

## Useful contacts

Name	Web site address	Tel Number	Brief description
Surrey Family Information Services	<a href="http://www.surreycc.gov.uk/fis">www.surreycc.gov.uk/fis</a>	0845 011777	All families with children and young people aged 0 to 19 years old (up to 25 years old for young people with a disability or special educational need) can use our free, impartial information service.
First Steps	<a href="http://www.firststeps-surrey.nhs.uk">www.firststeps-surrey.nhs.uk</a>	0808 801 0325	<p>First Steps is an NHS-led service offering friendly advice and information on mental health and emotional issues to the public and employers. Our aim is to help people to find their way back to well-being.</p> <p>Covering the Surrey-wide area, we run a free and confidential helpline and email service staffed by trained mental health advisors. We also offer a range of self-help resources and educational sessions and signpost people to other relevant local services. Our goal is to help people make the best choices in addressing their mental health needs. We also welcome calls and enquiries from relatives, friends, carers and employers.</p>
Young minds	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	0800 018 2138	<p>Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we campaign, research and influence policy and practice.</p> <p>We also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications.</p>
Family Lives	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a>	0808 800 2222	Family Lives is here for you 24 hours a day, seven days a week through our free Parentline. You can call us about any family issue, big or small. If you'd prefer to send your question by email you can do that, or you can chat online with one of our parent support workers. We also run face-to-groups throughout England and work in schools, GP surgeries and prisons.
Gingerbread	<a href="http://www.gingerbread.org.uk">www.gingerbread.org.uk</a>	0800 018 5026	Expert information and advice for single parents covering a wide range of practical issues.
Dad Talk	<a href="http://www.dadtalk.co.uk">www.dadtalk.co.uk</a>		Advisory Board site providing free support to Dads

<b>Relate</b>	<a href="http://www.relateforparents.co.uk">www.relateforparents.co.uk</a>		Is a new website where you can talk live to a counsellor about your parenting worries. This is a free service.
<b>The Children's Legal Centre</b>	<a href="http://www.childrenslegalcentre.com">www.childrenslegalcentre.com</a>	0845 120 2948	The child law advice line ensures that children, parents, carers and professionals have access to accurate legal advice.
<b>Netmums</b>	<a href="http://www.netmums.com">www.netmums.com</a>		Netmums is a local network for mums and dads offering information on just about everything!
<b>The Couple Connection</b>	<a href="http://www.thecoupleconnection.net">www.thecoupleconnection.net</a>		This is a free, self help website which provides information and resources to parents who want to change their relationship for the better.
<b>Family Rights Group</b>	<a href="http://www.frg.org.uk">www.frg.org.uk</a>	0800 731 1696	We promote policies and practices, including family group conferences that help children to be raised safely and securely within their families, and campaign for effective support to assist family and friends carers, including grandparents who are raising children that cannot live at home. We provide a confidential, independent advice service.
<b>Citizens Advice Bureau</b>	<a href="http://www.adviceguide.org.uk">www.adviceguide.org.uk</a>	01932 248660	For independent, impartial guidance and advice.
<b>Turn 2 us</b>	<a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a>	0808 802 2000	We are a charitable service which helps people access the money available to them – through welfare benefits, grants and other help.
<b>Direct Gov</b>	<a href="http://www.direct.gov.uk">www.direct.gov.uk</a>		Access all public services from this web site
<b>Surrey County Council</b>	<a href="http://www.surreycc.gov.uk">www.surreycc.gov.uk</a>	03456 009 009 (gen enquiries)	
<b>Elmbridge Borough Council</b>	<a href="http://www.elmbridge.gov.uk">www.elmbridge.gov.uk</a>	01372 474474	
<b>ACAS</b>	<a href="http://www.acas.org.uk">www.acas.org.uk</a>	08457 474747 (Helpline) Monday to Friday 8.00am to 8.00pm Sat 9.00am to 1.00pm	Help and advice on employment issues, including maternity rights and procedures in the workplace, Parents and carers rights in the workplace.
<b>Mumsnet</b>	<a href="http://www.mumsnet.com">www.mumsnet.com</a>		Social network for parents to pool knowledge, advice and support.

<b>Cry-sis Baby Support</b>	<a href="http://www.cry-sis.org.uk">www.cry-sis.org.uk</a>	08451 228 669	Cry-sis runs a national telephone helpline that is available to callers every day of the year between 9.00am and 10.00pm. Callers are referred to a trained volunteer member of Cry-sis who has had personal experience of crying or sleep problems
<b>Samaritans</b>	<a href="http://www.samaritans.org">www.samaritans.org</a>	08457 90 90 90	Confidential support service by phone or online

<b>Domestic Violence Support</b>	<a href="http://www.womensaid.org.uk">www.womensaid.org.uk</a>	0808 2000 247	Women's Aid is the key national charity working to end domestic violence against women and children. They support a network of over 500 domestic and sexual violence services across the UK.
<b>Victim Support</b>	<a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a>	0845 3030900	We are the national charity giving free and confidential help to victims of crime, witnesses, their family, friends and anyone else affected across England and Wales. We also speak out as a national voice for victims and witnesses and campaign for change.
<b>Child Accident Prevention Trust</b>	<a href="http://www.capt.org.uk">www.capt.org.uk</a>		The Child Accident Prevention Trust (CAPT) is the UK's leading charity working to reduce the number of children and young people killed disabled or seriously injured in accidents. Free advice available on the website.
<b>Breastfeeding</b>	<a href="http://www.breastfeeding.see.nhs.uk">www.breastfeeding.see.nhs.uk</a>	07801 097605 / 07814 486497	Breastfeeding support and advice
<b>The Breastfeeding Network</b>	<a href="http://www.thebreastfeedingnetwork.org.uk">www.thebreastfeedingnetwork.org.uk</a>	0300 100 0210	As above
<b>Alcoholics Anonymous</b>	<a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>	0845 769 7555	Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.
<b>Male Health</b>	<a href="http://www.malehealth.co.uk">www.malehealth.co.uk</a>	Online only	Male health advice and support forum
<b>Health Visitors</b>	<a href="http://www.healthvisitors.com">www.healthvisitors.com</a>	Online only	Parenting health and advice for children up to 5 years old
<b>Association for Post Natal Illness</b>	<a href="http://www.apni.org">www.apni.org</a>	0207 386 0868	Leading charity offering support and advice for sufferers of PND
<b>Talk to Frank</b>	<a href="http://www.talktofrank.com">www.talktofrank.com</a>	0800 77 66 00	Advice and help on drug abuse
<b>Mind</b>	<a href="http://www.mind.org.uk">www.mind.org.uk</a>	0300 123 3393	Advice and support on mental health issues
<b>Family Fund</b>	<a href="http://www.familyfund.org.uk">www.familyfund.org.uk</a>	08449 744 099	We are the UK's largest provider of grants to low-income families raising disabled and seriously ill children and young people. We help ease the additional pressures families face. We can help with essential items such as washing machines, fridges and clothing but can also consider grants for sensory toys, computers and much needed family breaks together.
<b>Tax Credits</b>	<a href="http://www.hmrc.gov.uk/taxcredits/">www.hmrc.gov.uk/taxcredits/</a>		Tax credit information

<b>Debt Advice</b>	<a href="http://www.thedebtadvicenetwork.org.uk">www.thedebtadvicenetwork.org.uk</a>	0300 011 2340	The Debt Advice Network is a charitable organisation with clearly defined aims, and our service is completely free. We have advisors nationwide. .  Because we are a charity you can be confident that you will receive free, confidential, independent and impartial advice, tailored to your needs and circumstances.
<b>Parent Partnership</b>	<a href="http://www.parentpartnership.org.uk">www.parentpartnership.org.uk</a>	0207 843 6058	Parent Partnership Services (PPS) are statutory services offering information advice and support to parents and carers of children and young people with special educational needs (SEN). PPS are also able to put parents in touch with other local and national organisations.
<b>Dad Info</b>	<a href="http://www.dad.info">www.dad.info</a>	Online only	Advice, support and information for Dads
<b>Family Line</b>	<a href="http://www.familyline.otg.uk">www.familyline.otg.uk</a>	0808 800 5678	Confidential support for family issues
<b>Disabled Parent Network</b>	<a href="http://www.disabledparentnetwork.org.uk">www.disabledparentnetwork.org.uk</a>	0300 3300 639	Disabled Parents Network (DPN) is a national organisation for disabled people who are parents or who hope to become parents and their families, friends and supporters.  We are here for all parents with a disability or long term health challenge.
<b>Grandparents Association</b>	<a href="http://www.grandparents-association.org.uk">www.grandparents-association.org.uk</a>	0845 434 9585 (Helpline)	The Grandparents' Association works with government, local authorities and campaigns with key charities to raise awareness of the needs of grandparents.
<b>Brooklands College</b>	<a href="http://www.brooklands.ac.uk">www.brooklands.ac.uk</a>	01932 797 700	Training and education
<b>Job Centre Plus</b>	<a href="http://www.jobcentreplus.gov.uk">www.jobcentreplus.gov.uk</a>		
<b>Surrey County Childminding Association</b>	<a href="http://www.sccma.org.uk">www.sccma.org.uk</a>		This site is run by registered childminders for Surrey childminders and home-based child carers. All childminders and home-based child carers in Surrey become a member of SCCMA upon registration with Ofsted.
<b>One space</b>	<a href="http://www.onespace.org.uk/">www.onespace.org.uk/</a>		A support group for single parent families covering a multitude of issues including finance and housing.

<b>Shelter</b>	<a href="http://www.shelter.org.uk">www.shelter.org.uk</a>	Free housing advice helpline on 0808 800 4444	Advice on housing issues
<b>Rainbow Trust</b>	<a href="http://www.rainbowtrust.org.uk/">www.rainbowtrust.org.uk/</a>		Rainbow Trust Children's Charity provides emotional and practical support to families who have a child with a life threatening or terminal illness..
<b>British Dyslexia Association</b>	<a href="http://www.bdadyslexia.org.uk">www.bdadyslexia.org.uk</a>	0845 251 9003	The vision of the British Dyslexia Association is a dyslexia friendly society enabling all dyslexic people to reach their potential.

