



South West Herts Partnership General Advice/Support for Parenting Pressures

| ORGANISATION | EXPLANATION | OPERATIONS ADVICE | CONTACT INFO/WEB LINKS |
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| Families First Portal support for families | Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability) | | https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx |
| Family Action | The FamilyLine service supports people who are dealing with family pressures in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message | Telephone: 0808 802 6666 Text message: 07537 404 282 | https://www.family-action.org.uk/what-we-do/children-families/familyline/ |
| Family Lives (previously Parentline) | Family Lives offers a confidential and free helpline service for families in England and Wales (previously known as Parentline). for emotional support, information, advice and guidance on any aspect of parenting and family life | The helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday. | Call: 0808 800 2222 https://www.familylives.org.uk/how-we-can-help/confidential-helpline/ |
| Gingerbread | One Parent Families/ Gingerbread is the leading national charity working to help lone parents and their children | | Single Parent Helpline: 0808 802 0925 gingerbread.org.uk |
| Grandparents Plus | Grandparents Plus is the only national charity (England and Wales) dedicated to supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents | | Call: 0300 123 7015 grandparentsplus.org.uk |
| DSPL 9 website | For families that have children/young people 0-25 with SEND | | http://dsplarea9.org.uk/ |
| Hertfordshire's Local Offer | The Local Offer lets parents and young people know what special educational needs and disabilities services are available in Hertfordshire, and who can access them | | https://www.hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx |