

GLOSSARY OF USEFUL TERMS

TERM	MEANING
Additives	Substances added to food to improve flavour, colour, texture or stability. Some additives can cause allergic reactions. Check the labels on food packaging before you buy.
Allergies	<p>Disorders of the immune system often also referred to as atopy. Certain substances (called allergens) trigger bad reactions in some people. There are many different types of allergens, but three of the most common are pollen, dust mites and nuts.</p> <p>Common allergic reactions include eczema, hives, hayfever, asthma, food allergies, and reactions to the venom of stinging insects such as wasps and bees. Mild allergies like hayfever are very common and cause symptoms such as allergic conjunctivitis, itchiness, and a runny nose.</p> <p>Allergic reactions can cause a range of symptoms. Some can be quite mild, and some are more serious, and even life-threatening. Some of the most common symptoms include the following: sneezing, wheezing, sinus pain (feelings of pressure or pain high up in the nose, around the eyes and at the front of the skull), runny nose, coughing, nettle rash/hives, swelling, itchiness (of the eyes, ears, lips, throat and roof of mouth), shortness of breath, and sickness, vomiting and diarrhoea.</p> <p>A variety of tests now exist to diagnose allergies. Treatments include: avoiding the allergen that you are allergic to, antihistamines, steroids or other oral medications, immunotherapy and targeted therapy. Make sure you contact a doctor or health professional before you take or give your children any drugs.</p>
Asthma	An allergy that causes the airways of the lungs (the bronchi) to become inflamed and swollen. This results in respiratory symptoms such as wheezing, coughing, shortness of breath, and a feeling of tightness within the chest or bronchial airways. The symptoms of asthma vary from person to person, from mild to severe. A severe onset of symptoms is known as an asthma attack, or 'acute asthma exacerbation'. Asthma attacks can be life-threatening and may require hospital treatment.
Baby blues	Feeling sad or mildly depressed a few days after your baby is born. The baby blues are very common – eight out of 10 new mothers feel like this. They can be caused by hormone changes, tiredness or discomfort and usually only last a week. More severe depression or anxiety that lasts longer than a week could be postnatal depression (page 11).
Balanced diet	A diet that provides a good balance of nutrients.
Colic	Frequent crying in a child, usually from weeks two to 12. Although colic is common, no one knows exactly what causes it. It can be very distressing for parents.
Contraception <i>(also known as birth control)</i>	Contraception prevents or reduces your chances of getting pregnant. See page 147 for the different types of contraception that are available.

TERM	MEANING
Cot death <i>(also known as Sudden Infant Death Syndrome)</i>	The sudden and unexpected death of an apparently healthy infant during their sleep. For information on what you can do to avoid cot death, go to page 26.
Croup	Croup is caused by an infection of the voice box and windpipe. This causes a child to produce a cough that sounds like a bark as well as a rasping sound when they breathe in.
Diarrhoea	Frequent and watery bowel movements. Diarrhoea in babies and very young children can cause them to become dehydrated. For more information, see page 123.
Eczema	A chronic skin condition that causes the skin to become itchy, reddened, dry and cracked. Atopic eczema is the most common form of eczema, and mainly affects children. See pages 124 and 125 for more information.
Fontanelle	A diamond-shaped patch at the front and top of a baby's head where the skull bones have not yet fused together. During birth, the fontanelle allows the bony plates of the skull to flex so that the baby's head can pass through the birth canal. The bones usually fuse together and close over by a child's second birthday.
Formula milk	Cows' milk that has been processed and treated so that babies can digest it. It comes in powder or liquid form.
Immunisation	A way of protecting your child against serious disease. Vaccines stimulate the immune system to produce antibodies without the child having to become infected with the actual disease. Once children have been immunised, their bodies can fight those diseases if they come into contact with them.
Jaundice	The development of a yellow colour on a baby's skin and a yellowness in the whites of their eyes. It is caused by an excess of the pigment bilirubin in the blood. Jaundice is common in newborn babies and usually occurs approximately three days after birth. It can last for up to two weeks after birth or up to three weeks in premature babies. See page 37 for more information.
Lice	Tiny insects that are parasites. They have flat, colourless bodies and can be difficult to see. Lots of children get head lice, regardless of whether their hair is clean or dirty. They catch them just by coming into contact with someone who is already infested. See page 126 for how to treat them.
Local health services	A range of medical, mental health and social care services in a particular area that meet the needs of the local population.

TERM	MEANING
Mastitis	An infection in the breasts caused by blocked milk ducts. Symptoms include hot and tender breasts and flu-like symptoms. See page 12 for how to treat it.
Meconium	The first stools that a baby passes. Meconium is made up of what a baby has ingested during their time in the uterus, including mucus and bile. It is sticky like tar and has no odour.
Paediatrician	A doctor specialising in the care of babies and children.
Perinatal	The time shortly before and after the birth of a baby.
Perineum	The area between the anus and the scrotum in the male and between the anus and the vulva (the opening to the vagina) in the female.
Personal child health record (PCHR) <i>(also known as the 'red book')</i>	Given to parents when a child is born. When you visit a clinic, your GP or a hospital, your healthcare professional will use the red book to record your child's weight, other measurements, immunisations and other important health information. You can also add information yourself.
Postnatal	The period beginning immediately after the birth of a baby until they are about six weeks old.
Postnatal care	The professional care provided to you and your baby, from the birth until your baby is about six to eight weeks old. It usually involves home visits by midwives to check that both mother and baby are well. Classes may also be available.
Postnatal depression	Feelings of depression and hopelessness after the birth of a baby. These feelings are more severe than the 'baby blues' (see above). Postnatal depression affects one in 10 women and can be serious if left untreated. See pages 38 and 39 for more information.

USEFUL ORGANISATIONS

Action on Hearing Loss

0808 808 0123
informationline@hearingloss.org.uk
www.actiononhearingloss.org.uk

Action for Sick Children

32 Buxton Road
High Lane
Stockport SK6 8BH
Phone: 01663763004
helpline: 0800 074 4519
(Mon–Fri 9am–5.30pm)
enquiries@actionforsickchildren.org.uk
www.actionforsickchildren.org.uk
Promotes equality of healthcare services for children in hospital, at home and in the community. Gives information and support to parents and carers with a problem or query regarding their child's healthcare, from how to register your child with a GP or a dentist to what to expect when they need to go into hospital.

Action on Smoking and Health (ASH)

6th floor, Suites 59-63,
New House,
67-68 Hatton Garden,
London EC1N 8JY
0207 404 0242
enquiries@ash.org.uk
www.ash.org.uk

Northern Ireland office:

GerryMcElwee@cancerfocusni.org
A campaigning public health charity that works to eliminate the harm caused by tobacco.

ADDISS (National Attention Deficit Disorder Information and Support Service)

Premier House
112 Station Road, Edgware
Middlesex HA8 7BJ
helpline: 020 8952 2800
info@addiss.co.uk
www.addiss.co.uk

Provides information and resources about Attention Deficit Hyperactivity Disorder to parents, sufferers, teachers and health professionals.

Advisory Centre for Education (ACE)

36 Nicholay Road
London N19 3EZ
helpline: 0808 800 5793
(advice line, Mon–Fri 10am–5pm)
www.ace-ed.org.uk

Provides advice and a voice for parents.

Allergy UK

Planwell House
Lesas Business Park
Edgington Way, Kent
DA14 5BH
01322 619 898 (helpline)
info@allergyuk.org
www.allergyuk.org

Northern Ireland office:

Unit 6 Mallusk Enterprise Park,
2 Mallusk Drive, Newtownabbey
BT36 4GN
08448 243421
Email: info@allergyukni.co.uk

A leading national medical charity providing up-to-date information on all aspects of allergy, food intolerance and chemical sensitivity.

Association for All Speech Impaired Children (Afasic)

1st Floor
20 Bowling Green Lane
London EC1R 0BD
08453 55 55 77 (helpline, Mon–Fri
10.30am–2.30pm)
020 7490 9410
info@afasic.org.uk
www.afasic.org.uk
Northern Ireland:
Tel: 028 37 569611

Represents and supports children and young people affected by the hidden disability of speech, language and communication impairments and their families.

Association for Post-Natal Illness (APNI)

145 Dawes Road
Fulham
London SW6 7EB
020 7386 0868 (Mon–Fri 10am–2pm)
0808 800 2222 (Parentline 24-hour helpline)
info@apni.org
www.apni.org

Network of telephone and postal volunteers who have experienced postnatal illness, offering information, support and encouragement.

Asthma UK

Summit House
70 Wilson Street
London EC2A 2DB
0800 121 62 44 (advice line, Mon–Fri
9am–5pm) (nurses helpline)
0800 121 62 55 (supporter and
information team)
info@asthma.org.uk
www.asthma.org.uk

Northern Ireland office:

Ground Floor
Unit 2
College House
Durham Street
Belfast BT12 4HQ
0800 151 3035

A charity dedicated to improving the health and well-being of the 5.4 million people in the UK whose lives are affected by asthma. Works with people with asthma, health professionals and researchers to develop and share expertise to help people increase their understanding and reduce the effect of asthma on their lives.

Benefit Enquiry Line for People with Disabilities

2nd Floor
Red Rose House
Lancaster Road
Preston PR1 1HB
0800 882 200 (Mon–Fri 8.30am–6.30pm;
Sat 9am–1pm)
0800 243 355 (textphone)
Bel-Customer-Services@dwp.gsi.gov.uk
www.gov.uk

Information, advice and support for parents of children with disabilities.

Bliss

9 Holyrood Street
London SE1 2EL
0500 618 140 (helpline, Mon–Fri
10am–10pm)
enquiries@bliss.org.uk
www.bliss.org.uk

UK charity that cares for premature and sick babies. Dedicated to ensuring that babies survive and go on to have the best possible quality of life. Provides practical and emotional support to families so they can give the best care to their babies. Specialist study days and training support doctors and nurses to develop their skills. Funds research to improve the care of all sick and premature babies.

British Deaf Association (BDA)

2nd Floor
356 Holloway Road
London
N7 6PA
0207 697 4140
headoffice@bda.org.uk
www.bda.org.uk

Northern Ireland:

Unit 19c
Weavers Court
Linfield Road
BT12 5GH
tel: 90 437480
Contact name: Lynne Ellis
Email: lynne@bda.org.uk

Provides advocacy and youth services for deaf people whose first language is British Sign Language.

Brook

0808 802 1234 (helpline, Mon–Fri
9am–5pm)
www.brook.org.uk
Northern Ireland:
Brook Belfast
9–13 Waring Street
BT1 2DB
90 328866
Brook Ballybean
34 Ballybean Square
Dundonald
BT16 2QE
90 328866
Brook Coleraine
20b Abbey Street
BT52 1DA
70 342178

Ask Brook is available free and in confidence to young people. Brook services provide free and confidential sexual health information, contraception, pregnancy testing, advice and counselling, testing and treatment for sexually transmitted infections and outreach and education work.

Challenging Behaviour Foundation

The Old Courthouse
New Road Avenue
Chatham
Kent ME4 6BE
0845 602 7885 (Mon–Fri 9am–5pm)
01634 838739 (enquiries)
info@theCBF.org.uk
www.challengingbehaviour.org.uk

Provides various factsheets for individuals with severe learning disabilities who display challenging behaviour.

Child Accident Prevention Trust (CAPT)

Canterbury Court
1–3 Brixton Road
London SW9 6DE
020 7608 3828
safe@capt.org.uk
www.capt.org.uk

Provides information on safety products and sources of literature. A leading charity working to reduce the number of children and young people killed, disabled or seriously injured in accidents.

Child Bereavement Charity

Clare Charity Centre
Wycombe Road
Saunderton
Buckinghamshire
HP14 4BF
01494 568900 (helpline, Mon–Fri
9am–5pm)

enquiries@childbereavement.org.uk
www.childbereavement.org.uk

Provides support to families and professionals when a child dies or when a child is bereaved of someone important in their lives.

Child Death Helpline

York House
37 Queen Square
London WC1N 3BH
0800 282 986 (helpline, Mon, Thu and
Fri 10am–1pm; Tue and Wed 10am–4pm;
every evening 7pm–10pm)
contact@childdeathhelpline.org
www.childdeathhelpline.org.uk

Helpline for anyone affected by the death of a child of any age, from pre-birth to adult, under any circumstances, however recently or long ago. Staffed by trained volunteers, all of whom are bereaved parents. Callers to the helpline may be parents, siblings, grandparents, other relatives and friends, and associated professionals such as teachers, emergency services and healthcare staff.

Child Growth Foundation

2 Mayfield Avenue
Chiswick
London W4 1PW
020 8995 0257
www.childgrowthfoundation.org

Provides advice on problems related to pre-school stature: length, height and/or weight.

Child Maintenance Options

0800 0287439
Or visit www.cmoptions.org

Impartial information about making a child maintenance arrangement, as well as directing parents to other groups that can give specialist advice.

Child Poverty Action Group

94 White Lion Street
London N1 9PF
020 7837 7979
staff@cpag.org.uk
www.cpag.org.uk

Campaigns for other organisations on behalf of low-income families. Provides advisers with information and advice for parents on benefits, housing, welfare rights, etc.

Children's Law centre

Philip House
123–137 York Street
Belfast BT15 1AB
028 9024 5704
www.childrenslawcentre.org.uk

Helping young people, their parents and professionals work with and understand laws which affect children.

Coeliac UK

3rd Floor, Apollo Centre
Desborough Road
High Wycombe
Buckinghamshire HP11 2QW
0845 3052060 (helpline)
01494 437 278 (admin)
www.coeliac.org.uk

Helps parents of children diagnosed as having the coeliac condition or dermatitis herpetiformis.

Co-ordinated Action Against Domestic Abuse (CAADA)

3rd Floor
Maxet House
28 Baldwin Street
Bristol BS1 1NG
tel: 0117 317 8750 (8.30am–5.30pm)
London office: 0207 927891
info@caada.org.uk
www.caada.org.uk

A registered charity offering accredited training for IDVAs (Independent Domestic Violence Advisers) and implementation support for MARACs (Multi-Agency Risk Assessment Conferences). MARACs are meetings that include criminal justice, local authority, health and specialist representatives that aim to share information and create a multi-agency safety plan for high-risk victims of domestic abuse. Has recently begun training practitioners from Family Intervention Projects.

Cry-sis

BM Cry-sis
London WC1N 3XX
0845 122 8669 (helpline, 9am–10pm
seven days a week)
info@cry-sis.org.uk
www.cry-sis.org.uk

Offers non-medical, emotional support for families with excessively crying, sleepless and demanding babies.

Deaf Parenting UK

49 Gordon Square,
London
WC1H 0PD
info@deafparent.org.uk
www.deafparent.org.uk

The first ever charity and small national organisation run by deaf parents for deaf parents, representing the needs of deaf parents in the UK.

Diabetes UK

Bridgewood House
Newforge Lane
Belfast BT9 5NW
028 9066 6646
n.ireland@diabetes.org.uk
www.diabetes.org.uk

Disability Rights UK

12 City Forum
250 City Road
London
EC1V 8AF
www.disabilityrightsuk.org

Provides information on benefits through publications including the *Disability Rights Handbook*, and free factsheets and briefings from its website. It campaigns for improvements to the social security system.

Disabled Living Foundation (DLF)

0300 999 0004
advice@dlf.org.uk
www.dlf.org.uk

A national charity that provides free, impartial advice about all types of daily living equipment for disabled adults and children, older people, their carers and families.

Disabled Parents Network (DPN)

0300 3300 639 (helpline)
information@disabledparentsnetwork.org.uk
www.disabledparentsnetwork.org.uk

Aims to educate and increase society's acceptance of disability in parenthood.

Equality Commission for Northern Ireland

7–9 Shaftesbury Square
Belfast BT2 7DP
028 9089 0890
www.equalityni.org

ERIC (Education and Resources for Improving Childhood Continence)

36 Old School House
Britannia Road
Kingswood
Bristol BS15 8DB
0845 370 8008 (helpline,
Mon–Fri 10am–4pm)
0117 960 3060
info@eric.org.uk
www.eric.org.uk

Provides information and support to children and their families on potty training, bedwetting, daytime wetting and soiling.

Family Fund Trust for Families with Disabled Children

Unit 4, Alpha Court
Monks Cross Drive
York YO32 9WN
info@familyfund.org.uk
www.familyfund.org.uk

Helps families with disabled children to have choices and the opportunity to enjoy ordinary life. Gives grants for things that make life easier and more enjoyable for the disabled child and their family, such as washing machines, driving lessons, hospital visiting costs, computers and holidays.

Family Support NI

www.familysupportni.gov.uk

This site provides details of a wide range of services provided by statutory, voluntary and community organisations.

Home-Start UK

2 Salisbury Road
Leicester LE1 7QR
0800 068 6368
info@home-start.org.uk
www.home-start.org.uk
Northern Ireland office:
133 Bloomfield Avenue
Belfast BT5 5AB
028 9046 0772
www.home-start.org.uk

Volunteers offer friendship, advice and practical help for families or individuals with children under the age of five. Provides the support that local Home-Starts need to carry out their work supporting families in their communities. It also represents Home-Start at a national level. Its regional and specialist offices are located across the UK.

Hyperactive Children's Support Group (HACSG)

Dept. W
71 Whyke Lane
Chichester
West Sussex PO19 7PD
01243 539966 (Mon–Fri 2.30pm–4.30pm)
hyperactive@hacsg.org.uk
www.hacsg.org.uk

Provides information to help with problems related to hyperactivity.

I CAN – The Children's Communication Agency

8 Wakley Street
London EC1V 7QE
helpline 0845 225 4071
info@ican.org.uk
www.ican.org.uk

Advice and information for parents of children with speech, language and communication needs.

Institute for Complementary and Natural Medicine (ICNM)

Can-Mezzanine
32–36 Loman Street
London SE1 0EH
020 7922 7980 (Mon–Fri 10am–4pm)
info@icnm.org.uk
www.icnm.org.uk

Can provide the public with lists of BRCP (British Register of Complementary Practitioners) members, a professional register of practitioners and therapists who have completed a recognised course and are insured. (Always check with your GP/midwife before using a complementary discipline.)

Mencap

Mencap National Centre
123 Golden Lane
London EC1Y 0RT
0808 808 1111 (helpline)
020 7454 0454

Northern Ireland office:

Segal House
4 Annadale Avenue
Belfast
BT7 3JH
help@mencap.org.uk
www.mencap.org.uk

Works with people with a learning disability and their families and carers. Advice and information on local branches.

Meningitis Now

Meningitis Now
01453 768000
www.meningitisnow.org
info@meningitisnow.org
Emails to this address are only answered Monday - Friday 9am - 5pm. If your question is urgent, please call our Helpline.
24-hour nurse-staffed Helplines
UK: Freephone 0808 80 10 388
Ireland: Freephone 1800 523 196
International: +44 (0)1453 768002
Children's Helpline (UK only): Freephone 0808 801 0388

Northern Ireland office:

Northern Ireland Office (postal address):
Wellington Park,
Business Centre,
3 Wellington Park,
Malone Road,
Belfast BT9 6DJ
Tel: 0845 120 0663

Formed in 2013 by bringing together Meningitis UK and Meningitis Trust, founders of the meningitis movement in the UK – we exist to save lives and rebuild futures by funding research, raising awareness and providing support.

Meningitis Research Foundation

Midland Way
Thornbury
Bristol BS25 2BS
08088 00 33 44 (24-hour helpline)

Northern Ireland office:

71 Botanic Avenue
BT7 1JL
90 321 283
info@meningitis.org
www.meningitis.org

Promotes education and awareness to reduce death and disability from meningitis and septicaemia, and supports people affected by these diseases. Funds research to prevent the diseases and improve survival rates and outcomes.

Muscular Dystrophy Campaign

61A Great Suffolk Street
London
SE1 0BU
020 7803 4800
info@muscular-dystrophy.org
www.muscular-dystrophy.org

Provides support, advice and information for people with muscle disease, their families and carers.

National Association of Family Information Services (NAFIS)

info@familyinformationservices.org.uk
A membership organisation consisting of over 150 Information Services across the UK. Members provide information on local services for families, in addition to helping families find suitable childcare and access appropriate benefits and financial assistance. To find your local FIS, visit the website. As the national body, NAFIS supports members via training, quality assurance and through representation of their issues to government.

National Association of Widows

48 Queens Road
Coventry CV1 3EH
024076634848

A national charity offering support and friendship to widows and widowers, providing opportunities for men and women to develop a new sense of purpose as they face life on their own.

It is the only national charity to serve widows and widowers of all ages. There are currently 42 branches nationwide.

National Autistic Society

393 City Road
London EC1V 1NG
0808 800 4104 (helpline,
Mon–Fri 10am–4pm)
020 7833 2299

www.autism.org.uk

Provides day and residential centres for the care and education of autistic children. Puts parents in touch with one another. Advice and information and local groups.

National Childbirth Trust (NCT)

Alexandra House
Oldham Terrace
London W3 6NH
0300 330 0770 (enquiry line,
Mon–Fri 9am–5pm)
enquiries@nct.org.uk
www.nct.org.uk

Supports 1 million mums and dads every year through helplines, courses and a network of local support. With evidence-based information on pregnancy, birth and early parenthood, it can provide support from when you first discover you are pregnant to when your baby turns 2. Visit the website for information on becoming a parent or to find your nearest NCT group.

National Deaf Children's Society (NDCS)

15 Dufferin Street
London EC1Y 8UR
0808 800 8880 (helpline, Mon
9.30am–7.30pm; Tue–Thu 9.30am–5pm;
Fri, Sat 9.30am–12 noon)
helpline@ndcs.org.uk
ndcs@ndcs.org.uk
www.ndcs.org.uk

An organisation of families, parents and carers, providing emotional and practical support through the freephone helpline, a network of trained support workers, a wide range of other support services, publications and the website.

National Eczema Society

Hill House
Highgate Hill
London N19 5NA
0800 089 1122 (helpline, Mon–Fri
8am–8pm)
info@eczema.org
www.eczema.org

An eczema patient support organisation offering help and information to everyone affected by eczema.

National Society for Phenylketonuria (NSPKU)

PO Box 3143
Purley
CR8 9DD
030 30401090
info@nspku.org
www.nspku.org

Help and support for people with phenylketonuria, their families and carers.

National Children's Bureau

Albany House
73–75 Great Victoria Street
Belfast BT2 7AF
028 9089 1730
www.ncb.org.uk

Netmums

www.netmums.com

A family of local websites, each site set up around a local community, which is totally interactive, with much of the information coming from local mums. At the heart is the coffeehouse, an invaluable place members can chat and get support and advice on anything to do with being a parent.

NICCY Northern Ireland Commissioner for Children and Young People

7–9 Shaftesbury Square
Belfast BT2 7DP
www.niccy.org
028 9031 1616

Gingerbread

169 University Street
Belfast BT7 1HR
028 9023 1417
www.gingerbreadni.org

A national charity for single parent families. Offers a range of support services direct to single parents, including a telephone helpline, publications, training programmes and a membership scheme, and campaigns on their behalf.

Parenting NI

028 9031 0891
0808 8010 722
www.Parentingni.org

Restricted Growth Association (RGA)

0300 1111970
office@restrictedgrowth.co.uk
www.restrictedgrowth.co.uk

A self-help organisation dealing with the social and medical consequences of restricted growth. Promotes the interests of people with restricted growth and their families.

Royal National Institute of Blind People (RNIB)

40 Linenhall Street
Belfast
BT2 8BA
Tel: 028 9032 9373
Fax: 028 9027 8119
rnibni@rnib.org.uk
www.rnib.org.uk

Information, advice and services for blind and partially sighted people. Local branches.

Royal Society for the Prevention of Accidents (RoSPA)

Nella House
Dargan Crescent
Belfast BT3 9TP
028 9050 1160
enquiry@rospa.com
www.rospa.com

By providing information, advice, resources and training, RoSPA is actively involved in the promotion of safety and the prevention of accidents in all areas of life – at work, in the home, on the roads, in schools, at leisure and on (or near) water.

St John Ambulance

08700 104 950
www.sja.org.uk

Has developed a new range of first aid courses designed to meet the needs of home or leisure activities. Just 3–4 hours is all it takes to learn how to save a life. Courses include CPR and basic first aid.

Terrence Higgins Trust

314–320 Gray's Inn Road
London WC1X 8DP
0808 802 1221
020 7812 1600
info@ttht.org.uk
www.ttht.org.uk

Delivers health promotion campaigns, national services and local services directly to people with or affected by HIV and other sexual health issues.

Tiny Life

33 Ballynahinch Road
Carryduff BT8 8EH
028 9081 5050
info@tinylife.org.uk
www.tinylife.org.uk

Northern Ireland's premature and vulnerable baby charity dedicated to reducing premature birth, illness, disability and death in babies.

WAY Foundation

Suite 35, St Loyes House
20 St Loyes Street
Bedford MK40 1ZL
030000124929
www.widowedandyoung.org.uk

Self-help support for men and women widowed up to the age of 50. Welcomes people who were married or unmarried, those with children and those without. Gay men and women are also welcome to join. Runs local groups across the UK, organises weekends and holidays and offers a busy secure messageboard and online chatroom to members. Being able to talk to others who have been through a similar bereavement is helpful and comforting to anyone trying to cope with the death of a partner at a young age.

Working Families

0300 012 0312
advice@workingfamilies.org.uk
www.workingfamilies.org.uk

Helps working parents and carers and their employers find a better balance between responsibilities at home and work. A disability adviser is available Wed–Fri to advise parents/carers with disabled children on their rights.

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