

Wrexham Family Information Service (WFIS) - We provide advice and guidance to mums, dads and carers of children and young people from pregnancy until their child's 20th birthday. We also advise professionals working with families.

<https://www.wrexham.gov.uk/fis>



Wrexham Family Information Service - Family Information Services (FIS) are the point of contact for advice and information on local services for families and carers. The FIS provide free impartial help, support and advice on issues including, childcare, health and education, Finances and much more.

<https://www.childcareinformation.wales/home>



Better Health healthier families - Better Health families aim is to help families eat well and move more. It provides tips, health apps to track and monitor progress and wide range of information and support.

www.nhs.uk/healthier-families/



Flying Start - Wrexham Flying Start is a Welsh Government funded programme for children aged from 0 years up until their 4th birthday and their parents/carers, who live in certain parts of Wrexham.

The aim of the programme is to help children to have the best possible start in life for their future growth and development. Parents/carers are given support to help them provide the most positive environment for their children's wellbeing during their early years.

All Flying Start services are free to families.

<https://www.wrexham.gov.uk/service/more-education-information/flying-start>



Nutrition Skills for Life—Nutrition skills for life provide food and nutrition skills courses for community members. They provide courses such as Come and cook with your child.

<https://nutritionskillsforlife.com/>



BCUHB Childrens Speech and Language—Speech and language therapists work with children, their families and health and education professionals in a variety of settings which include community clinics, hospitals, mainstream and special schools, nurseries, and family homes.

To request a referral form, please contact the department on 03000 855 975

or via email on BCU.SaltReferralsEast@wales.nhs.uk.



Home Start- Home-Start works with families in communities right across the UK. Starting in the home, their approach is to treat each person as an individual . No judgement, it is just compassionate, confidential help and expert support. Being a parent has never been easy. It can be lonely, frustrating, heart breaking and over-whelming. Life-changing events can happen to anyone. That is why Home-Start is ready to support families through their toughest times.

<https://www.home-start.org.uk/>



Nightingale House Family Support— This service provides practical, emotional and bereavement support . For children almost anyone can refer them for bereavement support so it might be their mum, dad, GP, teacher, brother/sister or a children’s mental health team. For more information on Direct Referrals please email: nightingalehousereferrals@wales.nhs.uk



Nightingale House Hospice
Hospis Tŷ'r Eos