family action

Building stronger families

Family Action
Stronger Together

DELIVERING COMMUNITY SERVICES

Family Action is a charity committed to building stronger families

We deliver practical and evidence-based services and support that reach out to many of England's most vulnerable people and has a positive impact on their lives.

Our work is wide-ranging and includes help for parents-to-be, the provision of Children's Centres in local communities, support in schools, specialist therapeutic work to support children, intensive family support, relationship support, emotional health and wellbeing services, training and consultancy for professionals and organisations and financial grants programmes.

Thank you for taking the time to find out about Family Action and our work.

David Holmes CBE
Chief Executive

> "We deliver practical and evidence-based services and support"

Early Years

Family Action's Early Years services work with parents and the wider family from before conception until their child is ready to go to school. The services we provide include Perinatal Support Services, Children's Centres and Early Years Childcare Services.

We believe that every child has the right to the best possible start in life and that every family should be supported to enable their children to reach their full potential.

Children and Families

Our work supports families when they face complex needs and challenges - including domestic abuse and mental health issues.

The service range includes intensive family support, specialist therapeutic work, conflict management, relationship support, work with young carers, supporting families of children and young people with special educational needs and disabilities, advice and wellbeing services, and services for looked after children and their families.

Family Action's Children and Families services work with children, young people, parents, carers and the wider family network to ensure wherever possible the family is able to remain safe and realise its full potential.

We work with thousands of families to create stronger communities through effective services

Adult Mental Health and Wellbeing

Many of us will experience a mental health problem in our lifetime and, in the UK, mental illness accounts for a third of all illnesses at any given time.

Family Action provides specialist mental health and wellbeing services for adults. We work not only with the individual directly affected but also with their children and with the whole family. We focus on building on individual and family strengths in order to support the family towards recovery.

We also recognise that supporting an individual's sense of emotional wellbeing can prevent an escalation to more serious mental health issues and we offer a range of services that take this early intervention approach.

Our services, including our supported housing offer, help people challenged by mental health issues to retain their independence, choice and community involvement.

Grants Programmes

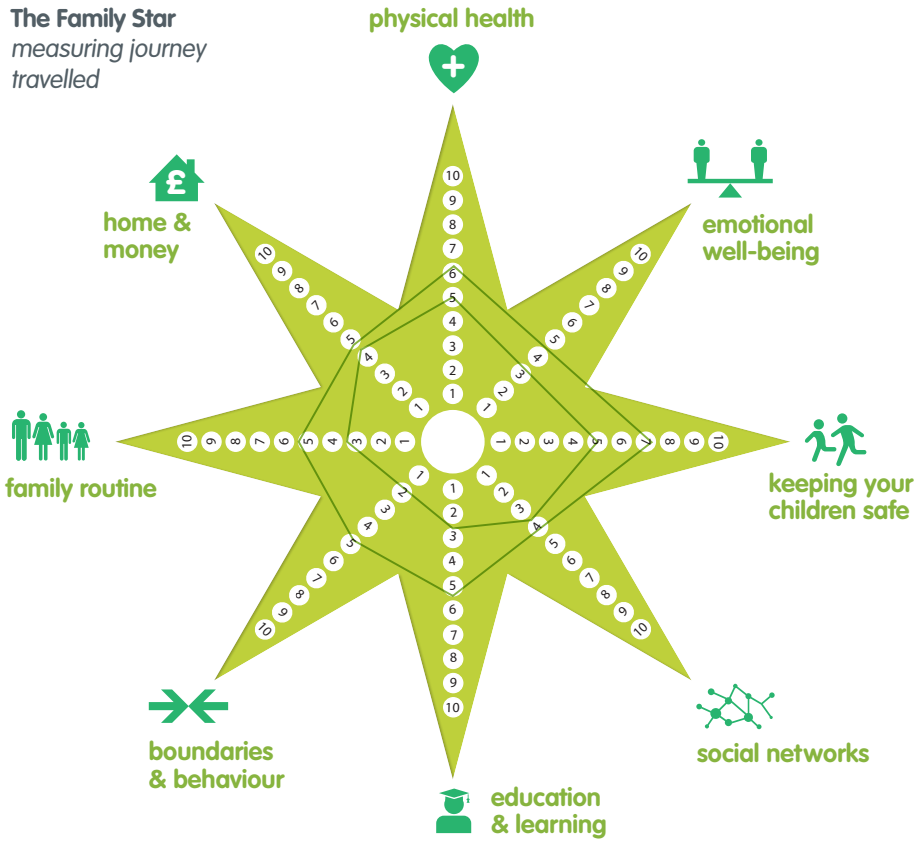
Our Small Grants Programme focuses on the two areas of Welfare and Education. We believe these to be key for really making a difference to support families – helping those facing an immediate domestic need and those seeking to improve their educational and employment prospects.

Our Grants Programmes are integral to our aim of strengthening families and communities, building skills and resilience and improving the life chances of everyone with whom we work.

Our Open Doors programme is a small grants programme specifically targeting individuals and families experiencing severe and multiple disadvantage.

Initial evaluation of the impact of the Open Doors programme shows:

- Small grants ease pressure, enabling recipients to focus on other areas of their lives that need addressing via the support provided by partner organisations.
- Recipients of grants report a significant improvement in wellbeing as it enables them to make changes in their life that provide a greater sense of control, trust and security.



Evaluation and Impact

Family Action is committed to continually evaluating the impact of our services – in order to be certain we are making a real, measurable difference.

We use a wide range of measurement tools across our services to effectively measure our outcomes.

For our Family Support work in particular, we use an evaluation tool called the Family Star to engage parents and children in the work they need to do to improve their family life, and to measure and record their progress.

We produce an annual Impact Report which highlights what we have achieved and how we contribute to strengthening families.

Our Staff

We have over 700 experienced and highly committed staff working in over 125 services across England.

We embrace our values and behaviours in all areas of our work and professional relationships by always:

- Being **people focused**
- Reflecting a **'can do'** approach
- Striving for **excellence** in everything we do
- Having **mutual respect** for everyone we work with, work for and support through our services

We believe that by using the expertise of staff and volunteers from local communities and across a variety of sectors we are able to be more effective and resourceful.

Volunteers

We always welcome those who want to support Family Action and contribute to the services we provide for families.

Volunteers are a well-established, vital and valued part of our organisation, and over 500 volunteers make a significant contribution to Family Action. We provide a fulfilling and positive experience in return.

Working in services, as Trustees, or by raising money for Family Action, our volunteers bring a wealth of skills, expertise and benefits that help to transform the lives of service users.

Volunteers are a well-established, vital and valued part of Family Action

Get in touch

If you'd like to find out more about Family Action's services, please visit our website at **www.family-action.org.uk**

If you have a specific area of interest you'd like to hear more about, please email **info@family-action.org.uk**

To make a donation and help support our work, visit **www.family-action.org.uk** or email **fundraising@family-action.org.uk**

You can also follow us online at:
facebook.com/familyaction
twitter.com/family_action

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