**No one should feel alone – you can offer hope and connection to isolated families**

Plymouth City Council are really excited to be starting a partnership with Safe Families in order to help and support families in and around the Keyham area.

Facing life alone can be hard, feeling like there is no one who can call on when life gets overwhelming is a scary place to be. Safe Families believe that no one should feel alone. Safe Families exists to create relationship and connection because everyone deserves to belong. That is why we have created a way for people in the community to volunteer to support isolated families within the community.

Safe Families offer all the training and support you will need to offer hope and connection to families. You can make a difference to family who just need a bit of support.

Could you be a friend to a family who don’t have a support network, it could be providing a listening ear and reassurance to a parent or offering to spend time with children or young people. Offering this support can make such a difference, just knowing that there is someone there who is able to listen who is able to cheer you on as a parent. Check out this [story from Emma](https://vimeo.com/638991960?embedded=true&source=vimeo_logo&owner=40686254) to see the difference a Family Friend can make.

Or could you be a host home for a child offering to host a child overnight to give the family some breathing space and parents some much needed time to rest. Check out this [story from Tam](https://vimeo.com/545966647) to see the difference that Host Homes can make.

If you would be able to offer this type of support and connection to a family in Plymouth (remember all training and support is given to you by the Safe Families team), please visit our website [www.safefamilies.uk](http://www.safefamilies.uk) to find out more and sign up. Please think about how you can make a difference in the lives of children and families in Plymouth through offering hope and connection.