



Safe Families

**NO ONE SHOULD FEEL
ALONE. EVERYONE
DESERVES TO BELONG.**

Facing life alone can be hard, and when you feel there is no one there to support you, it is a scary place to be.

We see isolation as a key issue with almost every family we work with. They don't have the support networks many of us take for granted, or if they do, they are often not positive.

People with strong social relationships are 50% less likely to die prematurely than people with weak social relationships. Loneliness or having poor social connections are as bad for your health as smoking 15 cigarettes a day.*



* Holt-Lunstad J, Smith TB, Layton JB of Brightman Young University in Social Relationships and Mortality Risk: A Meta-analytic Review.

CONNECTING FAMILIES

At Safe Families, we offer isolated families a place to belong. This means they feel seen, heard and understood.

We do this by connecting families across the UK with local volunteers. Our volunteers become friends; they care and offer companionship. This could look like going for a cup of coffee and giving someone a call when they are struggling.

Volunteers also introduce families to places where they begin to develop their own friendships. This might be within local community groups such as parenting groups, churches, or sports clubs.

SINCE STARTING IN THE UK IN 2012, SAFE FAMILIES HAS SEEN:

9,151
Families supported



21,165
Children benefiting



7,447
Volunteers



Figures accurate as of 1st November

“For the first time, I feel proud of myself – I no longer feel isolated or fearful. I feel confident and positive.”

Lucy, Mum - London



HOW CAN I MAKE A DIFFERENCE?



Safe Families recognises that people in varying circumstances and stages of life will want to support isolated families in different ways.

There are three ways you can get involved:



As a Family Friend, Host Family, or Resource Friend, you could practically and emotionally support a family in your local community.

As a financial supporter of Safe Families, you could equip our volunteers to support families.



As a Prayer Partner, you could enable our work by committing to pray for us each month.

If you would like to get involved, visit safefamilies.uk/getinvolved



“I always hope I can help and bless the families I support, but in reality, I often find it’s them who bless me!”

Linda, Volunteer - Darlington

VOLUNTEER

Connecting with a family as a Safe Families volunteer is an incredible way to make a difference to families who may be overwhelmed by their circumstances.

We have three volunteering roles available.

Family Friends work directly with families, coming alongside and giving support to parents and children when they need it most, making sure they feel less isolated.



Host Families open their homes to look after children, from a night or two up to a couple of weeks, as required. This gives families a regular break and the space to deal with issues or challenges.



Resource Friends are individuals who are able to provide (or transport) useful items, such as a cot or children's clothing. We also welcome those with practical skills, such as cooking or gardening.



You can find out more about volunteering and apply on our website: safefamilies.uk/volunteer

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“What I’m doing isn’t earth-shattering, but it would be if everyone did it.”

Michael, Family Friend - Northern Ireland

GIVE

We depend on the generous support of individuals and communities helping us raise the funds to support 1,000s of children and families each year.



HERE ARE SOME OF THE KEY WAYS YOU CAN HELP:



Giving - Many people give financially month on month, while others give one-off or leave us a legacy gift. Every donation, no matter how small, helps change lives.



Fundraising - Can you bake, run, shop, or set up a birthday fundraiser to help us raise the finances we need to support our families?

You can find out more about fundraising opportunities, or how to become a financial partner, on our website: safefamilies.uk/give

“I give because I believe in empowering communities to support one another. Safe Families do amazing things, and it’s a privilege to play a part in making that happen.”

Matt, Financial Supporter - Nottingham

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PRAY WITH US



At Safe Families, one of our values is Faith. We define this as ‘Trusting Boldly’ – believing for lives transformed and in a God who can do more than we can ask or imagine.

We would like to invite you to join us in praying for our families, volunteers, churches, staff and all those with whom we work. Every month we send a short prayer update email to a growing list of dedicated prayer supporters containing a short message, four prayer points, and stories of answered prayer.

You can become a prayer partner on our website: safefamilies.uk/prayer

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“You may never know this side of glory, the impact that your prayer has had on the life of a child, a family, or the organisation.”

Bishop Paul Butler





TAM'S STORY

Scan the QR code to watch Tam's story



Tam had 2 young children when she needed to move into temporary accommodation to keep her and her family safe. She grew up in care and had no support network but desperately wanted to do the best for her children.

Safe Families were able to put 5 volunteers from 2 local churches alongside Tam. Over a period of 18 months, they all played different roles in helping her gain the confidence she needed to start to thrive.

Peter and Vivienne would help look after the children and became like the grandparents they never had.

Ray and Sue helped Tam find

a home and taught her how to look after the garden – they even built a shed together.

Mary would grab shopping for Tam and be someone she could speak to when she needed to connect.

Tam said, “They were so supportive. I couldn’t ask for more. When you are in a bad place they help make it positive. So you’re not on your own.”



@safefamilies.uk



www.safefamilies.uk



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