# Guide to Support Services for Parents Navigating Child Protection

**Parent and Family Support Organisations in Wales**

**National Organisations**

**Action for Children** – Parent Talk

Focus: Online parenting advice and local services

Website: https://www.actionforchildren.org.uk

Contact: Use website to find local services

**Children in Wales**

Focus: Parenting support, family services, policy advocacy

Website: <https://www.childreninwales.org.uk>

Contact: info@childreninwales.org.uk | 029 2034 2434

**Dewis Cymru**

Focus: Directory of well-being services and resources across Wales

Website: <https://www.dewis.wales>

Contact: info@dewis.wales

**Mental Health Matters Wales**

Focus: Mental health support, advocacy, and wellbeing services for individuals and families across Wales. Parent Peer Advocacy & Independent Professional Advocacy.

Website: <https://www.mhmwales.org.uk>

Contact: admin@mhmwales.org.uk | 01656 651450

**NYAS Cymru** – Parent Advocacy

Focus: Independent parent advocacy for families involved with social services

Website: <https://www.nyas.net/get-support/support-in-wales/parent-advocacy/>

Contact: help@nyas.net | 0808 808 1001

**PAN Cymru** (Parent Advocacy Network)

Focus: Parent peer advocacy for families impacted by child protection; parents come together to share and learn from experience

Website: <https://www.pancymru.com>

Contact: pancymru.com

**Tros Gynnal Plant**

Focus: Advocacy and support for children, young people, and families across Wales

Website: <https://www.tgpcymru.org.uk>

Contact: enquiries@tgpcymru.org.uk | 029 2039 6974

**Thrive** – providing innovative services which enable individuals, families and communities to thrive beyond domestic abuse and sexual violence

<https://thrivedas.org.uk/about/>

**Welsh Women’s Aid** – helping women and children to live free from domestic abuse and all forms of violence.

<https://welshwomensaid.org.uk/>

**PFAN – Parents Families and Allies Network:**

A UK wide group bringing together parents with experience of children’s social work, their families and allied professionals to transform children’s services through better parent participation.

<https://www.pfan.uk/>

**Regional Organisations**

**South Wales**

**Family Lives** (Parentline Plus)

Focus: Emotional support, parenting advice

Website: <https://www.familylives.org.uk>

Contact: 0808 800 2222

**Barnardo’s Cymru**

Focus: Family support, safeguarding, advocacy

Website: <https://www.barnardos.org.uk/what-we-do/helping-families/wales>

Contact: Use website to find local services

**West Wales**

**TGP Cymru** (West Wales)

Focus: Advocacy for children, young people, and parents

Website: <https://www.tgpcymru.org.uk>

Contact: westwales@tgpcymru.org.uk

**North Wales**

**North Wales Advocacy Service** (NYAS)

Focus: Advocacy for children and families

Website: <https://www.nyas.net>

Contact: 0808 808 1001

**Family Friends North Wales**

Focus: Family support and mentoring

Website: <https://www.familyfriendswales.org.uk>

Contact: Use website contact form

**Alcohol and Substance misuse agencies**:

**Adferiad** – services to people affected by mental ill health, drug or alcohol use, gambling harms, and other challenging circumstances

<https://adferiad.org/>

**Alcoholics Anonymous** - global, peer-led mutual-aid fellowship focused on an abstinence-based recovery model from alcoholism

<https://www.alcoholics-anonymous.org.uk/find-a-meeting/>