medway Community Healthcare  
MCH House, Bailey Drive, Gillingham, Kent, ME8 0PZ  
t: 0300 123 3444  
[medch.customercare@nhs.net](mailto:medch.customercare@nhs.net)

All contact will be treated confidentially  
This information can be made available in other formats and languages. Please email [medch.communications@nhs.net](mailto:medch.communications@nhs.net)

Ref: MCH 416

MCH

NHS

## Useful links

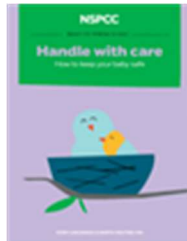
### A guide for parents



We are  
research  
active

This leaflet will provide you with links to useful information. You can either type in the website addresses into a web browser or scan the QR code into your smart phone using an App. Some of this information is detailed in your “my personal child health record” or red book, these have been marked with an\*

## NSPCC



<https://learning.nspcc.org.uk/research-resources/leaflets/handle-with-care>

## NHS



## NHS Choices

Immunisation guide:

<https://www.nhs.uk/conditions/vaccinations/>

## Medway family services



[https://admissions.medway.gov.uk/synergy/fisd\\_welcome.aspx](https://admissions.medway.gov.uk/synergy/fisd_welcome.aspx)

## Medway Council

Healthy eating for young children from Medway council.



[https://www.medway.gov.uk/downloads/file/784/healthy\\_eating\\_among\\_children\\_and\\_young\\_people](https://www.medway.gov.uk/downloads/file/784/healthy_eating_among_children_and_young_people)

## Unicef – baby friendly initiative

Building a happy baby – A guide for parents

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[www.unicef.org/BabyFriendly/Resources/Resources-for-parents/Building-a-happy-baby/](http://www.unicef.org/BabyFriendly/Resources/Resources-for-parents/Building-a-happy-baby/)

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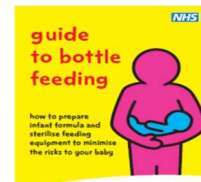
[www.unicef.org/BabyFriendly/Resources/Resources-for-parents/Caring-for-your-baby-at-night/](http://www.unicef.org/BabyFriendly/Resources/Resources-for-parents/Caring-for-your-baby-at-night/)

## #BesideYou

Normalising breastfeeding in Medway.  
<https://www.wearebesideyou.co.uk/>

## Start 4 Life

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[https://www.unicef.org/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life\\_guide\\_to\\_bottle-feeding.pdf](https://www.unicef.org/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life_guide_to_bottle-feeding.pdf)

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[https://www.unicef.org/babyfriendly/wp-content/uploads/sites/2/2010/11/otbs\\_leaflet.pdf](https://www.unicef.org/babyfriendly/wp-content/uploads/sites/2/2010/11/otbs_leaflet.pdf)



[www.unicef.org/BabyFriendly/Resources/Resources-for-parents/Weaning---starting-solid-food/](http://www.unicef.org/BabyFriendly/Resources/Resources-for-parents/Weaning---starting-solid-food/)

## Healthy Start



[www.healthystart.nhs.uk/](http://www.healthystart.nhs.uk/)

## Kent Fire & Rescue

[www.kent.fire-uk.org/your-safety/home-safety/](http://www.kent.fire-uk.org/your-safety/home-safety/)



**Kent Fire & Rescue Service**



## The Lullaby Trust

An easy read card to provide support for families for safer sleep for babies.

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<https://www.lullabytrust.org.uk/professionals/publications/>