



Friends of the Family Ltd

Newsletter April 2013

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

Issue No 8

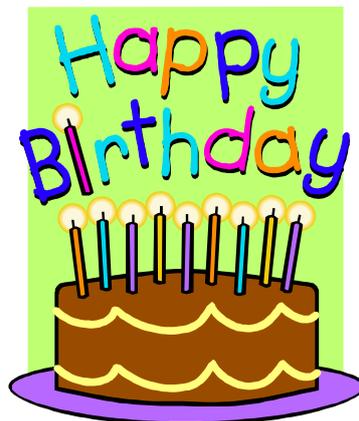
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Happy 20th Birthday Friends of the Family! :-)

2013 is a very special year for everyone at Friends of the Family, as in November we will be celebrating the wonderful achievement of our 20th anniversary! During this celebratory year, we hope to extend the publicity about our unique work with Winchester families, build up our Membership and have a celebratory week in October to mark the special occasion.

As we mark this wonderful achievement we look back over the past 20 years to the humble beginnings of the charity by our founders, Ann Titman and Dorothy Richardson. We acknowledge their dedication and commitment and celebrate how the charity has evolved. During this time the charity has provided individualised support to over 250 families and their children in the local area, whilst always remembering the original aim of "improving the life chances of children born into vulnerable families".

We are so very grateful to the Winchester Quakers for their unconditional support of the work we undertake and look forward to another 20 years of providing non-judgemental support to local families.



News from our Families....

- 😊 Focus child A, achieved 49/50 in her school Grammar test, she was top of her Year 6 class!
- 😊 Sisters A and C have both received their Bronze Head Teacher Award and have almost achieved their Silver since returning to school after half term.
- 😊 Former Under 5s mum J has been accepted by Bournemouth University to train in social work in for September.
- 😊 Focus child T received her Silver Head Teacher Award and received special recognition for her "Super information writing and great number line work"!
- 😊 Mum J recently completed a "Getting Back into Work" course at the Trinity Centre and is now seeking employment.
- 😊 Two of the 5s to 13s Mums have recently given up smoking and are both determined to quit for good!
- 😊 Mum K has lost two stone since Christmas with the help of a Weight Watchers App for her phone and recently wore a dress for the first time in years!
- 😊 Expectant Mum A has decided to move back to Bristol to be closer to her family and friends. We wish her well with her new start.
- 😊 Our congratulations go to Mum V gave birth to a healthy little girl Bethany-Paige on Thursday 21st March. Both mum and baby are doing well.



New 5s to 13s volunteers training



New Volunteers for the 5s to 13s Project recently completed their initial training with project leader Sam Hunt. The volunteers, pictured above receiving their training certificates from Chair of Trustees, Viv Wheeler, all completed the 12 hour training programme by committing to four afternoons during the month of March. During the training the volunteers were asked to complete a variety of tasks and activities and to take part in lengthy discussions to help them to fully understand and prepare them for their "befriending" role. Some of the topics covered during the training included Confidentiality, Boundaries, Active Listening and Communication Skills, Lone Working and Safeguarding. The volunteers worked very well together and are looking forward to their individual skills and attributes being matched to the needs of a child and their family. The volunteers evaluated the training by saying

"The training was extremely useful, giving us an insight into the issues surrounding families and practical methods for working closely with a family in their own home, as well as equipping us with an understanding of processes such as Child Protection. We learnt a lot about working with families in a befriending capacity, establishing boundaries and listening skills. Each session was different and it was very interesting to meet previous volunteers and hear about their experiences, as well as a nice opportunity to connect with other new volunteers. Everyone brought different perspectives and new questions to the discussions, and the mid-session snacks were highly enjoyed!"

"The aims, the problems, the pitfalls, and the code of conduct have been presented and discussed; it has been a useful, enlightening and engaging course. It has given us a clear idea of what we should try to achieve as "befrienders", with the reassurance of continuing and professional support of Friends of the Family."

"The course was professionally led, stimulating, informative and enjoyable accompanied with interesting fact sheets and reference literature. All the sessions were very relevant and helpful, leading to discussions to aid us in our roles as befrienders. I especially enjoyed the session on listening and hearing the personal experience of one of the volunteers. A thoroughly enjoyable course."



Thank you to everyone who joined Friends of the Family for a wonderful meal at the Bengal Sage on Tuesday 26th February. The food, as always was superb and the hospitality, that owner Miff Kayum and his staff provided, was impeccable.

Diners were given the opportunity to sample some of the more unusual contemporary Indian dishes from the menu including a wonderfully tender Water Buffalo Bhoona alongside the classic accompaniments of onion bhajii, vegetable samosa and poppodums. With a raffle and a considerable donation by Miff the event raised a fantastic total of £433.40.

Thank you to everyone who supported this event.

HANNAH HAWKINS **IS ON THE MOVE AGAIN FOR** **FRIENDS OF THE FAMILY!**

As you may recall from newsletter 4, Hannah Hawkins and her sister Bex Thomas raised an amazing £1031.51 for Friends of the Family in September 2011 when they rode their tandem bike from Winchester to Lands' End in just five days. Well, guess what? Hannah is on the move again and has agreed to run the London Marathon on Sunday 21st April to raise funds for Friends of the Family!

If you would like to sponsor Hannah then you can do so online through Friends of the Family Justgiving account at www.justgiving.com/friendsofthefamily/Donate

or by sending a cheque to

Friends of the Family,
(Hannah Hawkins' London Marathon),
16 Colebrook Street,
Winchester, SO21 9LH.

Hannah has also said that she will gladly wear a silly costume of a sponsor's choice for the right amount of sponsorship!

So get donating!

Good luck Hannah and thank you again!



Domestic Abuse Training **at the Trinity Centre**

On Thursday 24th January volunteers and staff were invited to attend free training on "Domestic Abuse and the Impact it has on Children" at The Trinity Centre. The training, led by Senior Project Worker Hannah Scott, provided us with some background information about the different types of abuse and the different characteristics of abusers. She also enlightened us all to the many shocking statistics surrounding domestic abuse. We learnt that on average a woman is abused 37 times before disclosing this to anyone, that one incident of domestic abuse is reported to the police every minute and that 750,000 children witness domestic abuse every year. She also informed us how we can offer support and signpost individuals to the relevant agencies if they disclose domestic abuse to us. She also helped us to understand the impact that domestic abuse has on children who witness it.

The morning was well attended and the feedback from attendees was very positive. Friends of the Family are very grateful to Hannah and the Trinity Women's Centre Team for their generosity in providing the venue and training for free.



Trinity Winchester



Office: 01962 842827
Drop In: 01962 622220
Women's Service: 01962 828632

Monday - Friday
8.30am - 4.00pm

Supporting the Homeless and Vulnerably Housed in Hampshire

Our Big Move...

...but look how well we've settled in at St Johns!

The 0 - 5 group had been founded by the Quakers and was based at the Quaker Meeting House from the very beginning. It feels like home to us. It was a home that was urgently in need of repair and a facelift. We had known for some time that, while all the work was taking place, we would need to move out for a few months.

A search for a temporary home was started and the choice was eventually made; St Johns House in the Broadway. This had several advantages:

- It is close to the Meeting House so our Mums and children would not have to travel far from the centre of town
- Staff from the YMCA, the current occupants, were extremely positive and helpful
- There is storage space for toys and equipment
- The big room, offered to us, could be made welcoming and comfortable.



Children and volunteers relaxed at St Johns

Once a month, we have to vacate our usual quarters for another group and move upstairs to the huge and splendid Georgian Assembly Room. It was decided to have our monthly shared lunch on those Tuesdays as there is a little kitchen up there where we can get everything ready and ample space to set up a long table and dine in style.

What we miss most is the wonderful garden at the Meeting House but fortunately we have been based at St Johns House throughout our dreadful winter, so we couldn't have used the garden anyway. Now we have the first stirrings of spring there is the occasional day when we wish we could take the children outside for a run around, but hopefully, by the time we get some really decent weather, we will be back at 'home'.

It says a great deal about the strength and resilience of our 0 - 5 group that everyone has adapted so well to this move. It is the people who are important, and our spirit, and that has grown and flourished. Many thanks to all the people at St Johns House who have made us so welcome.



The Mum's Group at St Johns

Like all big changes, this one seemed a dim and distant prospect when we first knew about it, but at last it became reality and I arrived for my Friday session to find that all the hard work had been done by Colette and her colleagues. It was strange to see all the familiar chairs, tables and toys in a completely different setting.

The room has the big advantage of having the bar area at the end of the room where the children play, so the Mums can sit and enjoy their hot drinks safely away from the children, but in sight and sound of them. We have to be careful that the more determined toddlers don't slip through the barrier though.

It also has big leather-effect sofas and armchairs, where Mums and helpers can make themselves comfortable and cosily read to children. We have also become used to searching under them at the end of each session for missing toys.



Easter Shared Lunch

Written by Iris Gould, "Under 5s" Project Volunteer

BECOME A MEMBER OF FRIENDS OF THE FAMILY

In our twentieth year we are hoping to boost the number of people who subscribe to membership with Friends of the Family and so help sustain a regular income for the charity.

For a minimum donation of £15 a year you too could be a member of our organisation and help us continue our invaluable and unique support to vulnerable families and their children aged 0 -13 years in the Winchester area.

As a valued "Member" of Friends of the Family Winchester, you will be included in invitations to our events and will receive regular newsletters and updates on our activities. You can also play a part in shaping how we are run by voting at general meetings as each member has one vote. You can also find out about volunteering, campaign and fundraising opportunities.

For more information about becoming a member please look at our website and download a membership pack

<http://www.friendsofthefamilywinchester.org.uk/downloads/MembershipForm.pdf>

**PLEASE HELP US TO HELP OTHERS
AND
JOIN TODAY!**

YOUR £15 WILL HELP US TO PROVIDE...

- Up to two home visits by the project leader to assess the referred family's needs
- Training materials and volunteer handbooks for two 5s to 13s volunteers
- Three weeks of healthy snacks for the Under 5s children
- Four individual supervision sessions for a 5s to 13s volunteer
- Essential First Aid training session for one volunteer
- A 1:1 counselling session for a mother or father with a trained counsellor
- Three, two hour, visits to a focus child by a trained 5s to 13s volunteer
- One "Celebration Breakfast" for a group of Mums in the Under 5s Group

Forthcoming Events

Event	Date and Time	Venue	How can I help?
Hannah Hawkins - The London Marathon	Sunday 21 st April 9.30am	London	Please sponsor Hannah: Online at www.justgiving.com/friendsofthefamily/Donate or by sending a cheque, made payable to Friends of the Family, to Friends of the Family, (Hannah Hawkins' London Marathon), 16 Colebrook Street, Winchester, SO21 9LH.
St Matthew and St Pauls Community Day	Saturday 11 th May 10 - 4pm	St Paul's Church, St Paul's Hill, Winchester	If you can spare some time on the day to help man the information stall please contact us on 01962 864466
The Covert Sale	Saturday 14 th September 9 - 3pm	The Covert, The High Street, Winchester	The week leading up to the event we will require donations of quality bric-a-brac, cakes, plants, book, toys etc. for the sale. On the day we will also require volunteers to help set up and to man the stall.

If you can help us promote our work, have a different fundraising idea or could host a fundraising event then please do not hesitate to contact us.

Thank you