



TRANSFORM FORTH VALLEY

Compassion • Inclusion • Respect • Partnership

Transform Forth Valley is dedicated to empowering individuals and families to live a more fulfilled life.

We work with partners to actively challenge inequalities and to achieve sustainable change.



Time 4 Us

Time 4 Us works across Forth Valley providing support to children and families who have been impacted by substance use.

The service aims to increase parenting capacity and enhance children's self-esteem, confidence and resilience whilst supporting families to make positive choices. We aim to assist families to stay together, where it is in the child's best interest to do so.





Time 4 Us

Who are we?

Time 4 Us is funded by the National Lottery and Falkirk, Stirling and Clackmannanshire Councils. The service offers support and focused interventions to children and families affected by a significant family member or carer's drug and or alcohol use. We work with adults who have care of, or contact with, their children aged 0-16 years and who are stable in their recovery and engaging with substance misuse services. We also support children and young people aged 5-16 years who have been impacted by the substance use of a family member.

What do we do?

We work in partnership with children, families and professionals ensuring the best outcomes are achieved together.

Aim & objectives

- To Improve the outcomes for children and families affected by substance use.
- To enhance children's emotional and mental wellbeing.
- To reduce risk and harm in relation to substance use.
- To support children and families to make positive choices.
- To work alongside parents to improve their capacity and skills.
- To support parents through child welfare and protection procedures.

How do we do it?

We conduct a full individual or family assessment and develop a comprehensive package of care and support. We use play and focused interventions to support children to explore their experiences, their world and their emotions.

We also work closely with parents and carers to achieve positive parenting skills

How can you access us?

To refer into the Time 4 Us service, a 'Request for Assistance' form needs to be completed.

You can contact the Service Manager, Diane Cairns, on 07309780948 or 01259 272112 or via secure email at diane.cairns@nhs.scot

