



# Families Together Suffolk





# Our Story

Our Charity started as Home-Start Mid-Suffolk in 1983. In 2014 we became Home-Start Mid & West Suffolk and most recently rebranded in May 2022 to become Families Together Suffolk

Last year, we supported around 800 families:

- 226 families were supported by home-visiting
- 622 families were supported through groups and projects. We have a range of groups across Suffolk – some are drop-in groups, others are smaller and specifically for particular needs

You can follow us on: Facebook – Families Together Suffolk, Twitter @Suffolkfamilies, Instagram - FamiliesTogetherSuffolk



# Families Together Suffolk - Our Approach



- A child's earliest years are irreplaceable. Without a stable, loving and nurturing environment, a very young child will not develop the vital foundations they need.
- FTS is there for parents when they need us most.
- Our local community network of trained volunteers and expert support helps families with young children through their challenging times.





## How do we do it?

- FTS offers judgement-free, compassionate, confidential help and support.
- Starting in the home, our approach is as individual as the people we're helping.
- We share local expertise to help drive national and regional change for families.

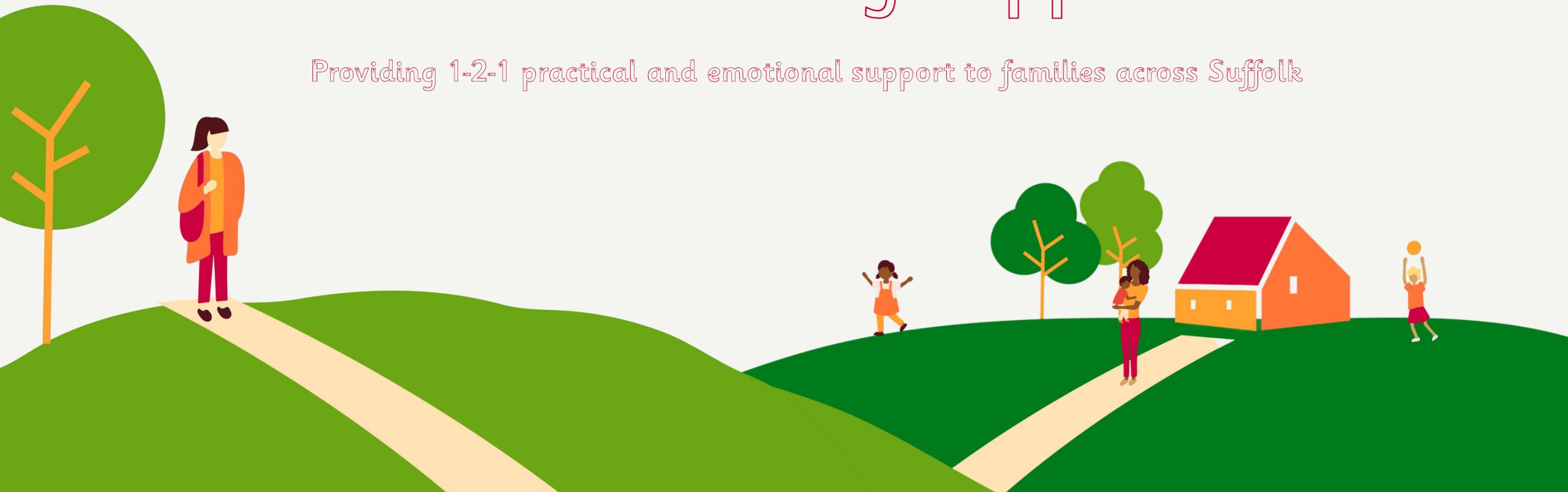
FTS works because our staff and volunteers have parenting or caring experience. They understand how hard it can be. They work alongside parents, in their own homes, to help them cope with the stresses and strains of life and support them to have the skills, confidence and strength they need to nurture their children.





# Home-visiting support

Providing 1-2-1 practical and emotional support to families across Suffolk





# SEND Support (1)

We support families with a wide range of needs and disabilities, including; autism, ADHD, cerebral palsy, epilepsy, down syndrome, pica, selective mutism, global development delay, and non-specific learning disabilities among many more.

We offer advice, guidance and strategies for sleep routines, mealtimes and restricted diets, managing days out, and challenging, aggressive and violent behaviour. We talk through reward systems, de-escalation techniques, and communication and interaction support.

We help guide families through systems such as DLA, EHCNA/EHCP, and NDD applications and referrals, which can often feel restrictive.





## SEND Support (2)

We attend appointments with families, such as those with speech and language therapists, physical and occupational therapists, and paediatric consultants, to help make sense of what is being said.

We talk with schools and attend meetings with our families so that they can benefit from our knowledge and experience in getting support for their children.

We understand that raising and caring for children with additional needs can be challenging and exhausting, and offer emotional support through every visit.





# SEND Families Unite

Monthly groups in Haverhill and Stowmarket.

The groups provide an opportunity for parents to talk, learn and support one another as well as gain information to support them on their journey.





## SEND Stars WhatsApp

WhatsApp group for any parents of children with SEND/additional needs. The group currently has almost 100 members and is very busy with parents asking questions and sharing advice, as well as signposting to relevant events and organisations all over Suffolk.





# Weekly Family Groups

Learn & Grow 0-5 Bury, Debenham,  
Haverhill, Stowmarket

Chill, Chat and Play (birth to  
walking)

Bury, Stowmarket, Haverhill, Hadleigh

Dad & Kids Club  
Stowmarket & Thetford





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