



Contacting us...

To make a referral or for an informal chat with one of our workers please contact us.

If you prefer, you can speak to someone who would do this for you eg health visitor, social worker, child's school or nursery.

Family Matters
Barnardo's
West Bridge Mill
Bridge Street
KIRKCALDY
KY1 1TE

Tel/Fax: 01592 644940

e-mail: familymatters.scotland@barnardos.org.uk

<http://services.barnardos.org.uk/familymatters>

Family matters

Providing support to families in the Kirkcaldy area and Groups for parents Fife-wide

Registered Charity No. 216250 73375805

Parenting can be the most difficult and lonely job we face!

So sometimes it can help to share this with someone...



Family Matters is a Barnardo's Project based in Kirkcaldy that works in partnership with Fife Council.

The project team come from a range of backgrounds and have skills and experiences in working with children and families in different settings.

We aim to...

Improve the health, development and relationships of children (aged 0–12 years) and their families through a range of individual and family support services.

Our Objectives

- To offer support to families who are experiencing difficulties or are in crisis.
- To help parents / carers develop confidence and skills with the challenges of parenting.
- To enable children and young people to improve their situation within the home, school or in the community.
- To work in partnership with other agencies to meet the needs of children and young people.

How we help families – services we offer

We work with families in their own home or in the project flat.

Issues commonly raised are:

- relationship issues
- behavioural and emotional needs
- health issues



- anti-social behaviour
- school / community difficulties
- practical advice and support.

We also provide one to one support for children and young people.

We run groups for parents in local communities and issue based groups for children aged 8–12 years.

The groups offer opportunities to:

- increase confidence and skills
- share knowledge, skills and experiences
- reduce isolation
- meet new people.