Family Support
Family Support Background

Family Support was established in April 2018 as a local authority trading company.

We are here to help families in Hammersmith & Fulham thrive.

Our family centres are on hand so mums, dads, carers and children can make new friends and enjoy play and learning experiences together.

We use the NSPCC ‘Sharing the Science’ and Six Alberta Wellness Initiative Brain Metaphors (which you’ll learn more about shortly) to inform all our work.
Brain Building Metaphors:
https://www.youtube.com/watch?v=hMyDFYSkZSU
Adverse Childhood Experiences (ACEs)

**ABUSE**
- Physical
- Emotional
- Sexual

**NEGLECT**
- Physical
- Emotional

**HOUSEHOLD DYSFUNCTION**
- Mental Illness
- Incarcerated Relative
- Mother treated violently
- Substance Abuse
- Divorce

Source: Center for Disease Control and Prevention
Credit: Robert Wood Johnson Foundation
Impacts of ACEs

With an ACE score of four or more compared to those with zero ACEs, a study shows that patients were more likely to:

- suffer chronic pulmonary lung disease
- suffer hepatitis
- suffer from depression
- attempt suicide
- be at risk of sexually-transmitted diseases
- be smokers
- be alcoholic
- have injected street drugs
- have more work absences
Adverse Childhood Experiences (ACEs)

Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan
Family Support Services

Trauma informed school inclusion
Becoming a trauma/ACE aware organisation
Trauma informed Primary Schools
Brain Building Children’s Centres
Trauma Aware workforce and communities
Trauma Aware Early Years Support
Brain Building Holiday Clubs
Continuous Quality Improvement
Digital Service Consultancy
Establishing a Local Authority Trading Company (LATC) Consultancy