

# Family Support Services

Let's do it together

Please ask our Parent Support Worker for more details

 01704 823276

 [rainbowhub.org](http://rainbowhub.org)

 Rainbow Hub, Salt Pit Lane, Mawdesley, Ormskirk, L40 2QX



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## We are family

Caring for a disabled child has a profound effect on the whole family. Although many are facing adversity, Rainbow House remains a positive place full of laughter and hope, where families champion each other's achievements.

It provides a welcome escape from the daily struggles, with essential support and guidance to improve relationships and create a better quality of family life.

- **One to one support**  
an opportunity to talk over things that matter most to you
- **Counselling sessions**  
arranged through independent counsellors
- **Wellbeing coaching**  
techniques to help relaxation
- **Family activity days**  
a chance to enjoy quality time together
- **Practical workshops**  
from first aid to completing forms and behavioural advice
- **Pampering**  
increase general health and wellbeing through reflexology and massage
- **Activity/hobby courses**  
a chance to try something new
- **Help and support**  
with filling in forms
- **Support with applications**  
for benefits and grants



## Saturdays are for chilling and chatting

Held on the first Saturday of every month from 9-12 noon, this informal drop-in session allows you to meet other families in a similar situation.

- **Warm, friendly and supportive environment**
- **Make use of our facilities**  
Sensory and Active Movement Rooms
- **Make new friends and support each other**  
adults and children
- **Open to anyone with a disabled child** - you don't have to be using Rainbow Hub's services