

When I first realised there was something wrong with my child I wanted to talk to somebody other than the 'professionals'

- *I didn't realise I had become isolated*
- *I felt sad*
- *I was confused by some of the things being said*

Vickie

I first came along to the group when my twins were 6 months old. It was the best decision I ever made.

I was feeling low, confused and lonely and didn't know anyone who was experiencing similar issues to me.

The support and the friends I have made have had a huge impact on my life.

Sian

I can't explain how much my life changed for the better after meeting the group. I could finally speak to people who understood how I felt. However great my family and friends are, nobody can understand like someone who is dealing with similar problems—it can be very lonely.

It gave me the confidence to move forward.

Kate

For further information
please contact

The Families Matter Office:
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Hythe URC, New Road
Hythe, Southampton
SO45 6BR

023 8020 7623

E.mail
office.fm.hurc@gmail.com
www.families-matter.org.uk

or Bev Hall
023 8084 0191

Meetings weekly on Fridays
10.00am—12.30pm
at Cornerstone

Home visits offered if you
want to chat and find out more

Crèche needs to be booked



Support Group for anyone
who cares for a child with
additional needs



Are you coping with a child with additional needs?



Is life difficult, lonely?



Do you need to talk?

Swans is a support group for:

- Parents
- Grandparents
- Carers

Dealing with children with all kinds of additional needs and the needs of their siblings

Crèche available for children under 5

Holiday activity days for additional needs children and their brothers and sisters

Confidentiality a priority

Information on charities, benefits, where to go for help, local services available etc.

Come and make new friends

Light-hearted

Share your problems with people who understand

Very informal, relaxed get together