

We are England's leading family charity. We support over 45,000 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 communities.

## How To Contact Us

If you would like to find out more about what we do, please contact us at:

Family Action Lewisham  
Building Bridges  
219 Stanstead Road  
Forest Hill  
London  
SE23 1HU

Phone: 020 8690 3636  
Fax: 020 8690 6251  
Email: [lewishambb@family-action.org.uk](mailto:lewishambb@family-action.org.uk)

### Directions

Nearest train stations are Forest Hill and Catford Bridge.

Buses – 185 and 122

### Family Action Central Office

501-505 Kingsland Road, London, E8 4AU. Phone 020 7254 6251  
Fax 020 7249 5443 [info@family-action.org.uk](mailto:info@family-action.org.uk) [www.family-action.org.uk](http://www.family-action.org.uk)  
Registered charity n° 264713.



## Family Action Lewisham Building Bridges

Supporting families where there is a parent/carer with mental health issues

supporting families since 1869

## What Do We Offer?

The Building Bridges project works with families where there is a parent/carer with mental health difficulties including bipolar disorder, schizophrenia, post-traumatic stress disorder, depression and/or anxiety-related illnesses and substance misuse.

We work with the family as a whole unit and seek to meet the individual needs of each family member. The service addresses the often competing sets of needs of parents and children by supporting parents in their parental role and responding to the related but separate needs of children. Our work involves other agencies and encourages a unified and co-ordinated service.

## Who Can Use Our Services?

Any family in the borough of Lewisham where there is a parent or carer, with day-to-day care of dependent children, whose mental health difficulties are seriously impacting on their ability to have a stable family life.

Referrals from agencies in the borough should be made on an appropriate form, which can be obtained from the address on the back. You are welcome to contact a member of staff to discuss a family's needs before making a referral.

Self-referrals are also accepted.

## How Do We Work?

Lewisham Building Bridges aims to empower all family members to deal with the impact of living with mental ill-health and to aspire to positive futures.

### Objectives

- To provide a culturally sensitive service
- To increase the confidence and self-esteem of parents and children
- Help parents establish daily routines
- Help families resolve practical difficulties
- Help children understand mental illness and how it affects their parent/carer
- Help adults and children achieve their potential

## Giving Us Feedback

We welcome your views of our service. Compliments and complaints will be used to help us improve what we do.

If you wish to comment on our services, please either telephone or write to the project manager, who is based at the address overleaf.

## How Can We Help You?

Family Action Lewisham Building Bridges offers a variety of services, which are tailored to fit the family's needs.

### Home visiting support

Workers will visit you in your own home to provide both practical and emotional support. Action plans are agreed with families and regularly reviewed.

### Groups

- The women-only confidence-building group meets weekly. Participants work through a programme of activities, including assertiveness, relaxation and gentle exercise, aimed at improving self-esteem and self-confidence
- The weekly drop-in is open to all service users and provides an opportunity to unwind, make new friends, learn new skills and discover new interests
- The children's group runs after school once a week. Parents are expected to stay with their children and a range of activities (art, games, cooking) are organised

### School holiday activities

Our summer holiday programme includes family outings, for example to the seaside, Godstone Farm, London Zoo; and centre-based family events like our family BBQ and pizza and ice cream party.