



# Family Support Services

## What we aim to achieve



## About Us

We deliver a range of community based services to help families and individuals during difficult periods of their lives.

As the first point of contact for many vulnerable or at risk local people. We work alongside vulnerable and disadvantaged families from across Bensham, Gateshead, and surrounding areas.

We provide a holistic approach through a wide range of projects that meet people's practical, social and emotional needs. We offer opportunities for individuals and families to improve their life chances and increase their potential.

## What We Provide

Our Family Support Team provides centre based and outreach support through a range of services and activities, these include:

- Early intervention work
- Parenting programmes, including a range of educational courses
- Supporting families within the home
- Confidence building/self-esteem workshops
- Employability skills courses
- BME support group, ESOL classes and advocacy
- Thrift goods– clothing and household goods available for local families



To improve relationships between parents and children

To increase parenting skills

To reduce behavioural problems in children

To reduce the use of crisis services by parents

To increase access to and uptake of local support services for the BME community

To improve the life chances of parents -Through volunteering opportunities, increasing their skills and confidence

Our aim is always to work in partnership with parents, being flexible to their needs, to promote the well being of each family as a whole.

