



# Friends *of the* Family Ltd

## Newsletter August 2012

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## FRIENDS OF THE FAMILY OFFICE BEFORE.....



## .....AND AFTER!



Our many thanks go to everyone involved in the fantastic refurbishment of the Friends of the Family garden office. As you can see, the transformation has been incredible. The design of the of the new office space was the inspiration of local interior designer, Claudine Cullimore, who kindly donated her time and experience to create an updated office space that could be used more readily for meetings, volunteer training and 1:1 counselling sessions, as well as being a professional working space for staff at Friends of the Family. Local company Rathbones, Winchester, not only provided 15 enthusiastic volunteers throughout the week beginning the 18<sup>th</sup> June to help clean, paint, decorate and assemble furniture for the office but also generously donated £1000 towards the cost of the refurbishment. Retired maintenance man, Phil Crump managed the refurbishment project, which ran very smoothly under his calm guidance and expertise. The office is now unrecognisable with its fresh, clean and modern look and is now a pleasure to work in. So once again, many thanks to everyone who helped to make this all possible, we could not have done it without you!

## NEWS FROM OUR FAMILIES...

- ☺ **Child A has moved up a swimming group and can now proudly wear an orange cap!**
- ☺ **Child P had an excellent end of year school report which said that his reading age had improved and he is now reading at an appropriate level for his age.**
- ☺ **Child H has been working hard to eat her meals calmly at the table with her family.**
- ☺ **Two of the 5s to 13s Project families have made such great progress they have felt ready to move on from and no longer need the support of Friends of the Family and their volunteer.**
- ☺ **Family 14's children attendance at school has risen from 83% to over 95% in the last year.**
- ☺ **An Under 5s mother and daughter are looking forward to a holiday in Sussex with the Mothers Union.**
- ☺ **Volunteer Flora McCallum returns to Friends of the Family for the summer holidays to support the older siblings of the Under 5s Group.**

### Friends of the Family Welcomes Dads

Friends of the Family are pleased to announce our new group specifically for DADS!

This new group has been in the pipeline for sometime and has recently come to pass when volunteer Charlie Wright agreed to take on the role as volunteer project leader. Charlie, a trained counsellor has been volunteering with the Under 5s group since January and is now busy recruiting fathers to this new group.

Charlie says "The Father's Group is a new service for men struggling with their role as a parent. The group is aimed at dads with children aged 0-5 years who are experiencing problems such as a partner suffering from post-natal depression; they maybe unsure about their place in a new family and the list goes on. The Father's Group offers a safe, non-judgemental place for dads to meet once a week at St Johns House (depending on cost) on a Tuesday morning between 10 and 12 o'clock. The service will also offer counselling on a 1-1 basis."

If you would like to know more about Charlie and this service then you can contact him on  
Tel: 07899743308  
email: [wright2talk@live.co.uk](mailto:wright2talk@live.co.uk) or take a look at his website [www.wright2talk.co.uk](http://www.wright2talk.co.uk)

### Forthcoming Events in 2012

Saturday 15<sup>th</sup> September – Table Top Sale  
in St Maurice's Covert, Winchester,  
9.30 – 3.30pm

If you have anything that you would like to donate for the sale please bring it into the office from Monday 10<sup>th</sup> September or if you are free to volunteer on the stall during the day then please contact us on 01962 864466.



### **WATCH THIS SPACE!!!**

Date to be decided – Quiz Night  
Are you a "Smartie" or "University Challenged"?  
Either or, come and have fun at Friends of the Family 3<sup>rd</sup> annual Quiz Night.  
More information available from  
Chris Morse on 01962 776425



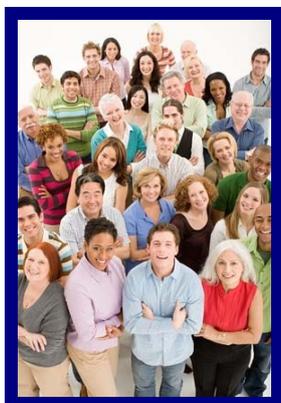
# Friends of the Family AGM Garden Party

Guests who attended Friends of the Family Annual General Meeting on Monday 9<sup>th</sup> July were rewarded for their endurance of the disruptive weather with a delightful garden party reception with a string quartet as background entertainment afterwards. It had been the trustees intention to present this years meeting outside in the beautiful Meeting House Gardens, however at precisely 2pm when the meeting was due to open the heavens opened and everyone was asked to adjourn inside the Meeting House to hear guest speaker Randy Ulland, a psychotherapist's fascinating talk about childhood trauma and its link to personality disorders. Mr Ulland congratulated the audience on their flexibility and ability to adapt to change so positively during the unfortunate but unavoidable upheaval!



After the meeting concluded and the skies had dried up a little, the guests were then invited to enjoy a wonderful afternoon tea with finger sandwiches, cakes and scones washed down with many cups of tea and coffee in the beautiful garden. They were also able to witness the opening ceremony of the newly refurbished office by Winchester's Mayor Cllr Frank Pearson. So despite the typical July weather, the afternoon was a great success and will hopefully be repeated next year.... without the rain please!

I wondered why someone didn't do something...



...then I realised I was somebody!

\*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?

Then you could help us to support vulnerable families and their children aged 0 to 13 in the Winchester area.

## Training begins September 2012

For more information about volunteering with Friends of the Family please contact Sam Hunt  
Tel: 01962 864466

e-mail: [friendsofthefamily@btinternet.com](mailto:friendsofthefamily@btinternet.com)

Willowtree Therapeutic Agency  
Presents

"Early Interventions With Children  
Which Make A Real Difference"

A presentation by Dr Margot Sunderland

Date: 27th September 2012

Time: 9-4pm.

Cost: £150

(Light lunch and refreshments provided)

Venue: Winchester Royal Hotel,

21-22 St Peters St,

Winchester, SO23 8BS

Dr Margot Sunderland is the Director of Education and Training, at The Centre for Child Mental Health London, Honorary Visiting Fellow at London Metropolitan University, Associate Member of the Royal College of Medicine, and Child Psychotherapist with over thirty years experience of working with children and families. She is the author of over twenty books in the field of child mental health and her internationally acclaimed book, "The Science of Parenting" won First Prize in the British Medical Association Medical Book awards 2007 Popular Medicine section. She is also founder of the "Helping Where it Hurts" programme which offers free arts therapy to troubled children in Islington Primary Schools. Overall, she is concerned to ensure that parents, teachers and mental health professionals alike, are offered the most up to date psychological and brain science research on how children and young people can be enabled to thrive.

To book a place for this interesting day please  
email [colette.dunford@btinternet.com](mailto:colette.dunford@btinternet.com)

A percentage of the profits from this event will be donated to Friends of the Family to update the office computer.



Nine of the 5s to 13s children and six of their volunteers had a fantastic time at Theatre Royal Workshop on Thursday 12<sup>th</sup> April. They all enjoyed a back stage tour of the Theatre with Participation and Learning Officer, Ryan Jones, and were particularly enthralled to hear about the four ghosts that inhabit the Theatre!

They then had drinks and fabulous homemade cakes in the Garden Café followed by some great team building games with Ryan on the stage itself!

The children (and adults!) had a wonderful time and although some were reticent to join in initially they were all participating by the end of the workshop. This was a very unique experience which we hope to be able to repeat and extend these opportunities with the theatre staff in the future.



The day before the theatre trip the same 5s to 13s Project families also had the opportunity to see a wonderful performance of the musical Annie at St Swithan's School by the Winchester Girl Guides.

The organisers of this event very generously donated 24 tickets to Friends of the Family, which enabled seven families from our 5s to 13s Project and their volunteers to attend the performance for free.

Everyone who attended thoroughly enjoyed the slick and very professional performance by the young girls from various Winchester Guiding Groups. Many of the families reported that they sang the key songs from the show all the way home!

Friends of the Family is always so grateful to other organisations who consider our vulnerable families eligible for an event like this, as without such generosity this would undoubtedly have been out of reach for most of our families.

## Fundraising News

Friends of the family are very grateful to the following organisations and individuals for their generosity and financial support over the last quarter.



In April, Winchester Cathedral was the venue for two Friends of the Family fund raising events. On Friday 13<sup>th</sup> Professor Wheeler held a fascinating talk on "The Victorian Way of Death" and Saturday 28<sup>th</sup> friends and supporters had the opportunity to take a Tower Tour with all profits coming directly to Friends of the Family. Both these events together raised a total of £663.90!



In May the Winchester Film Festival organisers, at Winchester University, selected Friends of the Family as their designated charity for their 2012 Film Festival. This not only generated a great deal of positive publicity with a promotional video about our work being screened before every film during the two week festival, but also by raising £2000 in ticket sales!



In June the boys from The Pilgrims School donated half of the money they raised from their annual six mile sponsored walk and summer fete to support our work. The boys and their families' generosity raised a fantastic £2215.68!



Friends of the Family volunteers also braved the "summer rain" on June 16<sup>th</sup> to undertake the last ever Alexandra Rose Charities street collection raising a total of £113.56.

Lastly a special thank you to Trustee, Andrew Rutter whose "House Portraits" project is keeping him very busy and has so far raised £520 for Friends of the Family.....Thank you Andrew keep up the good work!

## **A poem by an Under 5s Group Member about her journey with Friends of the Family at her side...**

**When life was getting me down,  
I would shut myself in,  
Put on a fake grin,  
I would cry deep within,  
And feel myself falling much further.**

**I'd feel life was taking me down,  
I began to feel lifeless,  
Overwhelmed with sadness,  
All thoughts were such a mess,  
And nothing could pull me back out.**

**My little one not knowing much,  
Would sit and wonder why,  
All Mummy does is cry,  
Putting pressure on her life,  
When she should be smiling and learning to grow.**

**I have since spent over a year here  
Now I have a place to go,  
Where I can learn to grow,  
And work on what I know,  
Friend of the Family guides me through.**

**When life is getting me down,  
I can work it all through,  
With those who know it too,  
Even when I have no clue,  
About, how to overcome things.**

**I can feel like building my life up,  
I can work on all the issues,  
Regardless of using many tissues,  
The way you feel you don't always choose,  
And I am beginning to understand this.**

**My little one knowing so much,  
Now can sit and wonder why,  
The clouds are in the sky,  
Easing pressure on her life,  
Now she is happier, smiling and learning to grow.**

**And as Friend of the Family guides me through  
Still having a place to go,  
Where I can continue to grow,  
And work on all I know,  
I have relationships in my life now, and they're built on trust.**