

Family Support Work – *Rebuilding lives*

Family Support Work (FSW) helps families across East and West Sussex to overcome major difficulties in their lives. Families can get in touch with FSW individually or via local children's services, schools, GPs and health practitioners.

FSW offers parents - or carers - and their children:

- Emotional support – in the form of home visits or either one-to-one or group meetings
- Practical advice and information
- Short family breaks - at FSW's Knowles Tooth Children's Centre, West Sussex.

The charity relies on donations of:

- Time (from individual volunteers and groups of employees)
- Money (through donations, grants and corporate sponsorship and bequests)
- Food, toys and clothing (for discreet distribution to those in need).

FSW is a registered charity that works within the Sussex-wide Diocese of Chichester. It supports and helps anyone with responsibility for children, irrespective of their faith or belief.

If you have any questions or would like to find out about volunteering with FSW, please email admin@familysupportwork.org.uk. More details about FSW's work, including future fundraising events and information on how you can get involved, can be found at www.familysupportwork.org.uk