



1001 Day Support Service Family Action – Greenwich

The 1001 Day service offers support to families where a parent is struggling with their emotional health and wellbeing or where they have been diagnosed with a low to moderate level perinatal mental illness. We also support families when their personal circumstances mean they may be vulnerable to perinatal mental illness, substance misuse or domestic abuse.

The service provides parents with a dedicated Family Support Worker or trained volunteer who offers emotional support and support to access other specialist or universal services.

The aims of the service are to:

- Improve mental health and wellbeing of new parents
- Support a positive relationship between parents and their baby
- Reduce Social isolation of families
- Increase self confidence of parents

The service provides intensive support to the mother, her partner and her immediate family throughout pregnancy and the first two years of the child's life.

We are looking for volunteers to provide befriending support to those accessing the 1001 Day service. In return we can offer support and training to increase your skills and experience.

You should be able to commit to a minimum of 1 day per fortnight although this can be flexible.

The families we support are highly diverse and we welcome applications from all sections of the community.

Appointments are subject to Family Action receiving an acceptable enhanced disclosure from the Disclosure and Barring Service

For more information and an application pack, please contact Lynn Pellatt at: lynn.pellatt@family-action.org.uk or telephone: 020 8853 9068

