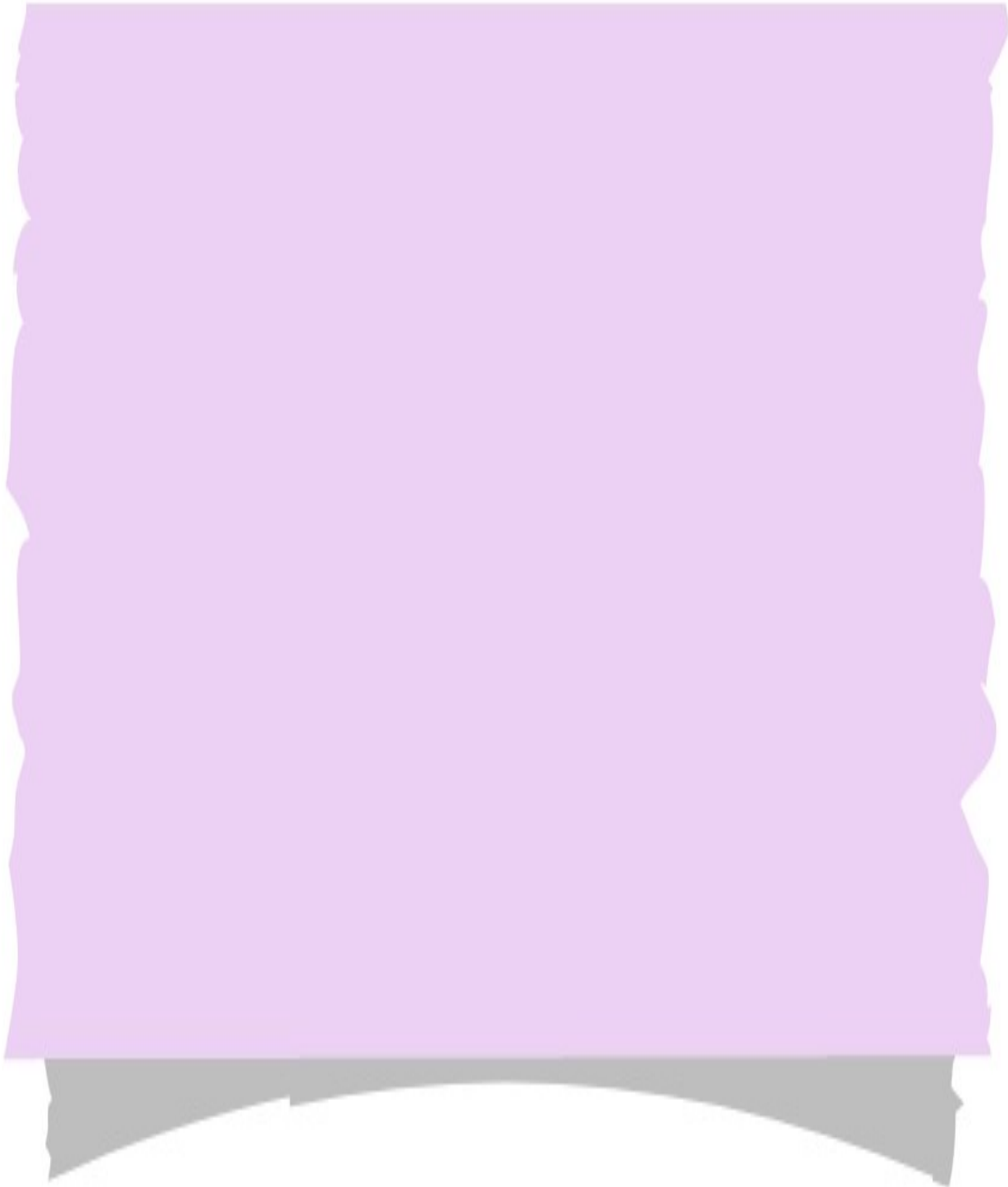


Support and Charities

Some units have local support groups available. Please ask the staff and look out for any posters or leaflets they may have displayed. Use the space below to add your local unit information:



Useful Charities and Organisations

This section provides information about local and national charities that specialise in support for neonates and their families. The QR codes will take you straight to their websites or social media pages for more information, or alternatively use the web addresses.



Small Wonders are 12 bite-size films following families and their journey in neo-natal units.

Topics covered:

- Birth
- First hours
- Expressing breast milk
- Holding your baby
- Your time in hospital
- Feeding independently
- Preparing for home
- First months at home
- Twins and triplets
- Bereavement



Bliss' vision is that every baby born premature or sick in the UK has the best chance of survival and quality of life.

Bliss provides information about caring for premature and full term sick babies at every stage of their hospital journey, and after they have gone home.



A pack of laminated cards which contains practical information and advice on relevant matters. These include: how dads can best help themselves and their partners as they each deal with their feelings and emotions; where to go to seek further help, support and information; and practical guidance on holding, handling, bonding with and caring for their premature baby.



Our purpose is to improve the lives of low-income families raising disabled or seriously ill children and young people.

Our mission is to provide items and services to all low-income families in the UK raising disabled or seriously ill children, that they could not otherwise afford or access, and that help improve their quality of life, realise their rights, and remove some of the barriers they face.





Our sole purpose is to support LGBT+ women & people globally on the path to motherhood or parenthood. We provide guidance on the different family creation pathways through our website, social channels & support groups, whilst providing access to our global community to meet other like-minded families.



Due to our own personal experiences of neonatal care we understand and empathise with families who find themselves in similar circumstances.

Our primary focus is on supporting the whole family, practically and emotionally from admission to the neonatal unit and beyond, working collaboratively with our NHS colleagues and other services.



Rainbow Trust Children's Charity works with the whole family. We focus on supporting the baby's siblings, who are often very confused and upset, and unable to visit for a variety of reasons. We also provide a transition service for parents whose babies do recover sufficiently to go home and offer a continued service at home.



We provide support to parents, families & friends of those affected by HIE (Hypoxic-Ischaemic Encephalopathy), raising awareness of HIE.

- Some of the things we do include:
- Provide information about HIE
 - Buddy/peer support
 - Counselling and therapy
 - Funding for equipment



Dad's do NICU too

At The Smallest Things, we know that dads and partners face their own unique challenges after the premature birth of a baby or babies. Often juggling work and other children while caring for a newborn in NICU and supporting a partner, dads can and do struggle. How do we know? We've been there too.



The Smallest Things is dedicated to creating a better world for premature babies and their families after neonatal care.

We get it because we've been there too. The Smallest Things is run entirely by volunteers who've had premature babies.





ICON is all about helping people who care for babies to cope with crying.



Unexpected Beginnings Neonatal Podcast

Through listening to other parents experiences and speaking to doctors, surgeons, mental health workers and everyone in-between, this podcast aims to make you feel less alone and more supported, signposting you to help and information along the way.



This podcast has been recorded with the help and support of Leeds Children's Hospital, Leeds Teaching Hospital NHS Trust and funded by Leeds Hospital Charity.



The unicef Baby Friendly Initiative is a programme which supports maternity, neonatal, health visiting and children's centre services to transform their care and works with universities to ensure that newly qualified midwives and health visitors have the strong foundation of knowledge needed to support families.



The Queer Parenting Partnership



We recognise the need for additional services targeted at not only LGBTQ+ families but also at other families perceived to be minorities. That being said, everyone is welcome at The Queer Parenting Partnership.

Our values are of equality, fairness, power, love, community, laughter and fun. We aim to build a community for queer families to learn and grow together and to celebrate our presence in the world.



Turn2us is a national charity providing practical help to people who are struggling financially.

We offer support to those of us facing financial shocks and together we challenge the systems and perceptions that cause financial insecurity.



Tommy's

Together, for every baby



Tommy's is a community, a family. Women and their families are the heart of all that we do. We offer a wide range of resources, tools and services for families who experience baby loss or premature birth.



Bereavement Charities



Aching Arms is a charity that gives its comfort bears to hospitals and hospices, for midwives and nurses to offer to bereaved parents in their care. Along with the bears, we also offer a support service to parents after their loss, whether it was during pregnancy, at birth or soon after



Sands is dedicated to providing emotional support and information right from the early hours after a baby's death, through to the weeks, months and years ahead.

Sands supports anyone affected by the death of a baby.



4Louis is a UK charity that works across the country to support anyone affected by miscarriage, stillbirth and the death of a baby or child. We also work to improve the care of bereaved families received from health care professionals.



Ibraheem's Gift

The Ibraheem's Gift pack was designed in close consultation with a hospital Imam and contains the immediate necessities that parents would need to help them prepare for their baby's Muslim burial.

Ibraheem's Gift is there to provide families with the immediate items to help with the burial process as we know Muslim burials happen very swiftly.