Information and support for Parents/Carers.

**Domestic Abuse**

**Safe lives** National charity dedicated to ending domestic abuse. [www.safelives.org.uk](http://www.safelives.org.uk) **Search ‘Safelives’ on Facebook.**

**Trafford Victim Support** Advice Line **0161 912-3238** **TDAS** **0161 912-3239** (Trafford Domestic Abuse Service) [www.tdas.org.uk](http://www.tdas.org.uk) **0161 872-7368.**

[www.endthefear.co.uk](http://www.endthefear.co.uk) Greater Manchester against D/A **0161 635-7525**

**Family lives**

Offers emotional support & information, advice and guidance on any aspect of parenting and family life. Free confidential helpline **0808 800 2222** [www.familylives.org.uk](http://www.familylives.org.uk)



**Trafford Sleep Clinic** sessions are available to any Trafford parent who is struggling with their child’s sleep.

**0161 286-4201** [tffadmin@togethertrust.org.uk](mailto:tffadmin@togethertrust.org.uk)

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**Useful websites:** [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk) [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) [www.mind.org.uk](http://www.mind.org.uk) [www.nspcc.org.uk](http://www.nspcc.org.uk) [www.childline.org.uk](http://www.childline.org.uk) **Nutrition** [www.nhs.uk/change4life](http://www.nhs.uk/change4life) **Bullying** [www.kidscape.org.uk](http://www.kidscape.org.uk) **Head lice** [www.onceaweektakeapeek.com](http://www.onceaweektakeapeek.com) **General Health** [www.nhs.uk](http://www.nhs.uk) **Online Safety** [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) (follow on Facebook) [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) **UK Bereavement Support** [www.childbereavement.uk.org](http://www.childbereavement.uk.org) [www.winstonwish.org](http://www.winstonwish.org) **Parent Zone** Support on parenting issues [www.parent.org.uk](http://www.parent.org.uk)

**Trafford Children’s First Response (formerly MARAT)** **0161 912 5125** [www.trafforddirectory.co.uk](http://www.trafforddirectory.co.uk) Single point of access of contact for all professionals and members of the public to report concerns, request advice and share information about a child and/or family.

**Bedwetting/General concerns Bladder and Bowel UK** Offers advice and information on all bladder and bowel issues in children.

National confidential helpline **0161 607-8219** Children’s Specialist Continence Advisors [www.bbuk.org.uk](http://www.bbuk.org.uk)

[www.eric.org.uk](http://www.eric.org.uk) bowel and bladder helpline **0808 169 9949**

**Asthma**

Contact Children’s Community Nursing Team on **0161 934-8333**. **Follow @Trafford Children’s Asthma Service on Facebook** [www.asthma.org.uk](http://www.asthma.org.uk) Watch short clips to improve inhaler technique.

**Speech and Language**

**Children’s Speech and Language Therapy Team** - **0161 912-2592**. **Follow Trafford Speech and Language** **Therapy on Facebook**

**Trafford Sunrise** Children’s Emotional Wellbeing and support for parents (aged 5-12 years) Offer Parent Workshops on Anxiety, Bullying, Behaviour, Parental Separation & Divorce. No booking required. **0161 262-1622**

**Young Minds** parents helpline with trained advisors who can talk to you about any aspect of your child’s mental health **0808 802 5544** [www.youngminds.org.uk/amillionandme](http://www.youngminds.org.uk/amillionandme)

**Shout** Shout is the first UK’s free 24/7 direct messaging service for anyone in crisis anytime, anywhere. To get help from a Crisis Volunteer today. TEXT **Shout** to **85258**. For more information visit [www.giveusashout.org](http://www.giveusashout.org)