



# FAMILY FIRST

Supporting families through change

**Contact details:**

Family First, The Orwell Centre  
114 Fore Hamlet, Ipswich IP3 8AF



Family First Ipswich



07936 008199



[info@familyfirst-uk.org](mailto:info@familyfirst-uk.org)



# FAMILY FIRST

Supporting families through change

A professional's introduction to referring.

*"Your service sits on my desk as a permanent fixture ... the families I have referred have benefitted."*

Carol – Family Liaison Officer

# Introduction

Family First is a local Christian charity which helps families find solutions to the challenges they face in everyday life.

We will work with any family regardless of faith, age, gender etc. All we ask is that they recognise that change is needed and want to work with us to achieve it.

Since we have started working with families we have seen them empowered and develop their capacity to support themselves.

Our vision is to see families flourish and children who are cared for in positive and enabling environments. We are committed to our values of: Community, Equality, Inclusivity, Hope and Transformation.

# How we support families

We offer long-term support (usually for one year) for the whole family. A Family Coordinator will meet the family and will use a mapping tool to create a clear picture of the family's journey and help them identify areas for change. This will be used to set mutually agreed goals.

A trained volunteer, supported by the Coordinator, will visit the family in the home for an hour a week for up to a year. They will listen, befriend, encourage and identify small steps to achieve the agreed goals.

*I really appreciate the hard work that Family First are putting in with my families — local practitioner*

# How to refer a family

In agreement with the family, a referral form should be completed and e-mailed to us. These can be found on our website: [www.familyfirst-uk.org](http://www.familyfirst-uk.org)

We will then contact you to arrange a joint visit with the family wherever possible.

Once an Agreement has been signed by the family we will carefully match the skills and experiences

# Parenting courses

Subject to demand, we can offer a six week parenting courses for both primary years and teenagers. The course we use has been written by Care For The Family who are recognised providers of these courses. You can find out more at: [www.careforthefamily.org.uk/courses/parentalk](http://www.careforthefamily.org.uk/courses/parentalk)

For details of dates for future courses please see our website.

*I felt listened to and respected—Family Member who was supported by us.*