

Useful Organisations

Action on Pre-Eclampsia (APEC)

31-33 College Road

Harrow

Middlesex, HA1 1EJ.

(020)8427 4217

(Helpline 10am - 1pm)

National charity offering support and information about pre-eclampsia via its helpline and newsletters. Provides a befriender service.

Caesarean Support Network

55 Cooil Drive

Douglas

Isle of Man, IN2 2HF

(01624) 661 269 (after 6pm Mon-Fri and weekends)

Offers emotional support and practical advice to mothers who have had or may need a Caesarean delivery. Can put you in touch with a local mother who has undergone a Caesarean and understands the problems.

NSPCC (National Society for the Prevention of Cruelty to Children)

42 Curtain Road

London

EC2A 3NH

(020) 7825 2500

0800 800500 (24-hour national helpline)

Women's Aid Federation of England

PO Box 391

Bristol, BS99 7WS

(01179) 444411 (administration)

(0345) 023468 (helpline 9am-5pm Mon-Fri)

CRY-SIS (E, W, NI)

BM CRY-SIS

London, WC1N 3XX

(020) 7404 5011

(8am-11pm)

Self-help and support for families with excessively crying, sleepless and demanding children. Write for details with SAE.

BLISS

Camelford House

87-89 Albert Embankment

London, SE1 7TP

(020) 820 9471

Parent support network providing emotional and practical support to the families of babies who need intensive or special care.

Local branches.

Miscarriage Association

C/o Clayton Hospital

Northgate

Wakefield

W. Yorks, WF1 3JS

(01924)200799

Information, advice and support for women who have had, or who are having a miscarriage. Local contacts and groups.

Association for Improvements in the Maternity Services (AIMS)

2 Bacon Lane

Hayling Island

Hampshire, PO11 0DN.

(01753) 652 781

Voluntary pressure group which aims for improvements in maternity services. Support and advice about parents' rights, complaints procedures and choices within maternity care, including home birth.

Twins and Multiple Births Association (TAMBA)

Harnott House

309 Chester Road

Ellesmere Port

Cheshire, CH66 1QQ

(0870) 121 4000 or (0151) 348 0020

(01732) 868000 (helpline 7pm-11pm Mon-Fri, 10am-11pm weekends)

Information and support for parents of multiples. Network of local Twins Clubs.

Rape Crisis

PO Box 69

London, WC1X 9NJ

(020) 7837 1600 (24-hour helpline)

Support and counselling for women who have been raped.

National AIDS Helpline

0800 567 123

National AIDS Helpline

Language Line 0800 917 2227

For each of the languages listed below you can speak to an operator between 6pm and 10pm on the day shown.

At all other times this is a multi-language line and you can hear messages in each language.

Bengali - Monday

Urdu - Tuesday

Arabic - Wednesday

Gujerati - Thursday

Hindi - Friday

Punjabi - Saturday

Cantonese – Sunday

Child Bereavement Trust

Brindley House
4 Burkes Road
Beaconsfield
Buckinghamshire, HP9 1PB
(01494)678088

ASH

102 Clifton Street
London, EC2A 4HW
(020) 7739 5902

Useful Links

<http://www.womens-health.co.uk/prolonged.htm>

<http://www.2womenshealth.co.uk/>

www.pregnancy.uk.net

<http://www.tommys.org>

<http://www.multiplebirths.org.uk/>