

Contact us



**Please phone on:**  
**0800 138 0355**  
**or text us on:**  
**07584 563004**

**Alternatively, you can email**  
**[family.support@ssj.org.uk](mailto:family.support@ssj.org.uk)**

If you are unsure if the Family Support Project is for you, please feel free to give us a call and we can help you to decide.

The Society of St James

**Head Office:**

125 Albert Road South, Southampton, SO14 3FR

**T:** (023) 8063 4596

**F:** (023) 8033 9026

**W:** [www.ssj.org.uk](http://www.ssj.org.uk)

Registered Charity No: 1043664;

Housing Association No: LH4337

A Company Limited by  
Guarantee and Registration  
in England No: 3009700

the society of  
**stJames** >  
believing in your future

The Society of St James

# Family Support Project

## Support for families affected by alcohol



0800 138 0355

the society of  
**stJames** >  
believing in your future

## What we offer

- **Support for you to make your family life better**
- **Opportunities to try free activities as a family**
- **Help to talk about your family and plan changes**
- **No long waiting times or forms**

## Is this for me?

- **Is alcohol having a negative impact on your family life?**
- **Would you value some support to help you?**
- **Do you have children up to age 18?**
- **This project is for families who are not already receiving support from Early Help or Children's Social Care**



## Who are we?

The Family Support Project is part of the Society of St. James, working in Portsmouth to provide vulnerable people. This project has been set up to support families to reduce the impact of alcohol.

### What can your family expect from the Family Support Project?

A Family Worker will meet with your family to understand what is important to you and what changes you would like to make. This might mean meeting together as a whole family, or separately if that is more suitable. For example, it might be better to meet with parents first and then children.

Once you have made a family plan, your Family Worker will agree with you how often it would be helpful to meet and what kinds of support would be most useful for your family members and for you as a whole family.

The Family Support Project is available for families for 12 weeks at a time. If, after this time, there are things on your family plan which you would like ongoing support with, your Family Worker can support you to access further help in your community.