

Agencies which provide information and support

Child Maintenance Options

0800 988 0988

www.cmoptions.org

Find out about child maintenance options and making the arrangement best suited to your circumstances.

SupportLine:

01708 765200

info@supportline.org.uk

Provides emotional support and details of counsellors, support groups, agencies throughout the UK.

Aquila

07807 058479

www.hope-after-heartbreak.co.uk

Offers help and hope to those suffering pain from broken relationships through its confidential self-help courses facilitated by a group of trained men and women who have all experienced broken relationships or divorce. Approx £40 for 8 weeks course (maybe some concessions if on benefits)

Association of Separated & Divorced Catholics:

www.asdcengland.org.uk

Support organisation to help individuals cope with the distress of marital breakdown and its aftermath. 90 groups nationwide. Each group has a chaplain and close dialogue with bishops and priests is a vital role of the association. Through prayer, discussion days of reflection and social events, members try to adjust to their new state.

The Association for Shared Parenting

03333 442001

www.sharedparenting.org.uk

Exists to promote the rights of children to the nurture of both parents after separation or divorce. Support and advice to fathers and mothers who are worried about the welfare of their children after separation or divorce. Most commonly advice surrounding issues central to family law, parental responsibility, contact, residence, Children Act etc.

Care For the Family:

02920 810800

www.care-for-the-family.org.uk

Aims to promote strong family life and to help those hurting because of family breakdown. Can also put single parents in touch with other single parents, arrange family breaks, penpal scheme, day and weekend events etc.

CCHF All About Kids

01273 847770

www.cchf-allaboutkids.org.uk

Provision of holidays and breaks for children and young people 7-12 years, from London and surrounding areas who are severely disadvantaged to help improve the quality of life, recognize their potential and achieve their goals.

Co-Dependents Anonymous (CoDA):

www.coda-uk.org

Informal fellowship of men and women. Self-help groups using 12-step programme to improve relationships for people of all backgrounds with a common interest in working through the problems that co-dependency has caused in their lives.

Contact a Family

0808 808 3555

www.cafamily.org.uk

Charity providing support and advice to parents caring for a disabled child or a child with specific health conditions. Make contact with other families who are in a similar situation to you.

Cry-Sis Helpline:

08451 228 669

www.cry-sis.org.uk

Helpline for parents or carers of excessively crying, sleepless and demanding babies. Offers a listening service and suggestions about how to calm a baby, help it sleep better and generally help parents to cope. Does not give medical advice.

Divorce Recovery Workshops:

0700 078 1889

www.drw.org.uk

UK nationwide self-help group run by volunteers who have attended the workshop. Offers a secure environment for discussion, understanding of feelings and also provides a new circle of friends when the workshop ends.

Families Need Fathers:

0300 0300 363

www.fnf.org.uk

Explores ways to maintain a child's relationship with both parents following separation and divorce. Gives support to both men and women with contact and residence problems and to find ways to eliminate unnecessary and protracted legal conflict. Information on line, self-help groups, membership £20.

Family Holiday Association:

www.familyholidayassociation.org.uk

Aim to improve the quality of family life for those parents and children who experience disadvantage by providing grants for holidays.

Family Rights Group:

0808 801 0366

www.frg.org.uk

Helpline and other support services for parents and carers who have children in care or who are in contact with social services.

Family Action:

020 7254 6251

www.family-action.org.uk

Assists families and individuals overcome the effects of poverty in tangible ways, providing

practical, emotional and financial support. Running family and children's centres, community mental health residential and day care, Educational Grants Advisory Service.

Family Lives:

0808 800 2222

www.familylives.org.uk

24 hour helpline for anyone involved in caring for children including stepfamilies. Offers listening, support, information and guidance on all issues of concern. Parenting classes and workshops for parents to share ideas and learn new skills.

Foster Talk

01527 836910

www.fostertalk.org

Not for profit leading provider of help and support for foster carers in the UK. **Fosterline 0800 040 7675** www.fosterline.info - Free confidential helpline for foster carers and those interested in becoming foster carers.

Gingerbread National Office:

0808 802 0925

www.gingerbread.org.uk

Telephone advice, information and support for lone parents. Emotional support and listening service. Advice on rights and responsibilities. Information on benefits, contact and residence, Child Support Act, housing, divorce, separation, solicitors, childcare. Network of local groups.

Gingerbread Northern Ireland Advice Service:

0808 808 8090

www.gingerbreadni.org.

Grandparents Apart Self-Help Group Scotland:

0141 882 5658

www.grandparentsapart.co.uk

Support for grandparents apart from their grandchildren.

Grandparents' Association:

Grandparents Helpline **0300 033 7015**

Family & Friends Advice Line for those looking after a relative's child

0300 123 7015

www.grandparents-association.org.uk

Helpline and other advice and support services for all grandparents, particularly those denied contact with their grandchildren or responsible for their upbringing. Support groups, grandparents and toddlers groups.

Grandparents Plus

0300 123 7015

www.grandparentsplus.org.uk

National charity which champions the vital role of grandparents and the wider family in children's lives - especially when they take on the caring role in difficult family circumstances.

Home-start:

www.home-start.org.uk

Home-start runs schemes around the country providing support, friendship and practical help to families with children under five in their own homes.

Institute of Family Therapy (London based)

020 7391 9150

www.instituteoffamilytherapy.org.uk

Provides couple and family therapy service for those who are finding relationships problematic. Sliding scale of fees. Also family mediation service for couples who are separating or divorcing

Marriage Care

Appointments: 0800 389 3801

www.marriagecare.org.uk

Listening and information service for people facing difficulty in their marriages, families or close personal relationships. Also offers face to face relationship counselling throughout England and Wales and referrals to other services as appropriate.

Mothers Apart From Their Children (MATCH):

www.matchmothers.org

MATCH,

BM Box No. 6334,

London WC1N 3XX

Voluntary self-help network for mothers separated from their children, informal local meetings, contact list etc. Send sae for information.

National Family Mediation:

0300 4000 636

www.nfm.org.uk

Help couples make joint decisions about a range of issues with a particular focus on arrangements for children. Provides details of local services.

National Federation of Solo Clubs:

www.federation-solo-clubs.co.uk

Provides social events for widowed, divorced and separated people and other single people at 64 clubs nationwide. Holidays, day trips, dances.

PANDAS

0843 2898401

Pre and Postnatal Depression Advice and Support

Relateline

0300 100 1234

www.relate.org.uk

Helpline service for individuals and couples with relationship difficulties. Counselling and support service, information and referrals to the other 94 Relate centres throughout the UK and to other services as appropriate.

For details about Phone and Online Counselling ring **0300 100 1234**

Reunite - International Child Abduction Centre

01162 556 234

www.reunite.org

Advice and support/information for parents and families in cases of parental child abduction or in cases where abduction feared. Advice on prevention of abduction.

Revenge Porn Helpline:

0845 6000 459 Mon-Fri 10am-4pm

Emails can be sent any time to help@revengepornhelpline.org.uk

www.revengepornhelpline.org.uk

A free resource full of useful information for victims of revenge porn, information about what the law says, what can be done to limit its effects and help from organisations such as Facebook, Twitter and Google, along with links to various resources and support agencies. In October 2014, The Justice Secretary Chris Grayling agreed an amendment to the Criminal Justice Bill.

"It shall be an offence for a person to publish a private sexual image of another identifiable person without their consent where this disclosure causes distress to the person who is the subject of the image."

Spark - Making Relationships Work (Scotland)

Relationship Helpline: 0808 802 2088

Counselling Enquiries 0808 802 0050

www.thespark.org.uk

Provide counselling to both couples and individuals as well as offering FOCCUS relationship inventory and workshops for young people and young parents. Also provide youth counselling.

Sexual Advice Association:

020 7486 7262

www.sda.uk.net

Helpline, advice, support and education for sufferers of sexual dysfunction and their partners. Provides up to date medical information on sexual dysfunction and treatments available.

Single Parent Action Network (SPAN):

www.spanuk.org.uk

Support for single parents across the UK and self-help groups. To give a voice to one parent families living in poverty and isolation. To empower single parents to take control over their own life.

Young Minds:

0808 802 5544

www.youngminds.org.uk

Helpline and other support services for parents concerned about the mental health of a baby, child or young person. Wide range of publications for young people, parents and professionals, issues include depression, bullying, self-harm.

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Useful websites

- www.4ormore.co.uk - A resource for larger families with more than 4 children with lots of useful tips and advice.
- <http://www.clicsargent.org.uk/content/relationships-and-sex>
Online relationships and sex guide aimed at helping 16+ navigate relationship and sex issues as they go through and beyond cancer treatment.
- www.cmoptions.org – find out about your maintenance options and making the arrangement best suited to your circumstances.
- www.divorceaid.co.uk - Advice, support and information for children, young people and adults relating to divorce
- www.fatherhoodinstitute.org - collates and publicises international research on fathers, fatherhood and different approaches to engaging with fathers by public services and employers, helps shape national policies by ensuring a father inclusive approach to family policy.
- www.fertilityfriends.co.uk – information and support around infertility issues, largest online community of UK infertility patients.
- www.growingkids.co.uk - Lots of tips and advice for bringing up healthy happy children.
- www.itsfinished.com - Lots of information about relationship breakdown and how to cope.
- www.netmums.com - Local network for mums with information and advice on being a mum with young children in your home town.
- www.ondivorce.co.uk - Information on legal, financial and support
- www.onespace.org.uk – advice and information for single parents.
- www.onlydads.org - Organisation for lone fathers across the UK. Offers advice, a forum for making contact, discounted holidays and clothes purchases, free legal and financial aid.
- www.onlymums.org - On-line support for single mums includes free financial support, legal help, discounts and offers from retailers, forums for networking and making friends.
- www.psychologytoday.com/basics/relationships
Everything you wanted to know about building and maintaining healthy relationships
- www.thecoupleconnection.net - your personal guide to finding relationship advice and support.
- <http://www.wikihow.com/Stop-Being-Jealous>
Useful advice for anyone who struggles with jealousy

Useful book

[Better Relationships: Practical Ways To Make Your Love Last \(Relate Guides\)](#) by Sarah Litvinoff - Publishers Vermilion: ISBN 0091856701