Family Mental Fitness North East

Mission & Vision Statement



S.H.I.N.E. WITH US

At Family Mental Fitness, we believe every child and family has the potential to shine and we're here to help that light grow brighter.

Our .H.I.N.E. approach guides everything we do, rooted in the values and strengths of our North East community.

SUPPORT EARLY ON

We step in at the first signs of emotional, social, or mental health challenges, offering timely support to build resilience and prevent problems from escalating.

HELPING HANDS & ACCESS

We make our services accessible by working in schools, community spaces, and safe family environments, removing barriers such as long waits, travel, and stigma.

We partner with schools,
health providers, and
community organisations,
creating joined-up
pathways of care for
sustained support

NURTURING CREATIVITY Through art, play, sensory activities, and mindfulness, we make wellbeing support engaging, meaningful, and empowering for each child and

EMPOWERING CHANGE

We equip children and families with tools, confidence, and strategies that last, so positive change continues long after our sessions end.



Our Mission

At Family Mental Fitness North
East (FMFNE), we believe every child and
family has the potential to shine. We are
here to help that light grow brighter by
offering timely, accessible, and
empowering wellbeing support.

Our Vision

A North East community where children and families have the tools, confidence, and opportunities to thrive emotionally, socially, and mentally — free from unnecessary barriers, stigma, and delay.



Support, Helping hands, Inclusive collaboration, Nurturing creativity, Empowering change all rooted in the heart of the North East.