



## Useful Advice

### Alcohol

Al-Anon Family Groups hold regular meetings where members share their own experience of living with alcoholism. Al-Anon does not offer advice or counselling, but members give each other understanding, strength and hope.

### Babysitting and Home-Along advice

The law does not set a minimum age at which children can be left alone. However, it is an offence to leave a child alone when doing so puts him or her at risk. The NSPCC provides advice and support on this important issue.

### Bereavement

Child Bereavement UK supports families and educates professionals when a baby or child dies or is dying, or when a child is facing bereavement.

Sands is an organisation which can offer you support when your baby dies during pregnancy or after birth.

### Bullying

[Bullying UK](#)

A charity that has over three decades of experience in helping parents deal with the changes that are a constant part of family life.

# Children and Family Court Advisory and Support Service



Cafcass champions the interests of children involved in family proceedings, advising the family courts in England on what it considers to be in the best interests of individual children.

## Car Seat Safety Advice

The law requires all children travelling in cars to use the correct child restraint until they are either 135 cm in height or the age of 12 (which ever they reach first). This website provides advice and facts about the use of Car Seat Safety.

## Child Abduction

[Foreign Commonwealth Office](#)

Country-specific information on parental child abduction to assist parents who have had their children abducted overseas.

## Childrens Activities – Keeping Safe

The NSPCC provide information and resources to keep your child safe.

## Children with Disabilities

There are many other organisations and services who provide information, advice and support for disabled children and their families. Staffordshire County Council provides links to such organisations.



## Combined Wellbeing

### [Combined Wellbeing](#)

If you work with people, you'll know that they experience a wide range of feelings, emotions and challenges. Here you'll find resources, links and information that you may find helpful.

## Domestic Violence

The Asian Women's Resource Centre is a specialist women's organisation, providing support to BMER (Black, Minority, Ethnic, Refugee) women and children pan London.

Galop is the leading national LGBT domestic violence charity providing support to lesbian, gay, bisexual, and trans (LGBT) communities impacted by domestic violence and abuse.

Refuge's network of safe houses provides emergency accommodation for women and children when they are most in need.

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.

## Drugs

### [FRANK](#)

A confidential helpline for anyone in the UK concerned about drug use.



## Family Rights

The Family Rights Group are the charity in England and Wales that advises families whose children are involved with or need children's services because of welfare needs or concerns.

## Forced Marriages

### [Government Forced Marriage Unit](#)

The FMU can tell you how to ask the court for a Forced Marriage Protection Order. Each order is unique, and is designed to protect you according to your individual circumstances. For example, the court may order someone to hand over your passport or reveal where you are. In an emergency, an order can be made to protect you immediately.

## Health

NHS Direct was created as a symbol of the new NHS, which set out to support the principles that the NHS was originally founded upon; that healthcare should be available for everyone who needs it, whenever they need it.

## Home Security

### [Royal Society for the Prevention of Accidents](#)

RoSPA are a registered charity and have been at the heart of accident prevention in the UK and around the world for almost 100 years.



## Inspectors of Child Care Settings

Ofsted inspect and regulate services which care for children and young people, and those providing education and skills for learners of all ages.

## Internet Safety

### [Child Exploitation and Online Protection Centre](#)

The Child Exploitation and Online Protection (CEOP) Centre is dedicated to eradicating the sexual abuse of children. That means we are part of UK policing and very much about tracking and bringing offenders to account either directly or in partnership with local and international forces.

### [Kisdmart Parents](#)

Kisdmart is an award winning practical internet safety programme website for schools, young people, parents, and agencies, produced by the children's internet charity Childnet International.

## Mental Health

### [Mind](#)

Mind believes no one should have to face a mental health problem alone. We'll listen, give you support and advice, and fight your corner. And we'll push for a better deal and respect for everyone experiencing a mental health problem.

### [Young Minds](#)

YoungMinds 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.



## National Missing Persons

### [Missing People](#)

We offer a lifeline for the 250,000 people who run away and go missing each year. For those left behind we provide specialised support to ease the heartache and confusion, and help search for their missing loved ones.

## NSPCC

### [National Society for the Prevention of Cruelty to Children](#)

The NSPCC is inspired by a belief that we can make a difference for all children. That's why we aim to end cruelty to children in the UK. Even if it takes many generations to realise it, we achieve much more for children by having this inspirational vision.

## Post Natal Depression

### [Post Natal Illness](#)

PNI's Website and Forum is run by sufferers and past sufferers (survivors) of Post Natal Illness (PNI). There are no experts here... But we can all offer to share our personal experiences, based on having been there too.

## Single Parents

### [Gingerbread](#)

Gingerbread provides advice and practical support for single parents.



## **Sexual Abuse**

[Stop It Now](#)

## **Staffordshire Police**

[Staffordshire Police Department](#)

Staffordshire Police provides a policing service to the people of Stoke-on-Trent and Staffordshire. The force area includes one of the largest shire counties in England, covering more than 2,600 square kilometres or 1,000 square miles. It has a population of more than 1,000,000 and a rich diversity of communities, all with their own specific policing needs.

## **Youth Justice Board**

[Youth Justice Board](#)

The YJB provides practitioner guidance for all those working for or with youth justice services.