



Friends of the Family Ltd

Newsletter April 2012

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Friends of the Family Fab Family News!

To start our newsletter off we like to celebrate some of our Families achievements

- ❖ Two of the 5s to 13s Project families have decided that after at least a year of a befriender visiting them, they now feel ready to move on from the support that Friends of the Family has to offer. We wish them well for the future.
- ❖ Two sisters **M** and **E** performed beautifully as dancers in their school production of "The Selfish Giant".
- ❖ **S** has achieved "Pupil of the Week" award in her class for the first time.
- ❖ Sisters **M** and **S** have joined their local Youth Club and are attending every Friday.
- ❖ Mum **K** has a conditional place at university to start this September.
- ❖ Toddler **K** giggled for the first time with the volunteers in the Under 5s group.
- ❖ Recently **A** swam 400m and has improved so much with her swimming that she has been moved up a group.
- ❖ Mother **J** has redecorated her hall, stairs and landing with paint donated by the "Scratch Project" in Southampton.



"House Portraits" raising money for Friends of the Family

Friends of the Family Trustee, Andrew Rutter, has been using his artistic talents to help raise funds for Friends of the Family.

Andrew, a retired Conservation Architect, has been commissioned by several local Winchester residents to undertake original pen and wash drawings of their homes, such as these. The owners are then able to use these unique images for headed notepaper and greetings cards.

If you would be interested in commissioning a drawing of your home for a fee of £30 an hour and in the process support Friends of the Family, then please contact Andrew Rutter at Friends of the Family on 01962 864466 to discuss your requirements.

NO HOME TOO SMALL!!!

Forthcoming Events in 2012

- ❖ A Victorian Way of Death, a talk by Professor Michael Wheeler – Friday 13th April (see below)
- ❖ Tower Tours – Saturday 28th April (see below)
- ❖ Friends of the Family Garden Party and AGM – Monday 9th July 2012 at 2pm

“The Victorian Way of Death”



Professor Michael Wheeler
will be conducting a talk on
“The Victorian Way of Death”
Friday 13th April
at Prior’s Hall, Winchester

Tickets cost **£20** each, which includes refreshments, and are available from the Winchester Cathedral Booking Office.

By kind permission of the Dean and Chapter

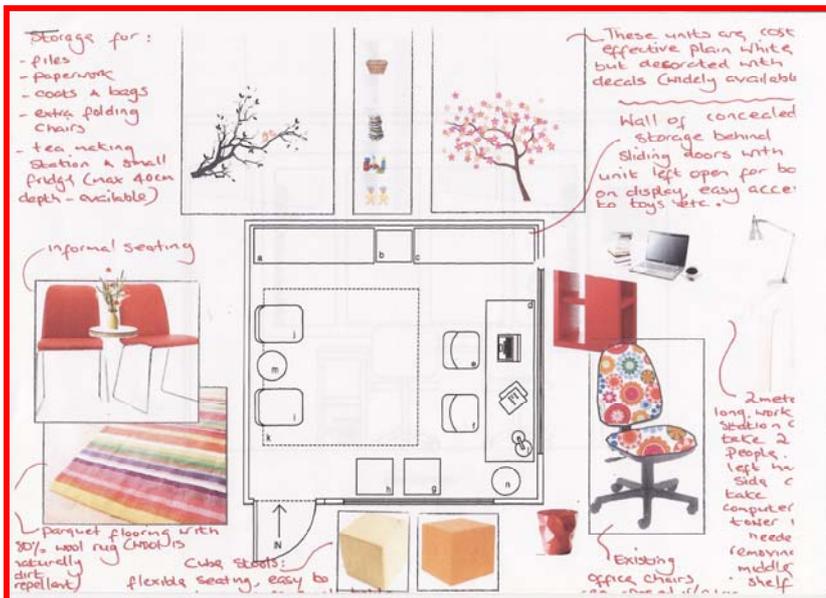
EXCLUSIVE **WINCHESTER CATHEDRAL** **CHARITY TOWER TOURS** in support of **FRIENDS of the FAMILY** **Saturday 28th April 2012**

**Tour Times: 9.30am, 10.30am,
12.30pm and 1.30pm**

Ticket Price £15.00

(12 years old and over, some restrictions apply. Please see Friends of the Family website for details.)
includes refreshments, free entrance to the Cathedral and a Floor Tour

**For more information and tickets please contact
Angela Moody on 07894 508477**



With the voluntary help of local designer Claudine Cullimore, Friends of the Family is hoping to revamp the Friends of the Family office environment to make it a more welcoming and useful space for staff, volunteers and most importantly families. Claudine has kindly put together a plan (see left) to show how the existing office space could be developed to include a purposeful workspace for staff and volunteers, useful and secure storage and flexible seating arrangements for 1:1 counselling sessions, training and meetings. If all goes well we are hoping to have the project completed by our Annual General Meeting in July. But as always Friends of the Family is aiming to achieve the refurbishment in the most cost effective way. So if you could and would like to help in anyway from painting walls, erecting flat pack furniture, sewing, or by making a donation to our “wish list” so that items can purchased then please contact us on 01962 864466.

Friends of the Family **Office Refurb!**

Brighter horizons for Winchester families...



...with a Friends of the Family volunteer!

- Are you a 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?

Then you could help us to support families and their children between the ages of 5 and 13 in the Winchester area.

The 5s to 13s Project has an ever growing list of families ready and waiting for a trained befriender volunteer to support them. If you have answered yes to the above questions then you may like to join our team of dedicated befriender volunteers.

For information about this unique role and the next training programme please contact Samantha Hunt, 5s to 13s Project Leader on 01962 864466. Thank you

A "Bangkok Brasserie" Banquet!

50 Friends of the Family supporters were treated to a wonderful evening, compliments of restaurant owner Miff and his staff, at the Bangkok Brasserie on Tuesday 6th February 2012. Guests paid only £20 for a truly spectacular Thai meal including a complimentary drink on arrival. The Bangkok Brasserie very generously donated £10 back to us and with a raffle on the night the whole event raised a grand total of £856.90!

Everyone who attended enjoyed the event immensely especially the beautiful Thai dancing that Miff had organised for our entertainment. Friends of the Family cannot thank everyone at the Bangkok Brasserie enough for their generosity and hospitality and we are sure that all of the guests will be returning for more of their delicious food.



St John
Ambulance
The difference.



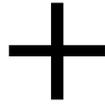
Essential First Aid Training

Friends of the Family volunteers were invited to participate in an "Essential First Aid Course" lead by the St John's Ambulance. The course covered the basic life saving techniques of CPR, recovery position, what to do if someone is choking or has a major bleed. All of the volunteers undertook practical activities on each other, Resusci-Annie, Junior and Baby which helped them to practice these vital life saving techniques. One volunteer who took part said that it was something that they hoped they would never have to use but glad that they would have some idea of First Aid if it was ever needed.



If you would like to know how you might be able to make a difference in an emergency then take a look at the St John's ambulance website.

<http://www.sja.org.uk/sja/support-us/the-difference/five-ways-to-be-the-difference.aspx>



Friends of the Family and The Theatre Royal, Winchester are teaming up to support the children in our 5s to 13s Project to access the resources that the local theatre has to offer young people.

Having been extremely lucky to be able to take 55 children and their families to the fantastic Christmas pantomime (compliments of Emmaus, Hampshire) the theatre has now invited the 5s to 13s focus children back for an exclusive backstage tour of the theatre followed by some workshop activities on the actual stage during the Easter holidays!

We hope that this experience will give the children a flavour of how the theatre works so that further links can be developed during the summer and into the autumn terms. **SO WATCH THIS SPACE!**



Friends of the Family are delighted to announce that the Winchester Film Festival have kindly selected us this year to be their nominated charity, receiving all the proceeds from their fourth annual Film Festival.

The Film Festival 2012 will take place at specially selected venues in and around Winchester from the 8th - 20th May and its main aim is to screen all the selected films in great locations that are appropriate to the film's theme so.....

....."This year, you can 'dive in' to *The Swimmer* with Burt Lancaster screened over the swimming pool at River Park Leisure Centre, have your 'day in court' with Sidney Lumet's absorbing drama *12 Angry Men* at Winchester Crown Court and 'catch' David Lean's iconic love story *Brief Encounter* as it 'pulls' into Alresford Station. In another special event ... you will be able to catch a bus to watch Keanu Reeves in *Speed*, an 'edge of your seat' thriller movie on the move!"

For a full listing of the films, their unique locations and how to book tickets please visit the Winchester Film Festival website at www.winchesterfilmfest.com/programme.html

And remember every penny from the ticket prices will come directly to Friends of the Family. So why not find out more about this great event and get your tickets booked now!