



Diary Notice: Looking for Families to Feature in Christmas Stories?

“The most important thing for us at Christmas is that we are together for the holiday season and that we love each other more than any present we could receive.” Family Action service user Louise

Family Action works with 45,000 vulnerable families and children every year. And every day we see parents and their children doing extraordinary things - coping with serious mental health illness, domestic violence or drug and alcohol problems.

Our families are often socially isolated and living in poverty – but they’re also getting by and getting on, working with us to keep their families together and stable and provide loving homes for their children.

Take Louise, one of our service users – she’s had a tough time - Louise suffers from bipolar and was seriously ill and her husband had a breakdown, they lost their home and were living in temporary accommodation but with our help her family is flourishing and they’re looking forward to spending Christmas together in a new home.

“My husband and I have always worked to look after our family. Although I have had mental health issues since I was a teenager, I have always worked to support myself, or if I got ill John would ensure that he took care of us financially. Our current circumstance is a combination of bad circumstances and illness that has overwhelmed us unexpectedly.”

They might not have much money, and financially Christmas is a struggle but she’s determined to give her children a good Christmas.

“Last Christmas I had a budget of approximately £5 to spend on decorations as we had been unable to bring our tree and decorations with us when we had been evicted. Food wise, the budget was the same as it was every week, so there was no extra money to make Christmas dinner special. I tried to improvise. We had a chicken, I made some homemade stuffing out of some stale bread and some left over vegetables. The Christmas tree was approximately 10 inches tall and sat on top of a chest of drawers.”

We work with thousands of families like Louise's and have lots of stories to tell – if you’re looking for a family to feature in an article in the run up to Christmas get in touch and we’ll see how we can help.

For further information and to arrange to speak to a Family Action family contact Anthony McCaul on 0207 241 7632 or 0781 309 2040 or email anthony.mccaul@family-action.org.uk

What Louise thinks about Family Action: "Family Action provides access to information about services, can refer service users to services, they provide a listening ear, a shoulder to not only cry on, but a hand up to help you take those first steps needed to get one's life back on track. They are the guardian angels who step into the gap to prevent the vulnerable falling through and being unable to get out."