# HOW CAN YOU ACCESS FAMILY SUPPORT?

You can access family support through your Social Worker from your local Trust. You can also use your personal budget or direct payment to purchase supports directly from us.

#### **CONTACT US**

To find out more about how we can support you, get in touch:

Bangor 028 9147 5770 Lisburn 028 9260 6740 Lisnaskea 028 6772 4700

We also need volunteers to support our work. If you're interested in joining our team or making a donation to support our work, we'd love to hear from you.



#### Head Office

2b Park Drive, Bangor, BT20 4JZ 028 9147 5720

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# FAMILY SUPPORT SERVICES



## WHO ARE WE?

Positive Futures is the leading Northern Ireland charity for children, young people and adults with a learning disability, acquired brain injury or autistic spectrum condition. We also support their families.

Our services are based in local communities and are provided with partners.

### WHAT DO WE DO?

At Positive Futures, we're optimists and enthusiasts.

We have a reputation for coming up with new ideas and new services to help the people we support to be as independent as possible, try new things and fulfil their potential.

We don't see problems. We see possibilities.



# **HOW CAN WE SUPPORT YOU?**

Family support is a specialist service providing flexible, tailored support to the whole family. Staff and volunteers from these services provide opportunities for children and young people to become more involved in the community and make it possible for parents, brothers and sisters to enjoy fuller lives.

#### We do this through:

- Using person-centred approaches, based on the hopes and aspirations of the child or young person and his / her family
- Regular contact with parents to provide support, information and advice
- Providing support to children and young people to attend youth groups and activities
- Offering support groups and activities for brothers and sisters
- Providing advice and training for the community to enable them to appreciate and welcome the children and young people we support.

"Positive Futures
has been good for me, too.
It has helped me find the
independent woman that I once
was. I have found support in a
group of wonderful people who
understand so well about our
lives – people who care about
me and my son."

Rosemary, parent

We have Services in Bangor, Lisburn and South East Fermanagh (Lisnaskea)

"I stayed away overnight in the summer and we did lots of walking. I love going to my job in Oxfam to do volunteering."

Kirsty, young person supported