



Support aimed at parents and carers

TIC+

Support for parents: www.ticplus.org.uk/parents-carers

Young Gloucestershire

Parenting support for your child's mental health:

www.youngglos.org.uk/what-we-do/family-support/therapeutic-parenting

Caring for Communities and People

Family and Parenting Support: www.ccp.org.uk/family-support

Gloucestershire Carers' Hub

For those supporting others with long-term physical and emotional needs:

<https://gloucestershirecarershub.co.uk>

Support Group for Kinship Carers

First Monday of each month. Contact: Jayne Howard (Volunteer Coordinator – South West of England), 07518 291759 jayne.howard@kinship.org.uk, Kinship, The Foundry, 17 Oval Way, London SE11 5RR: www.kinship.org.uk

CAMHS Parenting Support

For parents/carers of children with ADHD, SEND needs and anxiety:

www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/service.page?id=Lk5sgU-latq

CAMHS resources: www.camhs-resources.co.uk/downloads

Family Lives

Free online parenting teenagers course, supporting teens and strengthening bonds, including risky behaviour and conflict:

www.familylives.org.uk/how-we-can-help/online-parenting-courses/coping-with-teens?referer=/how-we-can-help/online-parenting-courses

Glofamilies Directory

Family support and advice:

www.glofamiliesdirectory.org.uk/kb5/gloucs/glofamilies/family.page?familychannel=1_1

Relationship support for parents:

www.glofamiliesdirectory.org.uk/kb5/gloucs/glofamilies/family.page?familychannel=1_6

Parents' relationships matter Gloucestershire:

www.glofamiliesdirectory.org.uk/kb5/gloucs/glofamilies/family.page?familychannel=3_7

Gloucestershire County Council

Various parenting courses, contact: familyinfo@gloucestershire.gov.uk

Early help and targeted support:

www.gloucestershire.gov.uk/health-and-social-care/children-young-people-and-families/early-help-and-targeted-support

Separating Better

Free app for separated parents: www.oneplusone.org.uk/separating-better

Barnardo's

Support for parents and carers:

www.barnardos.org.uk/get-support/support-for-parents-and-carers

Gingerbread

Support for single parents: www.gingerbread.org.uk/our-work/support-for-single-parents

Dove Self Esteem Project

Parenting teens: www.dove.com/uk/dove-self-esteem-project/help-for-parents.html

On Your Mind Glos

Information about mental health conditions and how to self-refer:

www.onyourmindglos.nhs.uk

Hub of Hope

Support finder: <https://hubofhope.co.uk>

Charlie Waller Trust

Resources for parents and carers: www.charliewaller.org/resource-library

Practical guides and workbooks: www.charliewaller.org/resources