Family life can be tough but having fun together can be a beautiful thing!

Contact Kathleen to find out how we can support you to have more energy and to enjoy quality family time together. Please email KathleenM@familylives.org.uk or call 07714 747089

How can a befriender help?

- Provide a listening ear
- Support you to build confidence and find ways to have more energy
- Discover new ideas to have fun together as a family
- Support you to build stronger relationships with your children
What is the Family Lives Support Service?

Our trained volunteer befrienders in Ealing will:

- provide support, advice and a listening ear
- help you to feel more confident as a parent and explore solutions
- visit you once a week, either at home, in the park or a convenient local place
- support you be active like going for short walks or playing outside with your children
- come up with lots of ideas for fun activities in and outside your home.

How does it work?

If you have a child aged from 5 to 10 years you can either:

- contact us yourself
- ask someone to refer you, such, your child’s school, your GP or someone else who may be working with your family.

We then:

- arrange to meet you to work out the best steps forwards
- introduce you to one of our befrienders

Your befriender then visits you each week for up to six months. Sometimes you might just want to chat about family life, other days you might want to go out together.