



WE'RE A **CHARITY**  
WE **NEED YOUR HELP**

*“ Visyon has helped me get back  
on my feet and begin to like  
myself again.*

*“ I have felt **better** every week  
after **sharing** how I feel.*

**VISYON**  
FAMILY WELLBEING

### You can support us in loads of different ways:



Donate through our website:  
[www.visyon.org.uk](http://www.visyon.org.uk)



Do a sponsored challenge or host  
a fundraising event.



Get your business involved with a  
partnership or collection.



Ask others to donate to Visyon for  
your wedding or birthday.

Please get in touch for more information:  
[administration@visyon.org.uk](mailto:administration@visyon.org.uk)

### Where we work:

Visyon has bases across Cheshire East and  
Staffordshire Moorlands.

Our main base is in Congleton at:  
**Fellowship House, Park Road, CW12 1DP.**

For more information call us on:  
**01260 290000** or visit [www.visyon.org.uk](http://www.visyon.org.uk)



Visyon is a mental health charity that  
supports local children and young people  
when they need it most.



[WWW.VISION.ORG.UK](http://WWW.VISION.ORG.UK)  
01260 290000



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Charity No. 1107951  
Company No. 5250758



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## WHAT IS A **FAMILY WELLBEING** WORKER?

Family Wellbeing Workers work in partnership with families to improve family life and opportunities. They have a good understanding of child development, family life and parenting.

*A family wellbeing worker will:*

- Help families to reflect and identify positive ways to move forward.
- Share knowledge, ideas and skills.
- Support and empower families to make their chosen changes.
- Build on the strengths within the family.
- Help families to build positive relationships and the resilience to cope with life's challenges.
- Help families to create the best environment and opportunities for their children to flourish.

## WHAT WOULD **FAMILY WELLBEING** WORK INVOLVE?

Your Family Wellbeing Worker will listen to what you have to say and work with you to come up with a plan to improve family life. It may be something you work together as a family to achieve or you might want some additional support from other agencies or school. Visyon will support you in this process. We are able to meet you at home, school or at Visyon. We work with families in a number of different ways and will talk to you about which approach best meets your needs. This may include 1-2-1 support for you and /or your children or meetings as a family.

Did you know we also run Open Access Sessions (to discuss how we may be able to help you) and Parent Empower Hour (8 weeks of wellbeing and peer support groups) from our Visyon bases?

## WHEN IS **VISYON** RIGHT FOR YOU?

*Visyon is right for you when:*

- You would like support with an identified need i.e. overwhelming emotions or risky behaviours; routines and boundaries; support for your child to reach their key milestones and targets.
- You would like to develop confidence in your own skills and ability to help your family to make a change.
- You have been trying to find your own solutions but have been struggling to find a solution and would like support with new ideas.

You can find out more by contacting Visyon by phone: **01260 290000**, you can explore our website: **[www.visyon.org.uk](http://www.visyon.org.uk)** or you can speak to your allocated worker.

