

FACE-2-FACE

Parent Befriending Service



Face2Face offers a free and confidential 1:1 befriending service for parents of children with a disability.

Have you recently learnt that your child has a disability? Perhaps the news came as a complete shock to you? Maybe you have known about your child's disability for a while but are finding things difficult at the moment?

If you are the parent/carer of a disabled child, we can help.

All our befrienders are parents who have been trained to give the best possible support to others. They provide 1:1 support in your own home, by video call or on the phone, and most importantly it's provided without judgement or agenda. As the befrienders are parents themselves, they can remember how they wanted to talk to someone who understood what they were feeling at the time. Many people find it invaluable to have another parent who can simply listen and understand.

"It was very good to speak to another parent who really understands. There are some things which are very difficult and that you don't want to discuss with professionals. Having a parent to talk to helped me realise that these things/feelings are normal. Thank you, it has been good to know you and use the service."



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“My befriender was warm, friendly and a great listener. She was able to bring perspective to my situation and real wisdom from her experience. Having a befriender when my son was newly diagnosed helped me to feel less isolated when coming to terms with the diagnosis.”

“When I first met my befriender I lacked confidence and knowledge. She made me realise that I had the skills to find things that my child needed. She gave me the confidence to ask questions when I wasn't sure.”

How to get the service.

Referrals come from a variety of places, social workers, therapists, paediatricians, schools or even by self referral. An initial visit is made by the co-ordinator to understand the family's needs. Whilst the befriending is taking place the befrienders have regular contact with the co-ordinator to feedback on their families and to gain support.

“I found the Face to Face service very helpful. It was nice to have another parent who has gone through a similar situation. They understood all the terminology, other parents of children without additional needs don't understand that.”

Please contact the Face2Face Co-ordinator for more details:

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