

Can you help Family Friends ... through volunteering?

Family Friends provides support to many local families each year by relying on volunteers and professionals. We are looking for people with a caring and enthusiastic nature who have the ability to empathise and communicate with people from all backgrounds, and time to donate two hours a week, plus travel.

Our volunteers receive thorough induction, on-going training and full support whilst helping families and the opportunity to make a difference. Call us or visit our website for more information about volunteering your support or skills

...or by donating, fundraising or becoming a corporate sponsor?

Each year, Family Friends needs donations of tens of thousands of pounds to keep its services running.

To make donations (including Gift Aid), or for more information about either becoming a corporate sponsor or arranging fun – and fundraising activities and events for us – please contact us or visit our website. Donations can also be made through virginmoneygiving.com.

Family Friends are grateful for the part funding it receives from the Royal Borough of Windsor and Maidenhead and the Windsor, Ascot and Maidenhead Clinical Commissioning Group.

What people say about our support

“Everything is calmer with your support. I have different strategies in place to manage my children who now get on better together. You have been my rock.” (A parent)

“Having someone to speak to and help with the children helped me feel better emotionally. A big thanks to Family Friends.” (A parent)

“I talked about my worries and learned how to calm myself down.” (A child)

“Thanks to Family Friends, I can have good dreams.” (A child)

“It’s wonderful to be able to make a difference to a family, seeing them get back on their feet and helping them to know that they are not alone.” (A volunteer)

How to contact us

Family Friends
The Lawns Nursery School,
Imperial Road,
Windsor, Berkshire SL4 3RU

Telephone: 0300 800 1005 (M-F 9am - 5pm)

Text only: 07860 021 720

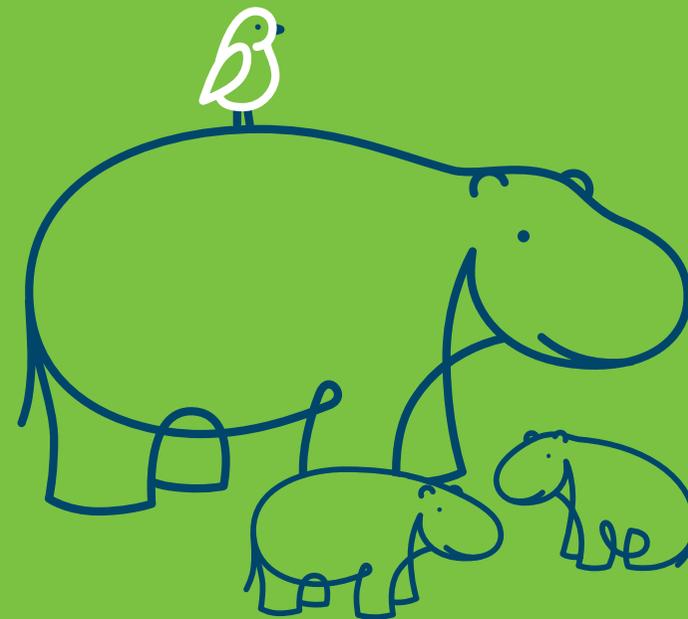
Email: info@family-friends.org.uk

Website: www.family-friends.org.uk

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familyfriends
in Windsor and Maidenhead



Supporting local families

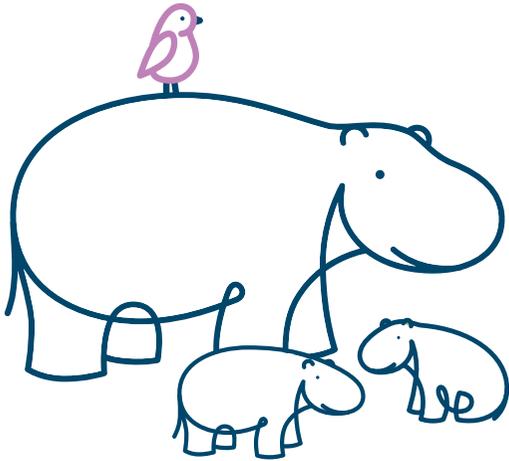
www.family-friends.org.uk

Who we are

Family Friends is an independent local charity that was established in 1995. We provide short-term support to families who are going through difficult times to help them get back onto their feet.

Our help is free and confidential to families with children aged 0-13 years living in the borough of Windsor and Maidenhead.

We help hundreds of families every year. In 2009, Family Friends was nominated for and awarded the Queen's Golden Jubilee Award for Voluntary Service, an equivalent award to the MBE.



Who we help

Family Friends helps parents and children who are experiencing difficulties such as:

- stress
- isolation/loneliness
- depression/post-natal illness
- ill-health/disability
- loss/bereavement
- challenges coping with day-to-day routines
- difficulties relating to their children or managing their behaviour
- parental separation and/or divorce
- domestic abuse
- managing anger
- low self-esteem or bullying
- family or work/school relationships
- a family member away from home due to work, illness, etc.

How we help

First of all, Family Friends talks with the family in order to work out the level of support that is required. Following this, we would normally help the family for up to two hours a week, initially for six visits, by providing:

- hands-on help
- a listening ear
- a break from stressful situations
- support for children
- parenting support, including one-to-one guidance on parenting issues and/or parenting courses in a group environment
- assistance in accessing other support services, such as counselling and child-focused community resources
- other types of support, including practical help.

This support is provided by our trained volunteers and/or professional family support workers. All have been Enhanced CRB checked.

Call us on 0300 800 1005 if you think you and your family might need some help, or visit our website www.family-friends.org.uk for more information.