

# USEFUL contacts FOR PARENTS



EPHING FOREST CHILDREN & YOUNG PEOPLE'S STRATEGIC PARTNERSHIP

- Whether you prefer to phone someone, search the internet or speak face-to-face, there are loads of sources of information and support for parents out there, some are included on this handy pocket sized card
- For information about what is available locally call the Parenting Coordinator on **01279 827505**
- Need help accessing the internet? Staff at your local library are ready to give you a hand

## TELEPHONE HELPLINES

- **Parentlineplus**  
24 hour free confidential Helpline: **0808 800 2222**.  
A free textphone for people with a speech or hearing impairment is available on: **0800 783 6783**
- **Cry-sis helpline: 08451 228 669** (08451 ACT NOW)  
7 days a week 9am - 10pm for parents of excessively crying, sleepless and demanding babies
- **Lone Parent Helpdesk:** browse the information at **[www.helpdesk.oneparentfamilies.org.uk](http://www.helpdesk.oneparentfamilies.org.uk)**

## TELEPHONE HELPLINES

- **Lone Parent Helpline: 0800 018 5026** - childcare, employment, money issues, children's behaviour, useful organisations and more. Monday to Friday 9am to 5pm, Wednesdays 9am to 8pm
- **Women's Aid: 01279 836611** any time - support services and refuges for women and their children experiencing domestic violence: **[www.womensroom.org](http://www.womensroom.org)**
- **Essex Children's Information Service: 01245 440400**  
**[www.childcarelink.gov.uk](http://www.childcarelink.gov.uk)**

## HEALTH AND PARENTING ISSUES

- Speak to your local Health Visitor (0-5yr olds) or School Nurse (5 yrs+) at your local clinic/health centre
- **'Bosom Buddies': 020 8272 4600**  
Group – for breastfeeding mums
- **Waltham Abbey Nurse Practitioner for Young People & Women's Health: 01992 707123** or text/phone **07789 174672** - family planning, pregnancy testing, Chlamydia screening, stop smoking help
- **[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)** – advice and information on a wide range of adult's and children's health issues

## WEBSITES FOR PARENTS AND / OR CHILDREN AND YOUNG PEOPLE

**[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)** - offers help and support through a range of services, shaped by parents for parents

**[www.bbc.co.uk/parenting](http://www.bbc.co.uk/parenting)** - pregnancy, babies, toddlers, children and teenagers

**[www.parentalk.co.uk](http://www.parentalk.co.uk)** - provides a friendly, approachable and accessible source of advice, information and support for parents

**[www.nspcc.org.uk/helpandadvice](http://www.nspcc.org.uk/helpandadvice)** - child safety

**[www.capt.org.uk](http://www.capt.org.uk)** - child safety

**[www.essexlibraries.essexcc.gov.uk/evs-app/](http://www.essexlibraries.essexcc.gov.uk/evs-app/)** - find books on all aspects of parenting to borrow free from your local library

**[www.kidscape.org.uk](http://www.kidscape.org.uk)** – bullying, being assertive, protecting children from paedophiles, online safety

**[www.bullying.co.uk](http://www.bullying.co.uk)** – information on a variety of bullying issues

**[www.nctpregnancyandbabycare.com](http://www.nctpregnancyandbabycare.com)** – deals with all aspects of pregnancy, birth and early parenthood

**[www.cry-sis.org.uk](http://www.cry-sis.org.uk)** - offers support for families with excessively crying, sleepless and demanding babies

**[www.care-for-the-family.org.uk](http://www.care-for-the-family.org.uk)** - aims to promote strong family life and to help those hurting because of family breakdown

**[www.relate-northessex.org](http://www.relate-northessex.org)** – help/counselling for relationship difficulties (tel: **01279 423655**)

**[www.oneparentfamilies.org.uk](http://www.oneparentfamilies.org.uk)** - advice and help for lone parents and their children

**[www.separatedfamilies.org.uk/parents](http://www.separatedfamilies.org.uk/parents)** - support for anyone affected by family separation

**[www.youngminds.org.uk](http://www.youngminds.org.uk)** - committed to improving the mental health of babies, children and young people

**[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)** – includes an A-Z covering mental health as well as a range of mental ill-health issues

**[www.mind.org.uk/Information/Booklets](http://www.mind.org.uk/Information/Booklets)** – several useful series covering a wide range of topics including childhood distress, depression, self-harm, bereavement, stress of student life, anger and many more

**[www.drinkaware.co.uk](http://www.drinkaware.co.uk)** – information about alcohol and drinking from facts to practical tips

**[www.eppingforestdc.gov.uk/youngpeople](http://www.eppingforestdc.gov.uk/youngpeople)** - information, resources and advice for 10 to 17 year olds

**[www.ruthinking.co.uk](http://www.ruthinking.co.uk)** – find local services, facts about contraception, sexually transmitted infections, abortion and links to other useful sites

**[www.youthinformation.com](http://www.youthinformation.com)** – the information toolkit for young people

**[www.estconnexions.co.uk](http://www.estconnexions.co.uk)** – info and advice for 13-19 yrs

**[www.cafamily.org.uk](http://www.cafamily.org.uk)** – for parents of children with additional needs

**[www.justfordads.co.uk](http://www.justfordads.co.uk)** – especially for dads

**[www.loughtoncab.co.uk](http://www.loughtoncab.co.uk)** – Citizens Advice Bureau

**[www.cccs.co.uk](http://www.cccs.co.uk)** – free confidential dept advice and support

- **TeenAIM** – promotes positive mental health, provides counselling, support and activities for 13-19 year olds. Tel: **01992 576307** **[www.aim-uk.org](http://www.aim-uk.org)**

- **The Box** – provides information and a social space in Epping for young people aged 11-25 years. Tel: **01992 577300** **[www.theboxepping.co.uk](http://www.theboxepping.co.uk)**
- **Rainer Young Women's Service** – provides support for 12-18 year old young women in dealing with family or placement breakdown or other traumatic life events. Tel: **01279 408384** **[www.raineronline.org](http://www.raineronline.org)**
- **EYPDAS** (Essex Young People's Drug and Alcohol Service) Provides advice and counselling relating to drugs and alcohol. Tel: **0800 3165699** (24 hr helpline) **[www.childdrenssociety.org.uk](http://www.childdrenssociety.org.uk)**
- **Young Concern Trust** – provides counselling services for young people aged 11-25 years at Waltham Abbey Health Centre. Tel: **01279 414090** to arrange an appointment.