

Ways you can support us

Donations and attendance at fundraisers are hugely appreciated, but there are plenty of other ways you can support us too.

Volunteer

Volunteers are at the heart of the work we do. Without them, Friends of the Family could not support the growing number of families in the Winchester area that seek our help.

Roles range from play volunteers at our mums and toddler group, to those who provide home support to a family for a couple of hours a week. But we are always keen to hear from anyone who can offer their experience and expertise to us or simply their spare time.

Become a member

Our members play a vital role in shaping how we are run; many volunteer and fundraise too. Membership includes invitations to events and a regular newsletter.

Want to find out more about these and other ways you can support us?

Visit www.fotfwinchester.org or contact us for an informal chat using the details overleaf.



Need some friendly support?

Every family is unique in their reasons for coming to Friends of the Family, but they all have one thing in common: they just want someone to talk to; someone who will listen without judgement.

If you're struggling with family life, you don't have to be alone. Just drop us a line to find out more.

Get in touch

For more information about Friends of the Family, please contact us at:

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Friends of the Family Winchester



You don't have to be alone

Who we are

Friends of the Family is a small, independent, Winchester-based charity. For over 20 years we have been offering confidential support to local families because we understand that bringing up children can be a challenge for any parent. And not all of us are lucky enough to have someone to turn to during difficult times.

Our aim is to provide families facing adversity with a safe and nurturing environment, through which they can learn to help themselves and focus on building a healthy family life for the future.

We are funded through the generous donations of our members and supporters, local fundraising activities and a small number of grants.

What we do

Our purpose is simple: to make a positive difference to the families we work with. Regardless of background, or the kind of struggles they face, each of our families receives the most appropriate support from the range that Friends of the Family can offer. This leaflet explains more about the type of support available.

Mums and under 5s

This confidential group provides a safe haven for mums with pre-school-aged children when home-life is challenging and they need support. The group meets on Tuesday and Friday mornings and runs year-round. It is facilitated by a psychotherapist, a trained children's play leader, as well as a team of volunteers.

How does it work?

Mums meet as a group to talk together about issues they are facing. They set their own agenda and the session is run by our psychotherapist, who provides professional input to guide discussion. Where appropriate, we are also able to offer individual counselling sessions.

During the mums' session, children are cared for by our trained play leader and experienced volunteers. We operate a high adult to child ratio to ensure all children receive the best possible support in their play and development.

What are the benefits?

The group offers mums an opportunity to share and learn from others; a place to talk through and resolve difficulties they are experiencing without judgement; to make new friends; establish support networks, and to build their own confidence.

Support for dads

The dads service offers confidential support to men with children aged 0 to 5 years who are struggling with their role as a parent and experiencing challenges within their family environment. The service is run by a qualified counsellor.

How does it work?

Dads who are facing difficulties receive counselling on a one-to-one basis to work through these issues in a safe, relaxed environment. Sessions are run by our counsellor, who provides specialist advice and guidance.

What are the benefits?

Dads find this service a welcome refuge from the challenges they face as a parent and a source of reassurance and support.

Our aim is to provide a service for young families, but I know that my fellow volunteers feel that Friends of the Family is a service for us too, giving us a chance to feel part of something very special. My involvement in it has enriched my life so much.

Volunteer

Friends of the Family has been like an oasis in the sun for me.

Parent

I liked talking to my volunteer about my feelings. I think our family is closer as we can all now talk together.

Focus child

5s to 13s befriending

This service offers confidential support, in the home, to families with children aged 5 to 13. A trained volunteer visits a focus child within a family on a regular basis to help them work through possible solutions to challenges they face.

How does it work?

Families are met in their own homes to see if we are the right organisation for them. One of our trained volunteers is then carefully matched to a family's unique needs. The volunteer visits that family weekly to encourage and support both the focus child and parents in dealing with their difficulties.

What are the benefits?

Families receive tailored support, specific to the challenges they face. Both children and parents have access to the friendly and confidential listening ear of a dedicated volunteer. With the long-term support of their volunteer, families build confidence and learn to help themselves within the safety of their home environment.



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Our volunteer was a Godsend for me and my son – she came to us just when we needed her most. Her support helped me regain my confidence both as a parent and a person.

Parent

Having a regular session with the other mums has enabled me to make friends as well as share my difficulties and successes. I have been able to take some very serious personal issues there and feel supported and not judged.

Group member