



# Who are Safe Families?

Safe Families is a national charity which supports families when they are feeling overwhelmed or isolated

We know that all families benefit when they are connected to a good network of positive people around them

We train and support local people to offer support to families as volunteers. They may be of any age or background and often volunteers will have been through difficult times themselves.



Safe Families

# Support options



## Family Friends

Volunteers who offer direct practical family support. Giving simple advice and support to parents and children when they need it most, enabling parents to feel less isolated.



## Host Families

Volunteers who look after children for a night or 2, up to a couple of weeks, to allow a regular break or space if they are dealing with other issues or challenges.



## Resource Friends

Volunteers who are able to provide useful items such as a cot or children's clothing, or have helpful skills such as cooking or gardening

# Example of a family story

## The situation

Safe Families met a Mum and her 8-year-old daughter. Mum has a long-term health condition and needed to go to hospital for urgent care which she had been putting off because she had no one she could ask for help. Last time this happened, her 8-year-old had to go into foster care.

## The support

Safe Families matched mum to a local volunteer Julie who provided a 'host home' where the girl stayed for a night while mum was in hospital. Julie and mum became friends and Julie was able to give mum further emotional and practical support and now helps to look after her daughter when mum needed to go back in for appointments. Mum now feels she is not on her own.

## The motivation

Julie became involved in Safe Families because she was in a similar situation when she was a mum, and somebody helped her get through a tricky patch. She sees this as a way of passing the kindness on.



**Another story - Tam's story -**  
<https://vimeo.com/545966647>

# How it works

1. Safe Families team member comes to meet a family in their home
2. The family talks about what issues and challenges are going on for them
3. The team member talks through what support is available
4. Together they make a plan with goals of what a volunteer can help support with over the next 6 – 9 months
5. Safe Families team find a volunteer who can offer this support
6. Safe Families introduce the volunteer and keeps in touch with both the family and the volunteer regularly
7. At the end of support there is an option to keep in touch if both would like to (without any oversight from Safe Families)



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# What are the volunteers like?

- They go through a very thorough process to become a volunteer including an enhanced DBS, training, references and assessment
- They come from lots of different backgrounds, ages and experiences
- The Safe Families team will ask you if you have a preference for a certain type of volunteer to be matched with
- They can be from the local area or from further away if you'd prefer
- They are not there to fix your problems, but they will listen and encourage you



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# Find out more



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