

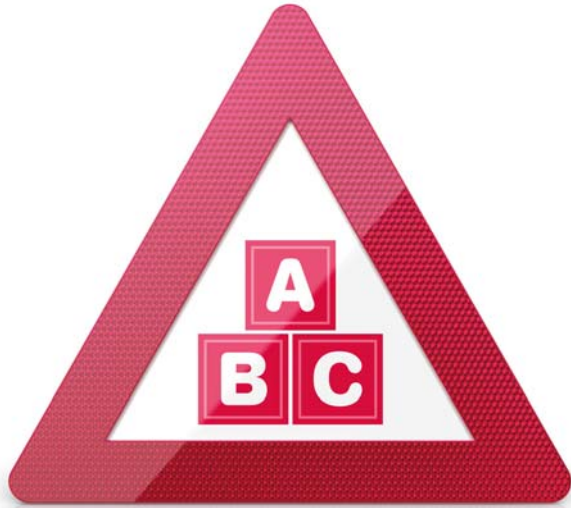
PARENTING & FAMILY SUPPORT

Services for parents, carers and families



ISLINGTON

Local Services



Children's Centres

Children's centres offer a range of services for parents-to-be and families with young children aged 0-5 years. These include: care and education for children until they start school; child and family health services; family support; parenting programmes; services for disabled children and children with additional needs.

Schools

Schools can help parents with concerns about their child, either by direct advice or pointing parents in the right direction. Each school can provide information about the people who are there to help.

Parenting Programmes

These are available for parents of younger children and teenagers and provide an opportunity to: understand children's development and ways of managing behaviour; build positive relationships and improve communication within the family.



Health Services

Health visitors can be contacted at health centres, children's centres or the Islington Patient Advice and Liaison Service (PALS). School health advisors can be contacted via your school office.

Young Parents

A range of services for young parents can be found on www.islington.gov.uk/familydirectory, including support services, young parents' groups and a timetable of activities.

Family Action, Islington Children's Support Service

For families who have a concern about their child aged 5-12 years, this service offers flexible home-based support through family support workers, with a focus on managing behaviour, improving relationships, building self-esteem and helping families access other agencies.



Coram Islington Parenting Support Service

Coram supports parents and carers of teenagers. It offers parenting programmes, one-to-one support and information, advice and guidance over a free Parenting Support Line.

Community Child and Adolescent Mental Health Service (CAMHS)

A service providing specialist assessment and treatment services for children and adolescents aged 0-18 years with a range of emotional, behavioural and developmental difficulties and disorders. The service is open access; parents can refer themselves.

Referral and Advice, Children's Social Care

If there are serious concerns about the safety and well-being of a child, this service works with families who have children from 0-18 years and supports parents with a range of challenges in their family life.



Islington Families

Support for families with children of all ages living in Islington or temporarily housed outside the borough. This includes support with housing, accessing benefits, education and training and general support for the family.

Services for disabled children and children with additional needs

Islington Specialist Children's Service assesses and provides support for children with severe and complex disabilities and their families.

Other support services in Islington include Centre 404 Family Support, which is part of a parent-led organisation. It provides advocacy, support and information about education, health, social services and welfare benefits.

Disability Action in Islington provides services for disabled parents and carers and parents of disabled children or young people. It offers practical help as well as information, advice and signposting on issues relating to disability.



Contact details

For contact details of any of the services listed, please see the back page of this leaflet or contact Islington's **Family Information Service (FIS)** on **020 7527 5959**.

Family Directory

An online guide to services in your local area and places to turn for advice and support is at www.islington.gov.uk/familydirectory



Further information

The FIS produces a longer, more detailed Parenting and Family Support leaflet containing local and national organisations (including useful websites and helplines) listed under subject headings. It also lists details of parenting programmes available for parents of younger children and teenagers.

The leaflet is available from the FIS on the above number or can be downloaded from www.islington.gov.uk/fis



Contact the
FIS helpline on
020 7527 5959

Helplines and websites

Directgov

www.direct.gov.uk

The government website that aims to provide easy access to information and services.

Parentline Plus

0808 800 2222

www.parentlineplus.org.uk

A national charity offering help and information for parents and families via a free 24-hour confidential Parentline, information leaflets, email support and a website.

Advisory Centre for Education

0808 800 5793

Advice and information on a range of school-based issues, such as exclusion and admissions.

BeGrand.net

www.begrand.net

Information, advice and support for grandparents.

Contact a Family

0808 808 3555

www.cafamily.org.uk

Advice, information and support on any aspect of raising a disabled child.

Children's Legal Centre

0808 802 0008

Child Law Advice Line provides legal advice for children, parents and carers.

Dads Space

www.dads-space.com

A website offering an entertaining and no-nonsense approach to parenting advice.

Drugs and Alcohol 24-hour Helpline

08000 66 55 25

A freephone 7-days-a-week helpline with trained staff offering immediate support.

Family Rights Group

0909 801 0366

Advice for parents whose children are involved with children's social care services.

Gingerbread

0808 802 0925

www.gingerbread.org.uk

Information and advice for single parents.

National Domestic Violence Helpline

0808 2000 247

Information, advice and emergency accommodation, 24 hours a day.

Netmums

www.netmums.com

A family of local websites set up and run by mothers.

Relate

www.relateforparents.org.uk

0300 100 1234

Advice and relationship counselling plus support materials.

Respect Phonenumber

0845 122 8609

Helpline offering information and advice to people who are abusive towards their partners and want help to stop.

YoungMinds

Parents' Helpline: 0808 802 5544

www.youngminds.org.uk

UK national charity committed to improving the mental health and emotional wellbeing of all children and young people and empowering their parents and carers.

Local service contact details

Family Information Service

020 7527 5959

www.islington.gov.uk/fis

www.islington.gov.uk/familydirectory

Referral and Advice, Children's Social Care

020 7527 7400

Family Action Islington Children's Support Service

020 7272 6933

Coram Islington Parenting Support Service

Free Parenting Support Line:

0808 168 5717

Community Child and Adolescent Mental Health Service (CAMHS)

020 7445 8150

Islington Families

0845 600 1055

Islington Patient Advice and Liaison Service (PALS)

020 7527 1086

Islington Specialist Children's Service

020 7527 3366

Centre 404 Family Support

020 7697 1325

Disability Action in Islington

020 7354 8925

Disability Information Line:

020 7226 0137



If you would like this document in large print or Braille, audiotape or in another language, please contact **020 7527 2000**.

Family Information Service

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