

Who Are Family Lives?

Family Lives is a leading national charity with over three decades of experience in helping parents deal with changes and challenges that form a constant part of family life.

We support families through a variety of services including our free phone helpline, workshops, online course and website www.familylives.org.uk for more info.



BEDFORD BOROUGH COUNCIL



In partnership with Bedford Borough Council the Bedford Volunteer Service is open to parents and carers living within Bedford Borough.

To make a referral you will need to complete an Early Help Assessment Form which you can find on the Bedford Borough Early Help website and send it to

Multi.Agency@bedford.gov.uk

For more information on the service please contact

[Amanda Saunders](mailto:Amanda.Saunders@familylives.org.uk)

**07703 704984
amandasa@familylives.org.uk**

www.familylives.org.uk



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Family Lives Volunteer Befriending Project





Volunteer Befrienders deliver services in several projects across the country, supporting parents and carers to seek emotional support from trained volunteers within their community with whatever issues they may be facing. For parents who are reluctant to seek support, using a peer-led approach can help to normalise the process, removing the barrier which many people face when struggling to admit they need 'professional' support.

We listen, support and never judge....

Parents say...

'It's good to have the support of a befriender; I know I can say anything I need to without being judged'

'By getting out and meeting my befriender I feel reenergised. It's a bit like when you talk to a doctor as you know it's in confidence. I know it won't be repeated'.

What does a befriender do?

- ◆ Befriends parents/carers in need of emotional and parenting support
- ◆ Builds and maintains a relationship with the parent/carer over a 6 to 12 week period
- ◆ Helps parents/carers find their own strength to build their confidence and skills
- ◆ Regularly meets parents in the home, community and children's centres
- ◆ Provides information about resources and other support services available to them
- ◆ Supports parents/carers to access community services

Where are we based?

The Bedford Volunteer Service is based at various children's centres in Bedford.

This is a good opportunity for us to work together with children's centres and professionals to support and reach families and to deliver on the true concept of Early Help.

Children's centres bring together a range of partners from all sectors with the aim of providing children and their families with the best possible services.

