



Friends of the Family Ltd

Newsletter December 2012

The Friends Meeting House, 16 Colebrook Street, Winchester, Hampshire, SO23 9LH Tel: 01962 864466
Company Limited by Guarantee Number 7577875 Registered Charity Number 1143462

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email: friendsofthefamily@btinternet.com website: www.friendsofthefamilywinchester.org.uk

Welcome to the last newsletter of 2012 and what a year it has been! With the support of many volunteers and local company Rathbones, we now have a fabulous refurbished office, which offers a versatile space for us to undertake many different aspects of our work.

The families that we have been working with have gone from strength to strength with the non-judgemental support that they have been receiving through the three projects that we now have at Friends of the Family. The Under 5s Project has seen the dynamics of the group change through the year, as many of the older children have now gone to school and are being replaced with new babies, very young children and their mothers who are experiencing many new challenges. Project Leader, Colette Dunford, continues to do a brilliant job with the mothers by offering them both group and individual therapy. Her Play Leader, Pat Slade, and a team of dedicated volunteers have also worked tirelessly to settle the new babies and children into the group.

The new Fathers Group that has been setup this year, run by volunteer Charlie Wright, complements the work undertaken with the mothers and runs every Tuesday morning at the YMCA's Refresh Café. Charlie is a fantastic addition to the team, not only his dedication to the dads that are attending the group, but also to the organisation as a whole. If we need anything out of the ordinary, then Charlie is definitely the man to get it!

The 5s to 13s Project is also expanding with new families and newly trained volunteers to support them. Over a sustained period of time the families' confidence grows and although they say they still "want" their volunteer to visit them, we can see that they no longer "need" them! So this year we have said goodbye to six families that have been supported by the project. We wish them well for the future.

Friends of the Family are also pleased to announce that after another successful fundraising year, they are ending 2012 on a financial high with a generous donation of £3000 from The Henry Smith Charity. This money will be used to continue the work with the 5s to 13s Project families.

Our thanks as always go to all our dedicated volunteers, supporters, fundraisers/givers and of course the families for another wonderful year. From us all at Friends of the Family, we wish you all a very Merry Christmas and very happy 2013.

Quiz Night News with Alaistar Stewart OBE



Guest compère Alaistar Stewart OBE gave a wonderful performance at Friends of the Family's Annual Quiz Night on Friday 16th November. The event, which was held in the beautiful Musa Room at Winchester College, was a great success and raised a total of £2365.94 for Friends of the Family. The quiz set by Listener crossword setter Richard Morse, proved challenging and fun with a diverse range of questions. As Richard said after the quiz "they are only hard if you do not know the answer!" The winning team were awarded a giant tube of Jaffa Cakes to share and the losing team received the traditional booby prize of a packet of Smarties each!

Everyone thoroughly enjoyed their fish and chip supper cooked on the premises and gave generously to the "honesty" bar and raffle. Our gratitude goes to Winchester College for their hospitality on the evening and to Alaistar Stewart for his fantastic compèring duties.

Under 5s Project Relocation

From Tuesday 8th January, for approximately 6 months, the Under 5s Project will be relocating their Tuesday and Friday Mothers' Group to the Refresh Café at St John's House, The Broadway, Winchester. This temporary relocation is taking place while the Friends Meeting House is undergoing its renovation in 2013.

The YMCA at St Johns has been extremely accommodating and supportive by offering Friends of the Family the use of their premises. The Winchester Round Table has also generously agreed to pay the relocation costs such as the rent of the rooms during this period.

Under 5s Project Leader Colette Dunford and her dedicated team of volunteers have been meticulously planning for the relocation in order to make the transition, for the mothers and especially the young children who attend the group, as smooth as possible.

The Under 5s Project is also looking to recruit more play volunteers to work with the young children and babies during the Tuesday and Friday mornings. If you would like to find out more about this rewarding opportunity then please contact Colette Dunford on

Tel: 01962 864466 or

Email: friendsofthefamily@btinternet.com



THEATRE
ROYAL
WORKSHOPS

At the end of September the Theatre Royal held a Sunday workshop based on a popular story by Michael Morpurgo called Farm Boys. Ryan Jones, the Learning and Participation Officer at the Theatre Royal, kindly invited some of the children from our 5s to 13s Project to attend. A focus boy N aged 12 and a focus girl M aged 10 both attended the workshop and had a wonderful time exploring the story and recreating their own unique adaptation which they then presented to their families and friends at the end of the day.

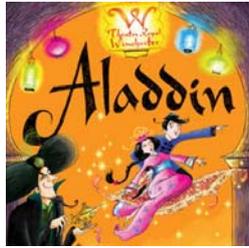
At the end of October the theatre also offered the children the opportunity to attend another workshop on "Stage Combat" where the children were shown how to play fight using illusions and sound effects to fool the audience into believing that they were really fighting. Three boys attended this all day session and had an exciting time learning these new techniques! Our thanks goes again to everyone at the Theatre Royal for their support and encouragement of the children we work with.....who knows they might become famous actors or stunt doubles because of it!

St Maurice's Covert Sale Success!

Once again volunteers and supporters came up trumps when they made generous donations of their unwanted items to our sale at The Covert on Saturday 15th September. The day was a great success which not only raised a fantastic £756.58 in sales but also raised Friends of the Family's profile in the local community. Thank you to everyone involved in the event.



Our Panto wish
has come true,
with compliments
from Penyards!



The families of both the Under 5s and 5s to 13s Projects are very much looking forward to attending the Theatre Royal's pantomime of Aladdin this year. This great opportunity has arisen this year with the kind and generous support of Penyards Property Management. Managing director, Alan Davis, very kindly agreed to fund this wonderful opportunity and with our growing connection with the Theatre, we were offered and gratefully received a discounted price for the tickets as well. Alan has also said that he will provide a "goodie" bag for everyone during the interval! Many thanks go to Alan and his team at Penyards, they have certainly been our "Genie of the Lamp" this year!



72-74 St Georges Street, Winchester SO23 8AH

If you missed out on a wonderful evening last year at the Bangkok Brasserie, then now is your chance to try Miff Kayum's award winning curries and support Friends of the Family at the same time.

On Tuesday 26th February at 7pm for 7.30pm, Miff will once again be opening up the Bengal Sage to Friends of the Family supporters. He will be offering a gourmet meal and a complimentary drink on arrival for just £20 a head (of which £10 comes directly to Friends of the Family).

So if you would like to join us, then avoid disappointment and book your place early with the restaurant on

tel: 01962 862173

email: miff@thebengalsage.co.uk



Winchester Families need YOU!

In October the 5s to 13s Project held their 6th training Programme for its newest group of befriender volunteers. These volunteers are currently being introduced to the families and children that they have been matched to. However, we still have more families being referred to this unique project all the time. So if you answer YES to the following questions then you could help us to support vulnerable families and their children aged 5 to 13 in the Winchester area.

***Are you a friendly, caring person who can listen and empathise with others?**

***Would you like to help a family to help themselves?**

***Would you like to make a difference to a family's life?**

***Can you make a regular commitment of two hours a week?**

Next 5s to 13s training begins February 2013

For more information about volunteering with
Friends of the Family please contact Sam Hunt

Tel: 01962 864466

e-mail: friendsofthefamily@btinternet.com