






The Foundation for Ribble Valley Families

-  Who we are
-  What we do
-  Workshops and services
-  Our supporters
-  More about mindfulness



Founded in 2015, FRVF has supported hundreds of Ribble Valley families through their mental health challenges.



The Foundation for Ribble Valley Families (FRVF) supports Ribble Valley families with mental health and wellbeing issues.



Our aim is to provide speedy, low level mental health support to prevent problems escalating within families.



We provide guided self-help activities through one-to-one therapeutic coaching packages, psychoeducation, anxiety management strategies and free monthly Wellbeing Workshops at Trinity.



We can work with parents, grandparents and primary child carers living in Ribble Valley and young people from primary school year 6 upwards.



Our website contains an easy to use online self-assessment tool to check that our service is right for you/your patients/clients/families. It asks a series of questions which will enable people to find appropriate support for their particular issues and levels of need.



Individuals can self-refer online or professionals can complete the online referral on behalf of someone else.



It's easy to access the assessment via our website www.frvf.co.uk

FRVF can work with the following issues:

- Stress
- Mild anxiety – including social and generalised anxiety
- Mild depression/low mood

FRVF is unable to provide help for the following issues:

- Immediate risk to self & others
- Severe and sustained PTSD and trauma/significant self-harm
- Personality disorders – schizophrenia, bipolar, psychosis & enduring mental illness
- Alcohol or drug problems
- Eating disorders

Individual and group support



For individuals our therapeutic coaching is particularly beneficial.

We offer three 1-2-1 sessions with information and strategies on how to manage anxiety and support positive emotional regulation.

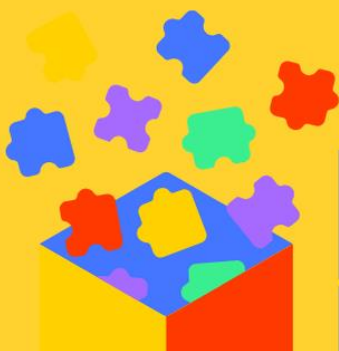
“My daughter came to you after suffering anxiety and panic attacks at school. The coach gave her strategies to manage these attacks on a daily basis and has helped massively. Thank you.”

We also run workshops which provide information and ideas around managing anxiety and low mood. We look at ways to support positive emotional regulation for all the family, delivered by qualified and experienced mental health and wellbeing professionals.

“Just wanted to say thank you for the Neurodiversity Workshop, it was really informative and a supportive space for share experiences and concerns.”



Need help to manage your child's behaviour?



Perhaps your child is neurodiverse?

WE CAN HELP!

Get information and practical strategies to help you manage

Delivered by experienced child psychologist

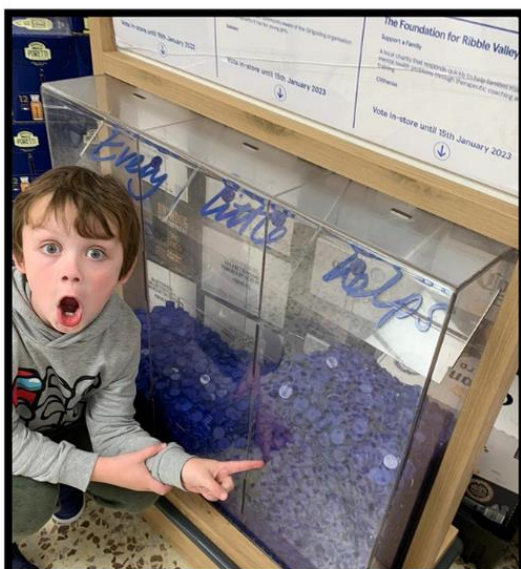
Dr. Samantha Ward, Blundell at The Little



How we are funded?

We rely on fundraising, grants and sponsorship to pay for the services we offer to families.

If you would like to support our charity in any way, we'd love to hear from you. Perhaps the most creative fundraiser was a sponsored 'back wax' which raised over £2000!





THANK YOU: Just some of the wonderful companies who have supported us over the last 12 months.



NFU Mutual



Bowland High

Mindfulness for a calmer life

Did you know mindfulness is known to help reduce stress and anxiety, and help manage low mood? It doesn't have to involve a formal meditation practice, we can do most things in our day, in a mindful way.

To understand more about the process, **FRVF hosts free monthly mindfulness workshops.**

For more information or to book a slot email: **connect@frvf.co.uk**

connect@frvf.co.uk for workshop dates'."/>

Monthly Mindfulness
Interested in mindfulness and how it can support health and wellbeing?

Monthly Mindfulness sessions with qualified mindfulness teacher Kathy McArdle which introduce you to its benefits and how it can help manage anxiety and reduce stress. Booking is essential.

The workshops, which include refreshments, are held at our Trinity Community Hub base.

[Email: connect@frvf.co.uk](mailto:connect@frvf.co.uk) for workshop dates

the foundation for Ribble Valley Families



A wander in nature helps prevent overthinking and encourages us to focus on positive thoughts, creating a healthier, more focused headspace.



Take time out to engage your senses with something simple like a morning cup of coffee. Any small activity can be done mindfully.



Mindful colouring is a nice, creative activity to help focus our attention on the here and now. And we can create a nice picture to keep as well!

Accessing our 1-2-1 support

We work with families living in the Ribble Valley.

Our service is for children from primary school year 6 upwards, as well as parents, carers and grandparents living in the Ribble Valley.

We offer low-level support to stop problems from escalating.

If you think we may be able to help you or a family member, then referring into our service is easy.



We will take you through a number of questions that will then take you to our referral form.



Can We Help?

If you would like to self refer or if you feel a family member needs support (and you have their permission) visit our website and press the **Can we Help** button.

What We Do ▼

Professionals ▼

If you are a family support worker, GP or teacher, there is a form for professionals on our website too.

We aim to get back to you within 72 hours and if we think we can help we will book you in for an initial assessment appointment.

*excluding weekends and bank holidays

**Find out more about our charity and events by
visiting our website:**

<https://frvf.co.uk/>



Be the first to know!

If you'd like to join our mailing list to get up-to-date information about our workshops and events, please email us at connect@frvf.co.uk with Mail List as your title.

FRVF is not an emergency support service.
In case of emergency ring 999 or call Samaritans
on 116 123 (available 24/7).

Text: SHOUT to 85258 (free confidential 24/7 text