

What can you expect when coming to sessions?

- Appointments are offered face-to-face in the family home if that's appropriate, in our offices at Derby and Chesterfield or a venue suited to your family's needs. We also offer an online option.
- Family sessions will be different for each family, some families like to talk, others like to be more creative. In general, sessions may explore:
 - Your family's strengths and challenges.
 - Your family's ability to solve problems and communicate thoughts and emotions.
 - Family roles, rules and behaviour patterns. Identify what contributes to conflict and strategies to work through this.

Who will you see?

The team is supported by a qualified Systemic Family Therapist who is registered with the United Kingdom Council for Psychotherapy (UKCP).

Where possible we work in teams with the idea of using our different knowledge and experience to support you. Sometimes we work alone.



Safe and happy childhood



Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

Space 4 U is a Derbyshire County Council funded service.

We work with children and young people across Derbyshire excluding Derby city.

Do you have more questions or want to access this support?

Please get in touch:

**Space 4 U
Chesterfield**

space.4u2@actionforchildren.org.uk

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Space 4 Families

Part of the Space 4 U service
at Action for Children

Working in
partnership
with:



There are some things that we cannot change including a person's substance use. Whilst the situation may not improve or change, we can help families work together to support each other whilst this is happening.

What is Space 4 Families?

All families go through different stages and phases and an understanding of the changing nature of family life can help to make sense of why problems might emerge.

We recognise that all families are different and so support will look different for each family.

The Family Team try to make the process open, honest and transparent and where possible we ask your permission for everything we do.

Support is:

- Based on a Systemic Family Therapy approach which means we think about the whole family 'system' and the things that influence and affect it.
- Designed to encourage families to think about different perspectives and not only what we hear and see but the way in which we hear and see it.

Support is not:

- About placing blame or isolating. We look at the family as a whole, rather than attributing problems to individuals.
- For when there are ongoing legal proceedings such as family courts or mediation.
- Compulsory. It is voluntary, it may include all family members or just those who are willing and able to attend.

Who do we offer Space 4 Families to?

Space 4 Families is tailored to your family.

We consider offering family support when:

- There are current relationship worries within the family.
- There is a history of trauma.
- Young people are impacted by the mental health needs and/or substance use of someone else in the wider family.
- A family is specifically asking for family support.

We offer Space 4 Families support following discussion with the family, it can be offered alongside one-to-one support for children and young people, or after this support ends. The needs and goals of the family are considered throughout the process.



What are some of the benefits?

Research has shown that it may:

- Help you and your family members understand one another better.
- Help family members improve communication and resolve conflicts.
- Teach skills to cope and get through stressful times together in a more effective way.
- Deepen family connections and help the family achieve a sense of togetherness.

Research has also shown that providing support for the wider family and involving them in a recovery process can have a positive impact on a person's journey to recovery.

How long does it take?

We invite every family to an initial meeting and we can decide together if family support is going to be helpful for you. Sometimes only a few sessions are enough to make a difference. Some things you are facing as a family might take a little longer.

