



Reaching Families

Empowering families of children and young people with special educational needs and disabilities

Delivered in partnership with...



Are you a parent-carer? Would you like to be part of an exciting project supporting other parent-carers? Would you like to train to be a Face-2-Face befriender?

Owing to Coronavirus our Face-2-Face befriending service is currently being delivered via phone or Zoom (with the option to meet in person once it is safe to do so).

Face-2-Face Befriender Training

Reaching Families are pleased to announce a new ONLINE TRAINING COURSE for VOLUNTEER BEFRIENDERS.

Face-2-Face is for parents of children with SEND in West Sussex who are undergoing or have recently undergone diagnosis, or been identified as having additional needs. The project works by matching parent-carers with an experienced volunteer befriender who will provide emotional and practical support to help them on their journey.

Our six-week online training course covers a range of vital skills and knowledge essential to being a befriender including:

- active listening
- verbal and non-verbal communication
- confidentiality and self-disclosure
- empathy
- resilience and personal boundaries.

At the end of the course we will carry out further safeguarding training and a DBS check, then begin matching you with a parent-carer who will benefit from your knowledge, skills and experience.

We are flexible as to how much time you can give to support a family, some may prefer weekly sessions, others less frequently. Out of pocket expenses will be reimbursed. Ongoing support from our project co-ordinator is provided.

Training dates: 17th March / 24th March / 31st March / (Easter Break)
21st April / 28th April / 5th May / Safeguarding Training 12th May

Times: 9.30am - 12.30pm

Delivered via Zoom

To book onto the course or have an informal chat about the project, please contact Rachel Fielding at rachel@reachingfamilies.org.uk, or call her on 07535 386687.