



# FOUNDATIONS: SUPPORTING FAMILIES

Summer 2015

## WELCOME!

Foundations: Supporting Families is a Registered Charity based in Chatham, Kent. We provide support for people thinking of separating, or for those who have separated or are divorced. We have a drop in service for information and advice as well Contact and Assessment Services for families going through separation and divorce, where there may be risks. At Foundations: Supporting Families we offer a safe and relaxed environment for contact, as well as Parenting Capacity and Risk Assessments.

In 2011 there were more than 89,000 children in care and 1 in 5 children lost contact with a parent. And so we made it our mission to provide children whose parents are separated and children who are in foster care a comfortable, safe and relaxed environment to have contact in.

Since September 2012 Foundations: Supporting Families have been providing Supervised Contact, Supported Contact, Assessments and Mediation for Local Authorities, CAFCASS and Parents directly.

## Supported Contact NEW CENTRE

Foundations: Supporting Families provides **Supported Contact Services**. This service allows Parents and child/ren to meet, without the need of a Supervisor in a safe, comfortable setting. A member of staff is on hand should they be needed for support. The member of staff is also available to undertake the handover of the child/ren.

We offer Contact appointments on Sundays but we try to accommodate each families needs in regards to days and times. We are also working alongside Stroude Crescent Baptist Church and we hop to opening a **Supported Centre at their Church on the Isle of Sheppey in September 2015**.

## LOOKING TO BECOME A VOLUNTEER?

Foundations: Supporting Families are looking for Volunteers that can commit to volunteering for the Charity for one year. All training is given in house and could help widen job prospects. It will also be beneficial for Social Work Students or Health and Social care students to gain knowledge and further understanding. We also welcome retired persons who are available to give their spare time and help their local community. All out of pocket expenses are reimbursed. **Opportunities and Support required in:** contact family support workers, Computers, Administration, reception and Fundraising.



## COULD YOU BE A TRUSTEE? YES? WE NEED YOU!!

Foundations: Supporting Families are looking for Trustees who can offer time, experience and thought on the running of Foundations: Supporting Families.

Please contact Lesley Singleton if you feel you can help.

### SEPERATED PARENTS DROP-IN SERVICE AND SUPPORT LINE.

We have recently received funding from Santander Bank to provide a drop-in service and support line for Separated Parents. We have a computer available for the parents to use and staff available to give advice on contact issues after separation. Staff can support and advise on Contact issues, emotional effects, costs and Services available and other issues regarding Contact.

**Drop-in services Tuesday 10:00 - 14:00 and support line is available during opening hours**

### HINTS AND TIPS FOR CONTACT.

Stay positive – we are here to support all parties.  
Use a Contact book to maintain communication about your child/ren.  
Encourage contact; this supports your child/ren in enjoying their experiences at Foundations: Supporting families  
Do not make derogative comments about the other parent/family in front of the child/ren, this can make the situation worst by making your child/ren anxious and could have a negative effect on them.

Sponsored Walk and Fun Day for all of the family **SUNDAY 19<sup>TH</sup> JULY 2015, MEETING AT 10AM AT THE SIX BELLS PUB & RESTAURANT IN CLIFFE, ME3 7QD.**  
Free parking. Fun (if you don't like walking will start at about 12.00)

### MEMBERSHIP

Foundations: Supporting Families are looking for members to join their charity. There are many benefits to becoming a member. Contact us for more information.

### Services Foundations: Supporting Families provide:

**Handover** - Children meet with their contact person without Mum and Dad having face to face contact. The contact time is outside of Foundations and may be in the Family Home

**Room only** - Children and the contact person spend time together within Foundations, without support or supervision.

**Monitored Contact** - Children and the contact person spend time together within Foundations. A Contact Supervisor will be on hand to offer support where needed. A written report is provided if requested.

**Supervised Contact** - Children and the contact person spend time together within Foundations. A Contact Supervisor will be present for the duration of contact. Each family has their own room for their contact. We can also undertake contact in the community or your own home. A written report is provided detailing contact and any interventions made.

**Contact Assessments** – Children and the contact parent meet for six, one hour and thirty minute contact sessions. Conclusions and recommendations are undertaken by a fully qualified social worker. Written reports are provided for

### RECENT FUNDING

Foundations: Supporting Families would like to thank the following companies who have awarded us with funding. Without funding, we would not be able to provide some of the services that we do. Receiving funding also helps reduce the cost and allows us to provide free services. This allows our service users to benefit further



### FREQUENTLY ASKED QUESTIONS.

**How much does Foundations: Supporting Families cost?** *The prices vary for different services provided within Foundations. For a specific price, please contact the Coordinator on the below telephone number.*

**Is there a waiting list?** *Foundations Supporting Families does not at present have a waiting list, however, the time it may take to set up the contact sessions depends on how quick both parents and children can attend for contact plans.*

**How often can I attend Foundations: Supporting Families?** *Foundations: Supporting Families provides sessions to suit both parties and the children. Contact sessions often happen weekly or fortnightly.*

**How do I make a referral?** *You can make a referral by contacting the Coordinator using the details below*

### USEFUL WEBSITES

[www.medwaymediation.co.uk](http://www.medwaymediation.co.uk)

[www.naccc.org.uk](http://www.naccc.org.uk)

[www.cafcass.org.uk](http://www.cafcass.org.uk)

[www.dsdlaw.co.uk](http://www.dsdlaw.co.uk)

[www.bassettsolicitors.co.uk](http://www.bassettsolicitors.co.uk)

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We're on the Web!  
See us at:  
[www.foundationskent.uk](http://www.foundationskent.uk)