

# Child's Information

Name

Date of Birth

Difficulty or Diagnosis

Completed by co ordinator

Outcome of referral

Signed .....

Date .....

Please complete reverse of form and return to F2F  
P O Box 772, Telford, Tf7 9FD  
Thank you

# Shana Weare

Face 2 Face Coordinator  
Shropshire, Telford and Wrekin  
C/O Parents Opening Doors,  
P O Box 772  
Telford,  
Shropshire  
Tf7 9FD



CALL TO FIND OUT MORE!  
07557 130 091

Email:  
f2ftelford-shropshire@podstelford.org

Here's what one Parent had  
to say about our scheme....

*"Finding out that I am not alone, has  
definitely helped me to cope"*

Face 2 face is hosted by Parents Opening Doors  
(PODS), and Shropshire Parent and Carer Council  
(PACC). This scheme is funded by a grant from the  
Big Lottery Fund.



# Face 2 Face

Parents supporting parents  
of disabled children

*It's amazing what you can talk about  
over a cuppa in your own home, and  
our "Befrienders" know, because they  
do it every day!*



*It can make a real difference to speak  
to someone who really understands  
from experience the daily challenges  
every parent with a child with special  
needs faces....*

*Isolated?  
Need someone to talk to?  
Not Coping?*

Face 2 Face provides access to Parents of children with special needs, who have volunteered and been trained, to support other parents, through early diagnosis or through other challenging times.

You choose when and how often you see one of our patient "Befrienders". One visit may be enough for you or..... you might want a number of visits to exchange experiences.

Whatever your needs, you can be assured of confidentiality and the support of someone who really understands, and won't judge you!

**We're there.....  
because we care!**



"Whenever you find yourself doubting how far you can go as a special needs parent, just remember how far you have come!"

## **This is what people think and feel about our Befriending support**

### **How did you feel before Befriending?**

"Lonely, as if no one really understood how I felt. I was afraid about opening up to friends and family around me because, with the best will in the world, they just didn't understand"

### **What is Befriending like for you, has it helped?**

"It really has helped me a lot, it's a break, some 'me' time. A cuppa and a friendly chat, a good listener even when things were tough for me"

### **How do you feel after Befriending, has it made a difference to you?**

"Yes, I feel generally more positive, less alone and like I'm able to cope and face more. I don't feel judged even though I shared things I haven't with other people. I know there is someone there just for me"

## **Parent/Carer Information**

Name

Address

PostCode

Telephone

Email

Do you, as a parent/carers, have any communication needs?

.....  
How is it best to contact you? (Please circle all those applicable)

Email / Phone / Post  
Agreement

I agree to these details being kept by Face 2 Face and understand that this information will be kept securely and that it will not be given to anyone without my permission and used only for Face 2 Face work.

Signed .....

Date .....