

# GLOSSARY OF USEFUL TERMS

TERM	MEANING
<b>Additives</b>	<p>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.</p>
<b>Allergies</b>	<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>
<b>Asthma</b>	<p>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.</p>
<b>Baby blues</b>	<p>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).</p>
<b>Balanced diet</b>	<p>A diet that provides a good balance of nutrients.</p>
<b>Colic</b>	<p>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.</p>
<b>Contraception</b> <i>(also known as birth control)</i>	<p>Contraception prevents or reduces your chances of getting pregnant. See page 147 for the different types of contraception that are available.</p>

TERM	MEANING
<b>Cot death</b> <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.
<b>Croup</b>	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.
<b>Diarrhoea</b>	Frequent and watery bowel movements. Diarrhoea in babies and very young children can cause them to become dehydrated. For more information, see page 123.
<b>Eczema</b>	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.
<b>Fontanelle</b>	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.
<b>Formula milk</b>	Cows' milk that has been processed and treated so that babies can digest it. It comes in powder or liquid form.
<b>Immunisation</b>	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.
<b>Jaundice</b>	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.
<b>Lice</b>	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.
<b>Local health services</b>	A range of medical, mental health and social care services in a particular area that meet the needs of the local population.

TERM	MEANING
<b>Mastitis</b>	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.
<b>Meconium</b>	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.
<b>Paediatrician</b>	A doctor specialising in the care of babies and children.
<b>Perinatal</b>	The time shortly before and after the birth of a baby.
<b>Perineum</b>	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.
<b>Personal child health record (PCHR)</b> <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.
<b>Postnatal</b>	The period beginning immediately after the birth of a baby until they are about six weeks old.
<b>Postnatal care</b>	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.
<b>Postnatal depression</b>	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  
www.actionforsickchildren.org  
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  
Lesa 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 (Afacic)

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 2 QE  
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](http://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  
www.nafis.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  
www.widows.uk.net

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  
Carrduff 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.wayfoundation.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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