

**family
space⁺**

good news in our community

Befrienders



what's Befrienders all about?

Befrienders supports mums-to-be and families with children aged 0-5 years living in the Hester's Way and Rowanfield Children's Centre areas.

Befrienders seeks to enhance the quality of life for parents, carers and their children and to encourage positive relationships so young children can enjoy a good start in their lives.

so what exactly do Befrienders offer parents and carers?

- Some emotional support by offering a listening ear.
- A helping hand around the home.
- A helping hand with shopping, playgroup/school runs and appointments
- Acting as a 'hand holder' enabling parents and carers to confidently meet new people, visit new places or try new things.
- Being a 'sign poster', so parents and carers can better access other services available.
- Time with the children, so parents and carers have some time to themselves.
- Some useful parenting tips on how to best respond to their children's behaviour.

How does it work?

A volunteer will be carefully matched to the family taking into account the needs, wants and abilities of everyone involved.

The volunteer will then visit as regularly as you both agree and at a location that suits you both.

The volunteer will continue to offer support, until it is decided by the family that they don't need Befrienders anymore, or agreed outcomes have been achieved.

Befrienders doesn't tell the family what to do!

Great! ...how do I get involved?

You can request support yourself or a professional can do it for you i.e. a GP, a health visitor or a midwife who knows you.

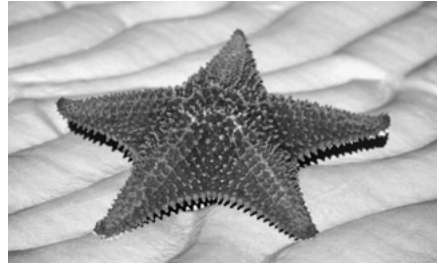
The Starfish

Walking along the beach close to the water's edge he could see thousands and thousands of starfish washed up from the previous tide. Into the distance he could see the long line of starfish stretched out before him, all of them only a few feet from the sea as if stranded. Tantalisingly so near, yet so far from the water.

He reached down and picked one up and gently threw it back into the sea. He reached down again and did the same to another, and another and another.

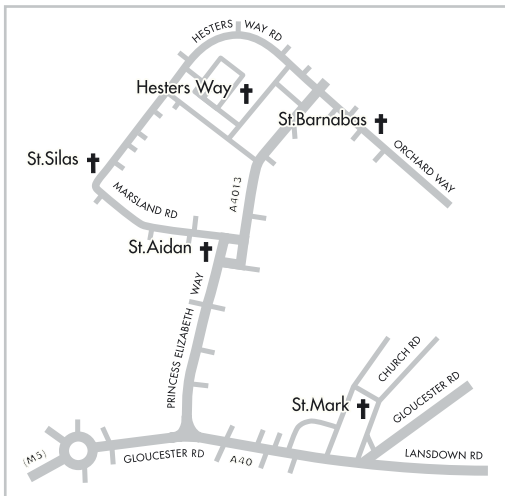
A second man, walking his dog along the beach saw him and asked 'why are you doing that – surely you can't make a difference to all these starfish – there are too many of them'.

Throwing another one back into the sea, the man replied, 'it makes a difference to this one!'



'This is the thinking behind much of the activity of Family Space, making a difference to some people's lives.

Of course, we can't help anywhere near all the families we would like to... but we can help some.



family space

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family space is a joint venture between Cheltenham YMCA, and four local churches in Cheltenham – St Aidan & St Silas, St Barnabas, Hesters Way Baptist Church, and St Mark.



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