

GETTING IN TOUCH

If you are interested in making a referral, would like more information about our service, or simply want to clarify any information, please feel free to get in touch with our team. You can reach us:

- By Telephone: 0121 748 8128
- By email: feel free to send a message to Maxine.foster@compass-support.org.uk
- By post: send a letter to the Family Coach Project via the address on the back of the leaflet



USEFUL INFORMATION



Address:

**Falcon Lodge Community Centre,
Church Hill Road,
Sutton Coldfield,
Birmingham,
B75 7LB**

HOW TO GET SUPPORT?

If you would like to use our 'Family Compass' Project, please phone 0121 748 8128 to speak to a member of the team and to make a referral.

FAMILY COMPASS PROJECT



LOTTERY FUNDED

Tel: 0121 748 8111

Web: www.compass-support.org.uk

WHAT IS 'FAMILY COMPASS'?

The 'Family Compass' Project is tailored to your family. We aim to help you, your children and other family members to better understand one another's needs and improve your relationships.

We offer:

- Coaching and empowerment for you and your family via a goal-focussed action plan
- Employment support provision including access to a work club and individualised support to move adults into or closer to employment/training
- Social prescription projects to build confidence, self-esteem, improve well-being and reduce social isolation
- Family support interventions providing parenting strategies including behaviour management and boundary setting to improve family functioning
- Health & wellbeing activities such as weight management, sexual health programmes and family kitchens
- Counselling using appropriate therapeutic approaches
- Referrals to debt and benefit advice

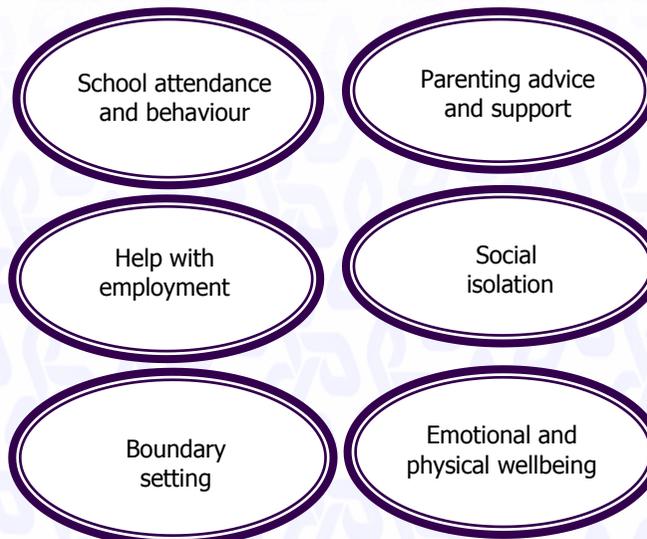


OUR SERVICE TO YOU

We will support families living on Falcon Lodge estate to improve their quality of life and wellbeing. We will focus upon increasing resilience in parents and young people through our model which is based around 'Family Coaches' who will act as compass and navigator for that family. We will provide support to families who will maximise their opportunities to succeed by:

- Building resilience
- Developing practical life and parenting skills
- Enabling families to respond to issues affecting them on a day to day basis e.g. poor family relationships, financial exclusion, poor school attendance

Our coaches will navigate families through the areas of need and enable them to create bespoke solutions through the wider wrap-around provision. We will intervene early in order to prevent issues from escalating.



IS IT RIGHT FOR YOU?

