

Sources of information and support

Barnardos

Tel: 020 8550 8822

www.barnardos.org.uk

Barnardos run projects for vulnerable children.

BBC

www.bbc.co.uk/parenting

Advice and information, including video clips

British Association for Adoption and Fostering (BAAF)

Tel: 020 7421 2600

www.baaf.org.uk

Website of the adoption and fostering organisation

Childcare LINK

Tel: 08000 960296

www.childcarelink.gov.uk

The website provides information about the different types of childcare and early education in local areas.

Childline

www.childline.org.uk

Childline is the UK's free, 24-hour helpline for children and young people in trouble or danger. They also provide a number of online resources for practitioners.

Child Poverty Action Group (CPAG)

Tel: 020 7837 7979

www.cpag.org.uk

CPAG promotes action for the relief, directly or indirectly, of poverty among children and families with children. Produces information booklets on welfare rights, debt and other topics related to poverty.

Contact a Family

Tel: 0808 080 5555

www.cafamily.org.uk

National charity offering advice, information and support to parents of children with special needs and disabilities.

Families Need Fathers

Helpline: 08707 607496

www.fnf.org.uk

A registered charity providing support to divorced and separated parents, irrespective of gender or marital status, on shared parenting issues arising from family breakdown. They hold support meetings across the country.

Family Rights Group

Advice line: 0800 731 1696

www.frg.org.uk

A charity providing advice and support for families whose children are involved with social services.

Fatherhood institute (was Fathers Direct)

www.fatherhoodinstitute.org

The national information service for fathers – offering training and consultancy to agencies working with families, and materials aimed at dads too.

Fostering Network

www.fostering.net

Provides practical help for children in foster care and support to carers.

Gingerbread

Tel: 0800 0184318

www.gingerbread.org.uk

Self-help organisation that provides practical and emotional support for lone parent families. Offers advice on benefits, childcare, the Child Support Agency, contact, divorce, employment, housing, maternity rights and lone parenthood.

Grandparents Association

Tel: 01279 444 964

Helpline: 0845 434 9585

www.grandparentsassociation.org.uk

A registered charity that provides an advice line, fact sheets and support groups for grandparents.

Home-Start

Tel: 08000 68 63 68

www.home-start.org.uk

Provides support to parents of under-fives, and recruits parents as volunteers offering friendship and support to other parents.

National Association for Voluntary and Community Action

(NAVCA) www.navca.org.uk

May be able to offer advice if you want to help parents set up a self-support group.

National Children's Bureau (NCB)

www.ncb.org.uk

The NCB promotes the interests and well-being of children and young people. Taking Care of Education, an NCB project, compares policy and practice in improving educational opportunities and outcomes for looked-after children.

National Council for Voluntary Organisations (NCVO)

www.ncvo-vol.org.uk

NCVO is the umbrella body for the voluntary sector in England, with sister councils in Wales, Scotland and Northern Ireland.

National Council of Voluntary Child Care Organisations (NCVCCO)

www.ncvcco.org

NCVCCO is an umbrella organisation whose members are all registered charities that work with children, young people and their families. They range from very large national organisations to small locally-based charities.

National Children's Home (NCH)

www.nch.org.uk

NCH is a charity that works with vulnerable children. It offers help and advice online.

National Society Prevention of Cruelty to Children (NSPCC)

www.nspcc.org.uk

The NSPCC operates the NSPCC Child Protection Helpline and 180 child protection and family support projects. It also operates NSPCC inform, a free online child protection resource for practitioners www.nspcc.org.uk/inform

Parentline Plus

Tel: 0808 800 2222

www.parentlineplus.org.uk

A national helpline providing support, information and guidance to parents and carers.

Relate

www.relate.org.uk

Relate offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support, face to face, by phone and through their website.

Samaritans

Helpline: 08457 90 90 90

www.samaritans.org.uk

A UK charity offering support to people who are experiencing distress or despair. Open 24 hours a day, every day of the year.

Voice for the Child in Care

www.voiceyp.org

Empowering children and young people in care to speak out for changes in their lives. 72 PSA role-specific handbook: Module A

Who Cares? Trust

www.thewhocarestrust.org.uk

A national charity working to improve public care for children and young people who are separated from their families and living in residential or foster care.

Women's Aid (Women's Aid Federation of England)

www.womensaid.org.uk

Women's Aid is the national charity working to end domestic violence against women and children.

Working Families

www.workingfamilies.org.uk

Advice and support for parents and practitioners.

YoungMinds

www.youngminds.org.uk

A national charity working to promote the mental health and emotional well-being of children and young people.