

Who are we?

Family Friends have been supporting families since 1993. Our aim has always been to empower families to help themselves by helping them to discover their own strengths and coping skills.

What can you expect from a Family Friends volunteer?

- Someone who can offer you a listening ear
- Someone to support you on family outings
- Someone to confide in
- Someone who can help you to build self-confidence

How to get support

If your family would like support, you can call us on **0204 568 8832** or fill in the **self-referral form** which can be found on our website under 'Referrals.'

Contact Us

Unit 1, 10 Acklam Road
London W10 5QZ
0204 568 8832

info@familyfriends.uk.com
www.familyfriends.uk.com

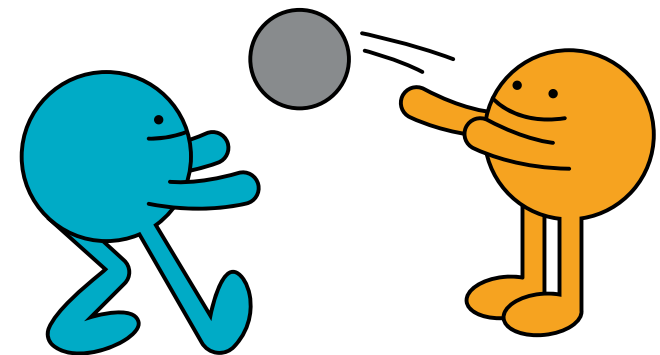
Find Us

Underground:

Nearest station (7 minute walk) is Ladbrooke Grove (Circle, Hammersmith & City Lines), or Westbourne Park

Buses:

52, 7, 295, 228, 23, 70, 316 and 452



Families

Family Befriending

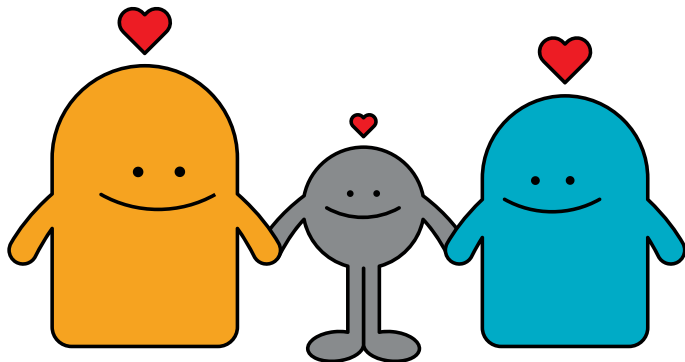
Our Family Befrienders provide your whole family with support.

They can offer reassurance and a listening ear if you need someone to talk to, and they can help you and your family to build resilience and strengthen bonds.

Volunteers meet with their family for a few hours either weekly or fortnightly for a period of 6-12 months.

Help might look like:

- Supporting you to take your children to the park or appointments
- Helping you to work through overwhelming 'life admin'
- Encouraging you to achieve your goals



Peer Support

Our monthly peer support groups allow parents and young people to make new connections over a cup of tea or activity. These sessions are informal and empower our clients to draw strength from within their own communities.

Big Buddies

Our Big Buddies support young people aged 10-18 for a few hours weekly or fortnightly over a period of 6-12 months.

Help might look like:

- Trying fun activities together
- Talking about future aspirations
- Helping a young person to grow in confidence and resilience
- Encouragement to try new things

Where do we work?

We currently work in the following London boroughs:

