

1:1 Support and Signposting



You can book a one-off 1:1 to talk with one of our Family Wellbeing and Support Workers for up to 60 minutes.

We aim to support you to feel more empowered and confident. We will let you know about what you can join in with at JIGSAW and to signpost if desired to any services that can offer further support on your journey.

- Email support@jigsawthornbury.org.uk for days and times
- JIGSAW Thornbury's home
- For Parents and Carers



Parents and Carers

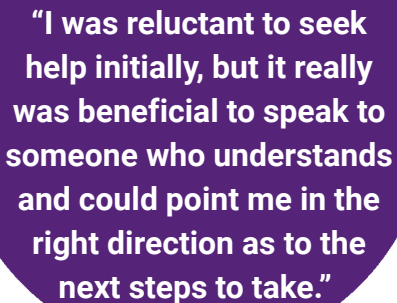


1:1 Support and Signposting Led by Sarah



1:1 Support and Signposting can help by....

offering the chance to open up and feel heard by talking through things that are important to you in a bespoke way.



"I was reluctant to seek help initially, but it really was beneficial to speak to someone who understands and could point me in the right direction as to the next steps to take."
