

**Aberlour Childcare Trust**

A charity providing over 40 services across Scotland, helping children affected by a wide range of issues, from parental drug and alcohol use to those with social, educational and behavioural difficulties.

0131 319 8071

[www.aberlour.org.uk](http://www.aberlour.org.uk)

**Capability Scotland**

A charity working with disabled people of all ages, and their families, across Scotland. They offer a range of services, including family support, respite care and supported living, and have an advice line for their own services, specialist advice on Cerebral Palsy and general advice on disability issues.

0131 337 9876

[www.capability-scotland.org.uk](http://www.capability-scotland.org.uk)

**Children 1st**

A 'child centred' organisation providing national and local services for vulnerable children, young people aged 0-19 years, and their families.

0131 446 2300

[www.children1st.org.uk](http://www.children1st.org.uk)

**Family First**

An organisation offering support services to families in the Highlands with at least one child 0 - 3 years of age. They provide a flexible home visiting service and organisation of local parenting groups.

01463 703 033

[www.familyfirst-highland.org.uk](http://www.familyfirst-highland.org.uk)

**Lone Parent Helpline**

Free, confidential information and advice for lone parents and their families.

0808 801 0323, free from landlines, Vodafone, 3, Orange, Virgin and T-Mobile

Monday to Friday 9:30-4:30

[www.loneparenthelpline.info](http://www.loneparenthelpline.info)

**Mumsnet**

Parenting website run by parents, offering information and advice on parenting issues from conception through the teenage years.

[www.mumsnet.com](http://www.mumsnet.com)

**National Childbirth Trust**

Pregnancy and baby-centred parenting organisation offering a range of antenatal classes, helplines, nearly new sales, social and educational events.

[www.nctpregnancyandbabycare.com](http://www.nctpregnancyandbabycare.com)

**One Parent Families Scotland**

Information about benefits, entitlements, employment, education, housing and parenting issues.

[www.opfs.org.uk](http://www.opfs.org.uk)

## **One Space**

Parenting website for single parents, with information on issues including, bullying, parenting teenagers and life after separation.

[www.onespace.org.uk](http://www.onespace.org.uk)

## **Parenting Across Scotland**

Scottish Government funded website offering information and access to support services across Scotland.

[www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)

## **ParentLine Scotland**

Helpline for any parent or carer looking for information, advice, support or guidance. Monday, Wednesday and Friday 9-5, Tuesday and Thursday 9-9.

0808 800 2222

## **Netmums**

Parenting website run by parents, offering information on everything from local services, special events, places to go, things to do, and advice and support on pretty much everything to do with parenting.

[www.netmums.com](http://www.netmums.com)

## **Relationships Scotland**

Scottish organisation offering relationship counselling, family mediation and family support.

0845 119 2020

[www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk)

## **Scottish Marriage Care**

Charity providing relationship and family counselling and early intervention programmes, regardless of relationship status.

0141 222 2166

[www.scottishmarriagecare.org](http://www.scottishmarriagecare.org)

## **Stepfamily Scotland Helpline**

Support and information for anyone in a stepfamily, or about to become part of one. Monday - Thursday 12-4pm

0845 122 8655

[www.stepfamilyscotland.org.uk](http://www.stepfamilyscotland.org.uk)

## **Understanding Childhood**

Website providing downloadable information leaflets for families and childcare professionals, on a wide range of emotional and behavioural issues.

[www.understandingchildhood.net](http://www.understandingchildhood.net)