

We are England's leading family charity. We support over 45,000 children and families every year with over 100 services in communities across the country. We offer practical, emotional and financial help to families and individuals in their

The Building Bridges project in Edenbridge aims to support families or individual family members who are currently experiencing a mental health difficulty, going through a crisis, and feeling isolated, depressed, or having problems with aspects of parenting.

Our team offers a warm, caring, confidential and supportive service for all members of the family.

How To Contact Us

If you would like to know more about who we are or what we do please contact us at:

Family Action Edenbridge Building Bridges
C/O Edenbridge Children's Centre
High Street
Edenbridge
Kent
TN8 5AB

Telephone: 01732 860560

Fax: 01732 860560

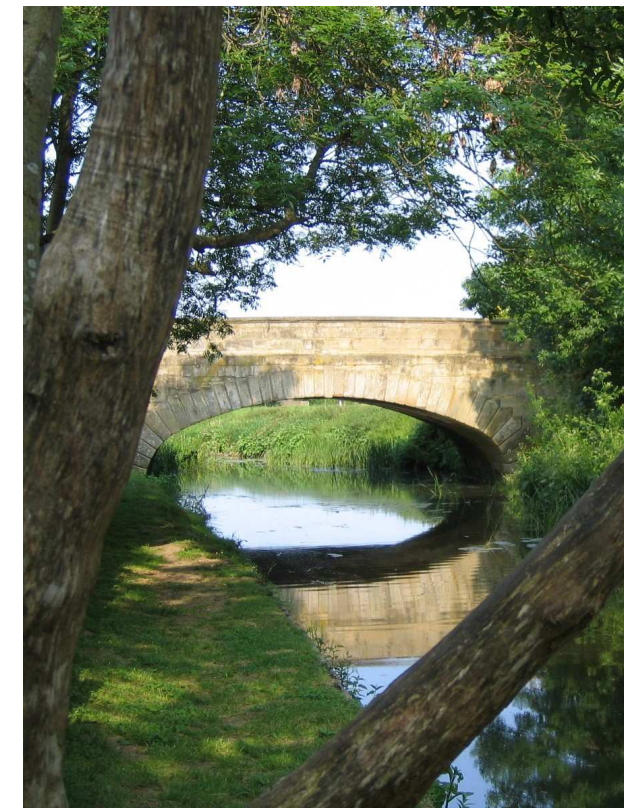
Email: edenbridgebb@family-action.org.uk

We have an office at Edenbridge Children's Centre, which is in the grounds of Edenbridge Primary School.



Family Action Central Office

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Family Action Edenbridge Building Bridges

Supporting families with children of all ages in and around Edenbridge



supporting families since 1869

What We Offer

Very few families manage to sail through life without ever going through periods of stress or hardship, and most of us at some time or other have felt anxious or depressed. Life events such as separation, divorce, bereavement, redundancy or becoming a carer all impact on family life. Parenting itself can be a stressful business and children and young people also experience their fair share of anxiety and confusion.

Learning to live with a mental health problem – or a family member who has one – can be a stressful and isolating experience. There are times in all our lives when we could benefit from some practical and emotional support and advice.

Referrals

Families and family members are very welcome to refer themselves. Just pick up the phone or you may prefer to call in and see us. You might also want to refer a friend but please ask for their agreement beforehand.

You may also be referred by your health visitor, doctor, school, social worker, community psychiatric nurse or another professional.

How We Work

At Edenbridge Building Bridges we:

- aim to work with you with a view to understanding how and why your current problems have come about and explore how and where you would like to see positive change. This might involve identifying the strengths and areas of difficulty in your family and looking for different ways of coping with family dilemmas.
- will encourage you to identify and set new goals and to build on your strengths to achieve them.
- will not take over, but will work respectfully alongside you, seeking your agreement at all times so that you feel in control of what is happening within your family.
- recognise your rights to privacy, choice and confidentiality.

Volunteers

Family Action has a long tradition of encouraging volunteering and we believe that a careful integration of volunteers into this project will allow us to expand the range of work we are able to offer families and to enhance the level of support we are able to provide. All volunteers receive training and supervision.

How We Can Help You

Our work with you may include:

- visiting you regularly at home to offer advice, emotional support and occasionally working alongside you to support you with practical tasks.
- helping you to understand your children's needs and looking at ways to manage their behaviour and develop your relationship with them.
- providing one-to-one support sessions for adults and children at home or at the project.
- giving you the opportunity to meet other families for fun and support.
- working with you to identify and build upon your existing strengths.
- showing you how to build your confidence and improve your communication and problem solving skills.
- putting you in touch with other useful agencies and services. We like to work with other agencies involved with your family, but will not do so without your agreement.
- providing you with information and advice to help you to make informed choices.

How to contact us

As we are often out seeing families we cannot always take phone calls immediately but your call is important and we check our answerphone regularly between 9.00am and 5.30pm Monday to Friday. Please **always** leave a short clear message including your name and number and we will get back to you as soon as we can.