



family
lives



**Enjoying time
together as a
family can be a
beautiful thing!**

Find out how Energise Families
can help your family

How can the Energise Families team help?

- provide support, advice and a listening ear
- help you to feel more confident as a parent and explore solutions
- support you to be feel more active and confident to go for short walks and play outside with the children
- come up with lots of ideas for fun and personalised activities in and outside your home

How does it work?

If you have a child aged from 3 to 11 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 Energise Family team volunteers who will call or see you each week for up to 15 sessions

Your befriender will visit you each week. You might just want to chat about family life or you might want to go out together.

Find out how we can support you to be more active and to enjoy quality family time together. Email pollyannaw@familylives.org.uk or call **07703 704984** for more information.

We build better family lives together

www.familylives.org.uk



@FamilyLivesHounslow

