

# Ferries Family Groups

## Making a Difference



I was introduced to a Family Group leader via my Health Visitor not long after having my first child. Prior to motherhood I had always worked in Retail Management in the Charity Sector so I was use to routine and structure. Suddenly being at home all day and night was extremely difficult to cope with. Yes there are hundreds of lovely positive experiences to be gained from having a baby but also the reality of being a new mum, not always knowing what to do when the baby cries, the sleep deprivation, lack of adult mental stimulation etc I did find hard. So when Family Groups was introduced to me it was my turning point and helped me greatly to adjust to my new role.

It was strange to go at first - to meet new people, but as you start to go on a regular basis it becomes easier and you build up friendships with other members. Also the children go there to play in a safe relaxed atmosphere where they can interact with other children so it benefits both parents and child.

Fast forward and it is now nearly 6/7 years since I have been going to Family Group. Throughout the years we have all got to know each other a lot better, we can talk about problems and support each other without being judgemental. From my experience I think most members have all had days when the pressures of life become too much, when you feel like a rat locked in a cage, when sanity is hanging by a thread but by coming to Family Group, having that outlet and the support received is invaluable and gives us a secure anchor to hold on to.

The organisers and group leaders do a fantastic job in supporting Family Groups. As well as individual groups meeting they organise events such as days out, bingo nights, children's activities week, training courses etc, This is where all family groups who meet in different areas come together to join in. Sometimes the numbers of people attending can be large but the organisers have put a lot of thought and effort into these nights so no matter how large the number, the group still has that intimate felling of friendship which is unique and personal within Family Groups.

