

Targeted Support available via referral



Lewisham Family Hubs run a range of universal services and focused programmes to support children of all ages and their families across the borough of Lewisham. Full details of our offer can be found on our website lewishamfamilyhubs.org.uk

The focused universal support you can refer families to via our referral form includes:
1:1 Family Support
Parenting Courses
Domestic Abuse Recovery Programmes

Family Practitioner Service provides 1:1 support to families facing difficult periods and challenges in their lives. This support includes:

- Immediate practical needs linking to local services such as food banks, medical support, providing information and advice about the borough's services.
- Supports families to access Children and Family Centres and local services, particularly when isolated and/or new to the borough, including health services, SEN support, nursery and school.
- Supports families in navigating systems and services to meet their needs, including support with form filling and online registrations (our centres can provide access to computers if needed)
- Provides regular 1:1 support early to prevent problems escalating to more specialist services.

Parenting Courses support parents to meet their child's needs and improve behaviour and outcomes for children. Current course available:

Triple P Group - Positive Approaches to Parenting

This is a 6-8 week, broad-based parenting intervention where parents actively participate in a range of exercises to help manage their child's behaviour. Sessions are delivered face to face or online for parents or carers of children aged 2-10 years.

Domestic Abuse Recovery Programmes help families access specific domestic abuse services and a range of group activities within our own Centres. These include:

CODA

A twelve-week recovery intervention for mothers and their children who have experienced domestic abuse. Each week covers a specific theme and programmes are divided into age appropriate groups.

The Freedom Programme

Is a twelve-week recovery intervention for women who have experienced domestic abuse. It examines the roles played by attitudes and beliefs on the actions of abuser and the responses of victims and survivors.

Referrals

All referrals for our focused support services can be sent to our secure email Family.Hub.Referrals@Lewisham.gov.uk where the Family Services Panel will assess the referral and place it within the correct service or programme to meet the family's needs.

[The referral form can be downloaded from our website.](#)

If you wish to discuss a case, please contact us via the email above, and a member of the Family Service Department Team will contact you.