

## Get in touch

For any further advice or questions then please contact the Small Steps Team on 01634 913219 or email [MedwaySmallSteps@family-action.org.uk](mailto:MedwaySmallSteps@family-action.org.uk)



## About Family Action

Family Action is a charity committed to building stronger families and brighter lives.

We provide innovative and effective services and support to many of the UK's most vulnerable people, helping individuals and communities address the challenges they face through practical, emotional and financial support.

# Family Action Medway Small Steps Service

Supporting families with children  
pre and post diagnosis of  
Autism and or ADHD

## How to contact us

### Family Action

The Dragon Hub  
5a New Road Avenue  
Chatham  
Kent  
Postcode ME4 6BB  
Tel: 01634 913219

Email: [MedwaySmallSteps@family-action.org.uk](mailto:MedwaySmallSteps@family-action.org.uk)

**Family Action Head Office** 34 Wharf Road, London N1 7GR

T: 020 7254 6251 E: [info@family-action.org.uk](mailto:info@family-action.org.uk) W: [www.family-action.org.uk](http://www.family-action.org.uk)

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Professor Harriet Ward CBE.

[www.family-action.org.uk](http://www.family-action.org.uk)

## What is the small Steps Service

Small Steps is a new service providing support and advice for families whose children are either pre or post diagnosis of Autism and or ADHD.

We offer support pre diagnosis so families can get the right advice and direction from the beginning. We work closely with Health professionals, education settings and the local authority to enhance what is available to families. The Service will offer information workshops, specialised parenting groups, and can provide parents with a Project Worker or a Volunteer Befriender who will offer home visits and 1:1 support within the family home. Volunteer Befrienders can support families to access social activities, attend medical appointments and offer a listening ear.

## What can you expect?

- Improve mental health and wellbeing of families
- Increase self-confidence within families
- Reduce social isolation for the family
- Promote smooth transitions between Education settings
- Increase families' knowledge and understanding around Autism and or ADHD
- Promote positive parenting and experiences for the Family
- Provide information and understanding to support families in developing positive coping strategies.

## How can we help

We can help by providing support and advice to the family. We can tailor support to meet the family's specific needs. We can be that listening ear and advocate for families.



## Referral Criteria

Pre and post diagnosis

- Child is aged between 0-19
- Child does or does not yet have a diagnosis of Autism and or ADHD
- Concerning Behaviour pathway started or thinking of starting
- Professionals or families can self-refer for home visiting support, Befriender support, parent/carer support groups, Information Workshops, Groups and Parenting Programmes.
- Parental consent

**You will receive support that is tailored to your needs and may include the following**

- Home visits from a Project Worker or Volunteer Befriender
- Support to reduce isolation
- Support to access local services and activities
- Advice and support to help address additional difficulties , such as funding, education
- Invitation to attend parental group workshops and courses and drop in sessions

## How can I refer

Look at the referral criteria in this leaflet and if you think you or a family you are supporting would benefit from our Service please contact the Project Coordinator for an Initial discussion.

If you are self-referring then please contact the Project Coordinator for an initial discussion.

## Interested in Volunteering?

If you would like to find out more about becoming a Volunteer then please contact the Project Coordinator for more details:

Small Steps Team on 01634 913219 or  
email [MedwaySmallSteps@family-action.org.uk](mailto:MedwaySmallSteps@family-action.org.uk)