



National Children's  
Bureau

## Parenting support and referral agencies

Support services	Address	Telephone	Website	Detail
Action for Children	10 Heron Rd, Belfast, County Antrim BT3 9LE	028 9046 0500	<a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a>	Supports vulnerable children and young people, and their families.
ASCERT	23 Bridge St, Lisburn BT28 1XZ	028 92604 422	<a href="http://www.ascert.biz">www.ascert.biz</a>	Charity to support young people and families with a variety of programmes to assist young families.
Barnardo's NI	542-544 Upper Newtownards Road, Belfast, BT4 3HE	028 9067 2366	<a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>	Barnardo's NI works for children first and last, we help improve the lives of children in communities across Northern Ireland.
Best Beginnings	12 Vale Royal, London, N7 9AP	020 7443 7895	<a href="http://www.bestbeginnings.org.uk">www.bestbeginnings.org.uk</a>	Charity dedicated to children's health which provides online and app support.
Brook	War Memorial Building, 9-13 Waring St, Belfast BT1 2DX	028 9032 8866	<a href="http://www.brook.org.uk">www.brook.org.uk</a>	Provides free and confidential information for under 25s around sexual health.
Children's Law Centre	Philips House, 123-137 York St, Belfast BT15 1AB	028 9024 5704	<a href="http://www.childrenslawcentre.org.uk">www.childrenslawcentre.org.uk</a>	Helping young people, their parents and professionals work with and understand laws which affect children.
Citizens Advice NI	46 Donegall Pass, Belfast, BT7 1BS	028 90235633	<a href="http://www.citizensadvice.co.uk">www.citizensadvice.co.uk</a>	Citizens Advice is the largest advice charity in Northern Ireland, working against

				poverty and meeting the information and advice needs of over 95,000 people per year.
Contact NI	1st Floor Lanyon Building, Jennymount Industrial Estate, Belfast, County Antrim, BT15 3HL	028 9074 4499	<a href="http://www.contactni.com">www.contactni.com</a>	Counselling services for young people.
CURA-Derry	Colmcille House 1A Miller Street, Derry, BT48 6SU	028 71268 467	<a href="http://www.derrydiocese.org/index.php/2013-11-18-16-46-39/marriage-family-support-services/item/186-cura">www.derrydiocese.org/index.php/2013-11-18-16-46-39/marriage-family-support-services/item/186-cura</a>	Pregnancy information/counselling services.
Education Welfare Officers (EWO)			<a href="http://www.education-support.org.uk">www.education-support.org.uk</a>	The Education Welfare Service (EWS) is a specialist education support service, which seeks to help young people of compulsory school age and their families get the best out of the education system.
Families and Schools Together (FAST).	Hendon Campus, The Burroughs, London, NW4 4BT	0207 012 6400	<a href="http://www.familiesandschoolstogether.com">www.familiesandschoolstogether.com</a>	An early-intervention programme which brings parents, children, teachers and the wider community together, to make sure children get the support they need to fulfil their potential at school - and in life.
Family Mediation NI	7 University Street, Belfast, County Antrim, BT7 1FY.	028 9024 3265	<a href="http://www.familymediationni.org.uk">www.familymediationni.org.uk</a>	Family Mediation offers the opportunity for parents, or (former) couples, to discuss matters together with the assistance of a mediator to

				reach a jointly negotiated settlement.
Family Planning Association	3rd Floor, Ascot House, 24-31 Shaftesbury Square, Belfast, BT2 7DB	0845 122 8687	<a href="http://www.fpa.org.uk/northern-ireland">www.fpa.org.uk/northern-ireland</a>	Provides straightforward information, advice and support on sexual health, sex and relationships
Family Support NI	Gransha Park House, Gransha Park, Derry, BT47 6FN	0845 600 6483	<a href="http://www.familysupportni.gov.uk">www.familysupportni.gov.uk</a>	The Health and Social Care Board for NI has developed the Family Support website which gives details of a wide range of organisations that provide help and support to families.
Fermanagh Women's Network	36 E Bridge St, Enniskillen, County Fermanagh, BT74 7BT	028 6632 0407	<a href="http://www.fwnetwork.org">www.fwnetwork.org</a>	Support for women and their families across a variety of issues including education and pregnancy.
Gingerbread NI	169 University St, Belfast, BT7 1HR	0808 808 8090	<a href="http://www.gingerbreadni.org">www.gingerbreadni.org</a>	Gingerbread works with and for lone parents and their children in NI.
GRIT- The Gerry Rogan Initiative Trust			<a href="http://www.gerryroganinitiative.com">www.gerryroganinitiative.com</a>	Helping young people to be good citizens and support them to achieve their ambition to provide for themselves and their families in the future
Headliners	35-47 Bethnal Green Road, London, E1 6LA	020 7749 9360	<a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a>	Encourages support and development of young people through journalism.
Health and Social Care Online			<a href="http://www.online.hscni.net">www.online.hscni.net</a>	This is your gateway to Health & Social Care Services in Northern Ireland, containing links to the Hospital and

				Community services provided by the 6 Health Trusts, General Practices, Health and Social Care Board and other HSC Agencies.
Health Visitors			<a href="http://www.belfasttrust.hscni.net">www.belfasttrust.hscni.net</a>	A Community and Child qualified nurse assigned by your GP to provide support and advice to families.
Include Youth	3 Rosemary St, Belfast, County Antrim, BT1 1QA	028 9031 1007	<a href="http://www.includeyouth.org">www.includeyouth.org</a>	Work directly with young people to improve their employability.
Kinship Care	67 Carlisle Road, Derry, BT48 6JL	0800 022 3129.	<a href="http://www.kinshipcareni.com">www.kinshipcareni.com</a>	Helps and supports kinship carers and their children in Northern Ireland.
LIFE Care	1 Mill St, Leamington Spa, Warwickshire, CV31 1ES	0808 802 5433	<a href="http://www.lifecharity.org.uk">www.lifecharity.org.uk</a>	Offers counselling services over phone or text for unplanned pregnancies
Mellow Bumps/ Mellow Parenting	Craigavon Area Hospital, 68 Lurgan Road, Portadown, BT63 5QQ	028 3833 4444	<a href="http://www.southerntrust.hscni.net/livewell/mellowparenting">www.southerntrust.hscni.net/livewell/mellowparenting</a>	Mellow Parenting is a programme designed to support families who are experiencing relationship problems with their young children or babies, and have additional health and social care needs.
Midwives	George Avenue, Ballyclare, County Antrim, BT39 9HL	028 9334 3514	<a href="http://www.online.hscni.net">www.online.hscni.net</a>	Midwives provide care for women throughout the pregnancy and childbirth and are the lead health professional for those women whose pregnancies are uncomplicated.
NCT Breastfeeding	Alexandra House,	0300 330 0700	<a href="http://www.nct.org.uk">www.nct.org.uk</a>	Get practical and emotional support in all areas of

	Oldham Terrace, London, W3 6NH			pregnancy, birth and early parenthood including help with feeding.
NI Direct Government Services			<a href="http://www.nidirect.gov.uk">www.nidirect.gov.uk</a>	One stop shop website for government services such as benefits and financial support, social housing, employment, education etc.
NICCY	7-9 Shaftesbury Square, Belfast, County Antrim, BT2 7DP	028 9031 1616	<a href="http://www.niccy.org">www.niccy.org</a>	Commission to promote and protect children's issues.
NIPPA - the Early Years Organisation	6c Wildflower Way Apollo Road Boucher Road, Belfast, BT12 6TA	02890 662825	<a href="http://www.early-years.org">www.early-years.org</a>	Provides information and training about child-care for parents, childcare providers, employers and local authorities.
Northern Ireland Childminding Association (NICMA)	16/18 Mill Street, Newtownards, Co. Down, BT23 4LU	028 91811 015	<a href="http://www.nicma.org">www.nicma.org</a>	Promotes home-based childcare & learning for children, families and communities.
Northern Ireland Housing Executive	The Housing Centre, 2 Adelaide Street, Belfast, BT2 8PB.	03448 920 900	<a href="http://www.nihe.gov.uk">www.nihe.gov.uk</a>	Information and advice on housing.
NSPCC 24 hour helpline	First Floor, Unit 7, Jennymount Business Park, North Derby Street Belfast, BT15 3HN	028 9035 1135	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>	Advice and support if you are concerned about the safety or welfare of a child.
Parenting NI	42 Dublin Rd, Belfast, County	0808 8010 722	<a href="http://www.parentingni.org">www.parentingni.org</a>	Provides support to parents through a helpline, parenting

	Antrim, BT2 7HN			education and a parenting forum.
Relate NI	3rd & 4th Floors, 3 Glengall Street, Belfast, BT12 5AB	02890 323454	<a href="http://www.relateni.org">www.relateni.org</a>	Relate's mission is to enhance emotional wellbeing in individuals, couples, families and communities by delivering professional counselling and therapeutic services
Royal College Paediatrics	5-11 Theobald's Road, London, WC1X 8SH	020 7092 6000	<a href="http://www.rcpch.ac.uk">www.rcpch.ac.uk</a>	Resource for information on children's health.
Samaritans	5 Wellesley Avenue, Belfast, BT9 6DG	0845 790 9090/028 90664 422/116 123	<a href="http://www.samaritans.org">www.samaritans.org</a>	Confidential emotional support for those experiencing distress and despair.
School Age Mothers (S.A.M.S)			<a href="http://www.education-support.org.uk">www.education-support.org.uk</a>	Project run by the Education & Welfare Service to support school aged mothers.
Social Services NI	Millennium House, 19-25 Great Victoria St, Belfast, BT2 7AQ	028 9536 2600	<a href="http://www.dhsspsni.gov.uk">www.dhsspsni.gov.uk</a>	Social care and health service for Northern Ireland.
Spectrum Centre	331 Shankill Rd, Belfast, County Antrim BT13 3AA	028 9050 4555	<a href="http://www.spectrumcentre.com">www.spectrumcentre.com</a>	Venue offering arts and cultural events and classes.
Start360	34 Hill Street, Belfast, County Antrim BT1 2LB	028 9043 5810	<a href="http://www.start360.org">www.start360.org</a>	Support services for young people including health, justice and programmes to assist families.
SureStart Northern Ireland	6c Wildflower Way, Apollo Road, Boucher Road, Belfast, BT12 6TA	2.89E+09	<a href="http://www.nidirect.gov.uk/sure-start-services">www.nidirect.gov.uk/sure-start-services</a>	Sure Start is a government programme which provides a range of support services for parents and children under the age of four.

The Book Reserve - Belfast	407 Lisburn Road, Belfast, BT9 7EW	028 90665 941	<a href="http://www.thebookreserve.org">www.thebookreserve.org</a>	A social enterprise to support young at risk parents.
The Family Nurse Partnership (NHS)		020 8938 2676	<a href="http://www.fnp.nhs.uk">www.fnp.nhs.uk</a>	FNP is a home visiting programme for teenagers pregnant with their first child.
Women's Aid	30 Adelaide Park, Belfast	02890 249041/0800 917 1414	<a href="http://www.womensaidni.org">www.womensaidni.org</a>	Service for all men and women affected by sexual or domestic violence.
Youth Action NI	14 College Square North, Belfast, Northern Ireland, BT1 6AS	028 9024 0551	<a href="http://www.youthaction.org">www.youthaction.org</a>	YouthAction Northern Ireland works with young people to support them as active and equal citizens whose voices are heard, respected and valued.
Youthline	The Lodge, Coopers Hill Bagshot Road, Bracknell Berkshire, RG12 7QS	01344 311200	<a href="http://www.youthlineuk.com">www.youthlineuk.com</a>	Counselling service for young people.