

## Dietitians' contacts in Wessex:

Area	NHS Trusts	Address	Switchboard	Dietitians	Website
<b>Southampton</b>	University Hospital Southampton	Tremona Road, Southampton SO16 6YD	023 8077 7222	02381206072	
<b>Andover, Basingstoke Winchester</b> Hampshire Hospitals	Basingstoke and North Hampshire Hospital	Aldermaston Road, Basingstoke RG24 9NA	01256 473202	01256 852644	
	Royal Hampshire County Hospital	Romsey Road, Winchester SO22 5DG	01962 863535	01962 824731	
<b>Portsmouth</b> Portsmouth Hospitals	Queen Alexandra Hospital	Cosham, Portsmouth PO6 3LY	023 9228 6000	extensions 4348/4349	
	<b>Community:</b> Rodney Rd centre	Rodney Road, Southsea PO4 8SY		02392 681798	
<b>Frimley</b> Frimley Health	Frimley Park Hospital	Portsmouth Rd, Frimley Surrey GU16 7UJ	01276 604604	01276 604053	
<b>Isle of Wight</b> Isle of Wight NHS Trust	St Mary's Hospital	Parkhurst Road, Newport, Isle of Wight, PO30 5TG	01983 822099	01983 534790	
<b>North &amp; West Dorset, Dorchester, Weymouth</b>	Dorset County Hospital	Williams Avenue, Dorchester, DT1 2JY	01305 251150	01305 253466 01305 255535	
<b>East Dorset, Poole, Bournemouth, Christchurch &amp; Purbeck</b>	Poole Hospital	52 Longfleet Road, Poole, BH15 2JB	01202 665511	01202 442840	
	Dorset HealthCare NHS Trust	Parkstone Health Centre, Mansfield Road, Poole, BH14 0DJ		01202 733323	

## Really useful websites

[www.what0-18.nhs.uk/](http://www.what0-18.nhs.uk/)

"The Healthier Together initiative aims to support you when you're worried about the health of your child and provides you with information about what you should do and where you should go. It also provides information to healthcare professionals in order to ensure that your child receives the same quality of care irrespective of where they are seen"

[www.firststepsnutrition.org/](http://www.firststepsnutrition.org/)

"Wants to ensure that everyone working to support mums-to-be and young families has access to independent, expert and practical 'eating well' resources. Provides up-to-date information on infant milks for sale in the UK and promote better regulation and marketing of breastmilk substitutes"

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

Healthy Start is a UK-wide government scheme to improve the health of low-income pregnant women and families on benefits and tax credits

[www.unicef.org.uk/babyfriendly/](http://www.unicef.org.uk/babyfriendly/)

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

[www.nice.org.uk](http://www.nice.org.uk)

## Apps



**Breast Start:** App will give you evidence based information from NHS professionals about all aspects of breastfeeding



**Healthier Together App** provides a mobile friendly version of the website What0-18



**Baby Buddy:** Award-winning app for parents and parents-to-be who will guide you through your pregnancy and the first six months of your baby's life

