

Bedford Street Angels Directory

Addiction Services

ADFAM

ADFAM, Waterbridge House, 32-36 Loman St., London. SE1 0EH
Helpline- 0207 928 8900. Open Monday to Friday 10 am-5pm (Tuesday until 7:00 pm)
Office- 020 7928 8923
www.adfam.org.uk
admin@adfam.org.uk

For friends and families of drug users, offering support and information on all aspects of drug use and on other appropriate sources of help and advice. Offers ongoing support to repeat callers

Alcohol Concern

Waterbridge House, 32-36 Loman St., London, SE1 0EH
Telephone 0207 9287277 Info Service 9am to 5 pm
Fax- 01707 897653
www.alcoholconcern.org.uk

Library/ Information service working to reduce the number of people who come to harm through drink. Will provide a list of local services.

Alcoholic Anonymous- Bedford

Weller Wing- 8-9
National Helpline (24 hr) 0845 769 7555
<http://www.alcoholics-anonymouse.org.uk/>

Offers Help and support to people who want to stop drinking from those who have stopped. National Helpline can give details of regular, local meetings

Drinkline

Address: 1st Floor, 8 Matthew St., Liverpool, L26RE
Helpline: 0800 9178282 Open Monday to Friday 9am to 11pm, Saturday and Sunday 6pm to 1am.

National telephone helpline offering advice, support and information to anyone concerned about their own or someone's drinking.

Drugline

32a Queensway, Stevenage, Herts, SG1 1BS
Telephone 01438 364067
Fax 01438 745964
Email drugline@hotmail.com

Drugline is an independent voluntary street agency offering advice, information, support and counselling for drug users, their families and friends. The service is absolutely confidential.

Families Anonymous

Address: Doddington & Rollo Community Association, Charlotte Despard Avenue, Battersea, London, SW11 5HD
Helpline 0845 1200 660
Fax 020 7498 1990
Website: [www,famanon.org.uk](http://www.famanon.org.uk)
Email: office@famanon.org.uk

A worldwide fellowship of relatives and friends of people involved in the abuse of mind-altering

substances, or with related behavioural problems. Holds regular groups throughout the country.

National Association of Children of Alcoholics

Address: The National Association for Children of Alcoholics. PO Box 64, Fishponds, Bristol, BS16 2UH

Telephone: 0117 - 924 8005

Fax: 0117 - 942 2928

Helpline 0800 358 3456

Enquiries: admin@nacoa.org.uk

NACOA was founded to provide information, advice and support for children of alcohol dependent parents and people concerned for their welfare.

National Drugs Helpline

Freephone: 0800 77 66 00

Website: <http://www.talktofrank.com/>

Email: frank@talktofrank.com

Telephone helpline for anyone concerned with drug misuse, including drug users, their families, friends and carers. Offers information, advice and counselling about all aspects of drug misuse. Has help in many languages.

Release

Address: 388 Old Street, London, EC1V 9LT

Helpline: 020 7749 4044

Office: 020 7729 2599

Website: www.release.org.uk

Email: info@release.org.uk

Offering information, advice and counselling on the health and welfare aspects of drugs (illicit prescribed) and their consequences. Also advice of the legal aspects of drug use and legal problems affecting drug users.

Resolve

Office: 01785 817885

Helpline: 0808 800 2345

Telephone enquiry for anyone concerned with solvent and volatile substance abuse.

Domestic Violence

Barnardo's

Tanner's Lane, Barkingside, Ilford, Essex, IG6 1QG

Telephone (South East)- 020 8498 7077

Publications Order Line- 01268 520224

Fax- 020 8551 8267

www.barnardos.org.uk

Dorothy.howes@barnardos.org.uk

Offers huge amount of information for professionals, in particular suggested research and publications discussing topics such as Domestic Violence, The Mental Health Needs of Young Homeless People, and Overview of what works in Child Protection.

National Women's Aid Foundation

Address: PO Box 391, Bristol, BS99 7WS

24hr Helpline: 08457 023 468

Admin- 0117 944 4411
Fax- 0117 924 1703
Website: www.womensaid.org.uk
Email: info@womensaid.org.uk

For women who are experiencing or who have experienced physical, emotional or sexual violence in the home. Offers support, advice, information, and referrals. Makes direct referrals to refuges in England.

Refuge 24 hr National Crisis Line

Address: 2-8 Maltravers Street, WC2R 3EE
24 hr Helpline: 0870 599 5443
Telephone: 020 7395 7700
Fax: 020 7395 7721
Website: <http://www.bbc.co.uk/health/hh/real08.shtml>

Offers practical advice and emotional support to women experiencing domestic violence. Refers women and their children to refuges.

Mental Health

Barnardo's

Tanner's Lane, Barkingside, Ilford, Essex, IG6 1QG
Telephone (South East)- 020 8498 7077
Publications Order Line- 01268 520224
Fax- 020 8551 8267
www.barnardos.org.uk
Dorothy.howes@barnardos.org.uk

Offers a huge amount of information for professionals, in particular suggested research and publications discussing topics such as Domestic Violence, The Mental Health Needs of Young Homeless People, and Overview of what works in Child Protection.

Child and Adolescent Mental Health Service

Address: Heath Clinic, 9 Rush Court, Bedford, Beds, MK40 3TT
Telephone: 01234 310 679

Mental Health Services for children and young people under the age of 19.

Child Abuse Survivors Network

Address PO Box 1, London, N1 7SN
Website www.web-builders.co.uk/casn
Email info@web-builders.co.uk

National organisation aiming to help and advise adult survivors of serious abuse or maltreatment in childhood.

Community Mental Health Team

Address: Bedford Heights, Manton Lane, Bedford MK41 7PA
Telephone: 01234 315785
Fax: 01234 315837
After Hour Emergencies: 0870 2385465

The Bedfordshire and Luton Partnership Trust. is the mental health and specialist learning disability NHS Trust for Bedfordshire and Luton. The Trust provides high quality mental health

services for all ages and specialist learning disability services for adults.

Eating Disorder Association

1st Floor, Wensum House, 103 Prince of Wales Road, Norwich, NR1 1DW
Helpline 0845 634 14 14
Youthline 0845 634 76 50
Office Telephone 0870 770 3256
Website www.edauk.com
Email info@edauk.com

Offers information, a listening ear, and a network of self help groups.

First Steps to Freedom

Address: 7 Avon Court, School Lane, Kenilworth, Warwickshire, CV6 2LW
Helpline: 01926 851608
Telephone: 01926 864473
Website: www.first-steps.org
Email: info@first-steps.org

Help for those that suffer from general anxiety, phobias, panic attacks, obsessive and compulsive eating disorders together with support for carers. Offers counselling, listening, advice and info. Also helps those suffering with borderline personality disorder.

MIND

Bedfordshire and Luton Mind
The Old Fire Station
10 Bedford Street
Amphill
Bedfordshire MK45 2NB
T: 01525 844160
F: 01525 841731
e: hq@bedsandlutonmind.org.uk
w: www.bedsandlutonmind.org.uk

Mind is the leading mental health charity in England and Wales. They work to create a better life for everyone with experience of mental distress by:

- advancing the views, needs and ambitions of people with mental health problems
- challenging discrimination and promoting inclusion
- influencing policy through campaigning and education
- inspiring the development of quality services which reflect expressed need and diversity
- achieving equal rights through campaigning and education.

In all their work they promote their values: informed, determined, diversity, integrity and partnership.

National Saneline

1st Floor Cityside House, 40 Adler St. London, E1 1EE
Saneline: 0845 767 8000
Telephone: 020 7375 1002
Fax: 020 7375 2162
Website: www.sane.org.uk
Email: london@sane.org.uk

National helpline providing information, advice and crisis support to people experiencing mental illness, their families/ carers and friends.

Samaritans

Address: 23 Foster Hill Road, Bedford, Bedfordshire.
Phone: 01234 211211
National Helpline 08457 909090

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. Whatever you're going through, whether it's big or small, don't bottle it up. They are here for you if you're worried about something, feel upset or confused, or just want to talk to someone. They offer their service by telephone, email, letter and face to face at most of their branches.

The Depression Alliance

Address: 35 Westminster Bridge Rd., London, SE1 7JB
Telephone: 020 7633 0557
Fax: 020 7633 0559
Website: www.depressionalliance.org
Email: information@depressionalliance.org

Provides information and support for sufferers and carers of people with depression. Network of over 100 self help groups throughout the UK.

Homelessness

Barnardo's

Tanner's Lane, Barkingside, Ilford, Essex, IG6 1QG
Telephone (South East)- 020 8498 7077
Publications Order Line- 01268 520224
Fax- 020 8551 8267
www.barnardos.org.uk
Dorothy.howes@barnardos.org.uk

Offers huge amount of information for professionals, in particular suggested research and publications discussing topics such as Domestic Violence, The Mental Health Needs of Young Homeless People, and Overview of what works in Child Protection.

Bedford Borough Council Benefit Service

Address: Town Hall, St. Paul's Square, Bedford, MK40 1SJ
Telephone: 01234 227274
Website: <http://www.bedford.gov.uk/Default.aspx/web/HousingAdvice>
E-mail: custserv@bedford.gov.uk

Provides detailed advice and information on Housing Benefit and Council Tax Benefit.

Benefits Agency (DSS)

Wyvern House, 53057 Bromham Road, Bedford, MK40 2EL
Telephone: 01234 361500
(If you are in Bedford or Mid Bedfordshire)

Benefits Helpline

0906 120 9810

Benefits advice and solutions. All benefits problems solved with fast, accurate, simple, expert advice.

Department of Work and Pensions

Benefit Enquiry Line

Phone: 0800 88 22 00

Textphone: 0800 24 33 55

We want children to have the best possible start in life, growing up in secure homes and developing skills for the future. One of our objectives is to end child poverty by 2020 and we are working with other government departments to make this happen.

We are promoting work as the best form of welfare, helping more people into work and supporting those who can't work. More at [Welfare Reform](#).

Another key target for us is to help people plan for retirement and, when in retirement, to access their entitlement.

We are also working to improve rights and opportunities for disabled people. The [Office for Disability Issues](#) is the focal point within government to coordinate disability policy across all departments.

The [Government Equalities Office](#) is responsible for the Government's overall strategy and priorities on equality issues.

Just about everyone in Great Britain will deal with the Department or one of its eight businesses at some point in their lifetime.

Citizen Advice Bureau

E-mail: www.citizensadvice.org.uk

Address: 6A St. Paul's Square, Bedford, MK40 1SQ

Telephone: 01234 354384

The Citizens Advice service helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers.

Every Citizens Advice Bureau is a registered charity reliant on trained volunteers and funds to provide these vital services for local communities.

Furniture Link

Address: 1a Gadsby St., Bedford, MK40 3HP

Telephone: 01234 353578

Website: www.flb.org.uk

Furniture Link (Bedford) is a furniture and electrical reuse charity operating in North and Mid Bedfordshire. The Charity aims to

- support disadvantaged local people who are living on low incomes or suffering hardship or distress

- divert usable household goods from the waste stream, and
- provide worthwhile training and volunteering opportunities for all members of the community but particularly for people who are disadvantaged or excluded.

YMCA

Phone: 310556

Child Protection & Children's Services

Barnardo's

Address: Tanner's Lane, Barkingside, Ilford, Essex, IG6 1QG

Telephone: (South East) 020 8498 7077

Publications Order Line: 01268 520224

Fax: 020 8551 8267

Website: www.barnardos.org.uk

E-mail: Dorothy.howes@barnardos.org.uk

Offers huge amount of information for professionals, in particular suggested research and publications discussing topics such as Domestic Violence, The Mental Health Needs of Young Homeless People, and Overview of what works in Child Protection.

The Buttle Trust

Audley Place, 13 Palace St., London, SW1E 5HX

Telephone- 0171 828 7311

Fax- 0171 828 4724

buttlehq@buttle.dircon.co.uk

Trust Provides various grants to assist with the acquisition of qualifications to young people facing severe social, emotional or health problems.

Child and Young People HIV Network

Address: National Children's Bureau. 8 Wakely St., London, EC1V 7OE

Telephone 0207 843 1911

A National Network to give a voice to children and young people infected or affected by HIV.

Child Development Centre

Address: Hill Rise, Kempston, Bedford, MK42 7EB

Phone: 01234 310278

Fax: 01234 310277

The Bedford Child Development Centre is a developmentally based child care centre. They believe that children learn best through their experiences. They are a play based centre and believe that children's play is a primary vehicle for their growth and development. Play enables children to progress along a developmental sequence of growth. Therefore a child-initiated, child-directed, teacher supported curriculum is an essential component of their program.

Childline

Address Head Office, 45 Folgate St., London, E1 6GL

Telephone- 020 7650

Fax- 020 7650 3201

Website www.childline.org.uk/

A helpline for children in trouble and danger. Open 24 hours a day.

Family Rights Group

Address: The Print House, 18 Ashwin St., London, E8 3DL
Telephone: 020 7923 2683
Fax: 020 7923 2663
Website: www.frg.org.uk
Email: pffoce@frg.org.uk

The Family Rights Group was established as a registered charity in 1974 to provide advice and support to families whose children are involved with Social Services. It works to improve the services received by these families. The overall aim is to develop and promote services that help secure the best possible future for children and families and to support families involved with Social Services.

The Gingerbread Association

Address: First Floor, Sovereign Close, Sovereign Court, London, SW1P 1RT
Advice Line: 0800 018 4318
Office Telephone: 0207 488 9333
Website: www.gingerbread.org.uk
E-mail: office@gingerbread.org.uk

A self-help organisation offering advice and support to lone parents.

Homestart- Bedford

Address: 43 Bromham Road, Bedford, bedfordshire MK40 2AA
Phone: 01234 270601
Free Infoline: 0800 068 63 68

Help to increase the confidence and independence of families by:

- Visiting families in their own homes to offer support, friendship and practical assistance.
- Reassuring parents that their childcare problems are not unusual or unique
- Encouraging parents' strengths and emotional well-being for the ultimate benefit of their children
- Trying to get the fun back into family life

Kidscape

Address: 2 Grovsevenor Gardens, London, E14 9SZ
Telephone: 020 7512 2112
Fax: 020 7512 2010
Website: www.kidscape.org.uk
Email: information@kidsclubs.org.uk

Kidscape is committed to keeping children safe from abuse. Kidscape is the first charity in the UK established specifically to prevent bullying and child sexual abuse. Kidscape believes that protecting children from harm is key.

Kidscape works UK-wide to provide individuals and organisations with practical skills and resources necessary to keep children safe from harm. The Kidscape staff equips vulnerable children with practical non-threatening knowledge and skills in how to keep themselves safe and reduce the likelihood of future harm.

Kidscape works with children and young people under the age of 16, their parents/carers, and those who work with them.

MATCH (Mothers Apart from their Children)

Address: c/o BM Box No. 6334, London, WC1N 3X

Enquiries: enquiries@matchmothers.org

Since 1979, when one person, Peg English, put an advertisement in The Guardian asking to meet other mothers apart from their children in London, MATCH quickly became a self-help organisation, and informal groups sprang up all over the UK.

Since then MATCH has supported hundreds of mothers after their children have been taken into care, adopted, fostered, abducted abroad or alienated from them after high-conflict divorce. Many, after court battles for equal parenting rights, become Non-Resident Parents, losing all contact with children after a short time when vindictive ex-partners alienate children against them. Most MATCH Members have not seen their children for years. A legacy of this is unresolved mental health issues.

MATCH offers non-judgemental emotional support to mothers apart from their children in a wide variety of circumstances. Sometimes separations last for months or years, sometimes forever.

Mothers of Sexually Abused Children (MOSAC)

Address: Mosac, 141 Greenwich High Road, London, SE10 8JA

National helpline 0800 980 1958

Mosac is a voluntary organisation supporting all non-abusing parents and carers whose children have been sexually abused. They provide advocacy, information and advice, befriending, counselling, play therapy and support groups following alleged child sexual abuse. Mosac seeks to enable parents/carers to rebuild confidence, alleviate isolation and to assist both parents/carers and their children to achieve an improved quality of life. Mosac will raise awareness of the needs of the families affected by sexual abuse by liaising within the community and with voluntary and statutory agencies involved with families. You can call the national helpline from anywhere in the UK for support, advice and information.

National Family Mediation

Address: Alexanader House, Telephone Ave., Bristol, BS1 4BS

Telephone: 0117 904 2825

Fax: 0117 904 3331

Website: www.nfm.u-net.com

Email: general@nfm.org.uk

Offers support to couples, married or unmarried who are in the process of separation or divorce.

National Stepfamily Association (Part of Parentline)

Address: 3rd Floor, Chapel House, 18 Hatton Lace, London, EC1N 8RU

Helpline: 0808 800 2222 (Parentline)

Office Telephone: 020 7209 2451

Fax: 020 7290 2461

Email: tnsa@ukonline.co.uk

The National Stepfamily Association provides support and information to children and adults in stepfamilies and those who work with them. They offer a helpline (Parentline), newsletters for adults and children, information packs, books, and leaflets and training for professionals.

NCH Family Support Services

Address: Central Office- 85 Highbury Park, London. N5 1UD
Telephone: 020 7704 7000
Fax: 020 7226 2537
Website: www.nch.org.uk

NCH improves the lives of the UK's most vulnerable children and young people by offering them diverse, innovative and responsive services and by campaigning for change. Able to download various leaflets on self-harming and parental stress.

NSPCC

Address: National Centre, Weston House, 42 Curtain Rd. London, EC2A 3NH
Helpline: 0808 800 5000
Telephone: 0207 825 2500
Fax: 0207 825 2525
Website: www.nspcc.org.uk
Email: infounit@nspcc.org.uk

A 24 hour child protection helpline offers information, advice and counselling to anyone concerned about a child's safety. The NSPCC also provides child protection training and advice alongside many information resources. Can download various leaflets for parents offering advice on raising toddlers, caring for babies, encouraging better behaviour and communicating effectively with children.

Parentline Plus

Address: 520 Highgate Studios, 53-79 Highgate Road, Kentish Town, London, NW5 1TL
Helpline: 0808 800 2222
Telephone: 020 7264 5500
Website: www.parentlineplus.org.uk
Email: centraloffice@parentlineplus.org.uk

Parentline Plus is a national charity that recognises and values the different types of family that exist and work to shape and expand the service available to them. Can download a vast amount of information (leaflets and fact sheets) for professionals, parents, other family members, children and young people.

The Children's Legal Centre

Address: University of Essex, Wivenhoe Park, Colchester, Essex, CO4 3SQ
Advice Line: 01203 873820
Admin: 01206 872466
Fax: 01206 874026
Website: www.childrenslegalcentre.com
Email: clc@essex.org.uk

The Children's Legal Centre is a unique, independent, national charity offering free and confidential advice and information service covering all aspects of law and policy affecting children and young people. The Centre is open to children, young people and anyone with concerns about them.

The Compassionate Friends

Address: 53 Nirth Street, Bristol, BS3 1EN
Helpline: 0117 9539 639
Website: www.compassionatefriends.org/

Helpline run by and for bereaved parents who have lost a child of any age and from any circumstance. Offers support for siblings, grandparents, parents of murdered children, death from drugs, suicide and AIDS.

Connexions

Address: Bedford Connexions Centre, 61-63 Midland Road, Bedford, MK40 1PW
Telephone: 08456 123300
Fax: 08456 125441
Website: <http://www.connx.org.uk/>

Information and advice for young people.

Miscellaneous

Bedford Community Rights Centre

27B Tavistock Street, Bedford
Tel: (01234) 364558

Bedford Hospital

Address: Kempston Rd., Bedford, MK42 9DJ
Telephone: 01234 355122

Bedfordshire Social Services

Social Services Offices

Our main offices are listed here. They will have details about how to contact staff based elsewhere.

Bedford County Hall, Cauldwell Street Bedford
Tel: (01234) 363222

Email: care@bedscc.gov.uk | or childrensservices@bedscc.gov.uk

For after hours emergencies only (all areas) 0870 2385465

Most often the duty social worker will give advice and arrange for people to be seen in office hours. They work closely with GPs, hospitals and other professionals.

Typetalk textphone (all areas) outside office hours (0800) 959598

They provide social and community care services for people with high levels of need. These people may be amongst the most vulnerable in the community - they may be unable to care for themselves without help, their carers may need support, or they may have been identified by the Social Services team as being at risk.

Our social services include:

- Supporting children and families
- Looking after children in care whether they are placed for adoption or they are in a children's or foster home
- Dealing with cases of neglect and child abuse
- Helping people with disabilities and their families to get the best out of life, through care and support at home, in day centres or in residential homes
- Offering support for people with mental health problems
- Caring for elderly people: helping them to stay active and independent at home, or caring for them in care homes
- Offering opportunities for independent living for adults with learning disabilities

British Epilepsy Association

New Antsey House, Gate Way Drive, Yeadon, Leeds, LS19 7XY
Freephone Helpline- 0808 800 5050
Head Office Telephone- 0113 210 8800
Head Office Fax- 0113 391 0300
www.epilepsy.org.uk
Epilepsy@epilepsy.org.uk

Very informative for parents and professionals with parts of website appropriate for teenagers and children.

British Pregnancy Service

Austy Manor, Wootton Wawen, Solihull, West Midlands, B95 6BX
Head Office Telephone- 01564 793 225
Head Office Fax- 01564 794 935
Telephone- 08457 30 40 30
www.bpas.demon.co.uk/

Offers 'listening ear' and information relating to unwanted pregnancy, abortion, vasectomy, sterilisation and emergency contraception.

Brook Advisory Centre

421 Highgate Studios, 53-79 Highgate Rd., London, NW5 1TL
Office Telephone- 020 7264 6040
Office Fax- 020 7284 6050
Helpline- 0800 0185 023
www.brook.org.uk
admin@brookcentres.org.uk

Offers information about contraception, pregnancy testing, counselling and can refer to NHS.

Care Confidential

PO Box 6906, Chelmsford, CM1 3YQ
Helpline 0800 028 2229
Website www.pregnancy.org.uk
Email careconfidential@aol.com

A national freephone helpline offering confidential counselling to anyone facing pregnancy or post-abortion concerns.

Careline

Telephone 0208 514 1177 Open Monday to Friday 10am to 4pm and 7pm to 10 pm
Covering Bedfordshire 01582 457 474. Open Monday to Friday 10 am to 3 pm
Caralined@aol.com – FAO – Elanie

Confidential telephone crisis counselling service for any age on any issue including bullying, sexual abuse, relationships, families, eating disorders, bereavement, depression, anxiety, rape, sexual assault.

Carers UK

Address 20-25 Glasshouse Yard, London, EC1A 4JT
Telephone 0808 8087777
Fax 020 7490 8824
Website <http://www.londonhealth.co.uk/carersnationalassociation.asp>

Provides information, advice and support for carers.

Cruse Bereavement Care

Address Cruse Bereavement Care, Cruse House, 126 Sheen Rd., Richmond, Surrey TW9 1UR
Telephone 0870 167 1677
Website <http://www.crusebereavementcare.org.uk/>
Email info@crusebereavement.org.uk

Advice and support for anyone who has lost a friend or a family member.

Families Need Fathers

Address: 134 Curtain Rd., London, EC2A 3AR
Telephone: 0207 613 5060
Website: www.fnf.org.uk

Families Need Fathers is a registered UK Charity which provides information and support to parents, including unmarried parents, of either sex. Families Need Fathers is chiefly concerned with the problems of maintaining a child's relationship with both parents during and after family breakdown.

Greyfriars Police Station

Phone: 352210

HARP

Helpline: 0800 389 3003
Website: webmaster@harpinfo.org.uk

Offers information and support for anyone who has a close relative or friend in prison. Also has family support database for local area.

Muslim Women's Helpline

Phone number 020 8904 8193 or 020
Contact Email ess4m@btinternet.com
Web page <http://www.muslimcommunityhelpline.org.uk/>

The Muslim Community Helpline aims to provide any Muslim girl or woman in a crisis with a free, confidential listening service and referral to Islamic consultants, plus practical help and information where required. They also wish to highlight issues in the community that it should address because of the cases that came to us.

The Muslim Community Helpline offers a telephone helpline, individual counselling, training and published resources. Couple counselling may be available. Tel: 0208 904 8193 & 0208 908 6715.

Volunteers are ready to receive your call between 10 a.m. and 4 p.m. Monday to Friday on either of our two telephone numbers. However, because they are a donor supported voluntary organisation with voluntary staff, they ask that you please be patient when you call, as they can sometimes get very busy. You are welcome to leave a message on their confidential voice-mail, in which case they will get back to you — usually within 24 hours.

RELATE- Bedford

Address: 6 St. Pauls Square, Bedford, MK40 1SQ
Phone: 01234 342503

Work with couples or individuals, who are:
Experiencing relationship difficulties
Struggling through a bad patch
Thinking of splitting up
Trying to come to terms with the breakdown of their relationship.
They support all areas of the community, young or old, regardless of background, gender or ethnicity. Relate Bedfordshire and Luton also has an active Education and Training Department, which can offer Life Skills Training courses to both the public and private sector.

Sexwise

Phone: 0800 282930

Website: <http://www.ruthinking.co.uk/>

Offers free and confidential advice and guidance such as sexuality, sexual health, relationships, emotions and peer pressure for young people aged 18 and over.

Stillbirth and Neonatal Death Society (SANDS)

Address: 28 Portland Place, London, W18 1LY

Helpline: 020 7498 5881

Office: 020 7436 7940

Fax: 020 7436 3715

Website: www.uk-sands.org

Email: support@uk-sands.org

Telephone helpline and UK wide network of local self help groups for bereaved parents and families affected by the death of a baby at or soon after birth. Provides information and publications for bereaved parents and healthcare professionals.

Twins and Multiple Birth Association (TAMBA)

Address: 2 The Willows, Gardner Rd., Guildford, Surrey, GU1 4PG

Helpline: 0800 770 3305

Telephone: 0870 770 3305

Fax: 0870 770 3303

Website: www.tamba.org.uk

The Twins and Multiple Birth Association is the UK's only national registered charity providing information and mutual support networks for families of twin, triplets and more. Leaflets, books and magazines available. Specialised support for families with triplets or more, also for bereaved families, one parent families, those with special needs and infertility support.

Terrence Higgins Trust

Address: 52-54 Grays Inn Road, London, WC1X 8JJ

THT Direct: 0845 1221200

Telephone: 020 7831 0330

Website: www.tht.org.uk

Email: info@tht.org.uk

Offers support, information, legal advice and counselling for anyone worried about HIV/AIDS.

The Association for Postnatal Illness

Address: 145 Dawes Rd., Fulham, London, SW6 7EB

Telephone: 020 7386 0868

Fax: 020 7386 8885

Website: www.apni.oth

Email: info@apni.org

The association provides support to mothers suffering from post-natal illness, increases public awareness of the illness and encourages research into its cause and nature.

Victim Support

Address: Saxon Centre, 230 Bedford Rd, Kempston, Bedford, MK42 8PP

Phone: 01234 840300

Website: www.victimsupport.org.uk

Victim Support is a national charity which helps people affected by crime in England and Wales. They give free and confidential support to help you deal with what you've been through as a victim or witness. whether or not you report the crime to the police.