

## Face-2-Face West Sussex

*Are you a parent-carer whose child is undergoing diagnosis or has recently been identified as having additional needs? Would you be interested in being matched with an experienced befriender who can provide you with emotional support and help you navigate your way through this difficult period?*

**Face-2-Face** West Sussex provides emotional and practical support to parent-carers. The service is delivered by a team of volunteer befrienders who are all parents of children with additional needs. They have intensive training, undergo DBS checks and are given ongoing supervision. Initially the coordinator sets up a home visit and parents are matched with a befriender.

Face-2-Face can support parents for up to 6 months. We are very flexible - some parents might prefer weekly visits, others to meet less frequently or to keep in touch via text and email.

For further information please contact the Reaching Families  
Face-2-Face Project Co-ordinator, Rachel Fielding on 07535 386687.  
You can also email her at [rachel@reachingfamilies.org.uk](mailto:rachel@reachingfamilies.org.uk).

