



Face 2 Face

Parents supporting parents
of disabled children

Does your child have a disability, condition or impairment? Would you like someone to listen and who understands ...

Face 2 Face is a support service for families who have recently discovered their child has a disability, their child is in the early stages of diagnosis or are in a particular challenging transitional phase or time of their disabled child's life. The service provides a network of trained volunteers who are able to provide parents or primary carers emotional support, advice and signposting to relevant services a parent/carer may feel helpful to them.

Every Face 2 Face befriender is a parent too - someone whose own child has a disability. They know what it's like to cope with a new diagnosis and can offer support parent-to-parent.

Face 2 Face is free and confidential. We support parents of children with any type of disability or additional need.

Our Befrienders

Face 2 Face is not a telephone support service. We link parents with volunteer befrienders who live nearby, so that they can meet and talk face to face. We have male and female befrienders available. The parents decide how often to meet, and how long they want to continue getting together. Sometimes one visit is enough. Other times a befriender may support parents over several months.



Every befriender receives training and on-going support to make sure they are comfortable in their important role.

A Network of Support

All Face 2 Face projects meet quality standards set by Scope, one of the UK's leading disability charities.

Each scheme is run by a professional co-ordinator, someone who has extensive knowledge of working in the field of disability, who will have close links with professionals and other relevant organisations in the area. Wherever you live, we aim to offer the support you need.

To get in touch with the Hampshire Face 2 Face scheme, contact the address on the next page.

Discovering your child has a disability can be a devastating experience.

It's easy to feel isolated shocked, even guilty.

Talking to someone who understands - another parent - can make all the difference. **"As a dad, I felt isolated and left out. It would have been really nice to speak to another dad, and that is why I am volunteering to support this scheme".**



"I want to be there for someone in the way that I wish someone had been there for me."

"Finding out that I am not alone has definitely helped me cope."

"It was the first time I had really opened up. Putting on a brave face is not always the best thing to do."

Kids

Face 2 Face

in partnership with

Scope
About disability

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Registered Charity No. 275936