



# Friends *of the* Family Ltd

## Newsletter September 2013

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Company Limited by Guarantee Number 7577875 Registered Charity Number 1143462

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## Friends of the Family Annual General Meeting

Friends of the Family, held their Annual General Meeting on Monday 1st of July at St. Peter's Pastoral Centre, Jewry Street. The keynote speaker Ann Titman, a founder member of Friends of the Family, spoke passionately about the origins and aims of the charity. Retired Bishop, John Dennis, a patron of the charity, also spoke about how the charity has developed over the years and how it continues to support families and their children through its three Projects. The meeting was well supported by past and present volunteers, a Winchester City Councillor and the Mayor of Winchester who were all treated after the meeting to refreshments and a delicious celebration cake made by "Cakes by Elisa Rose". We also said goodbye to longstanding trustee Andrew Rutter who retired from the board but has agreed to continue to support our charity through his very successful "Picture Project".

## News from our Families

- 2 of our 5s to 13s focus children have transitioned well into their secondary schools and are enjoying their new school.
- Focus child J is helping his dad to restore an old Citroen car.
- Mum K starts Southampton University to study Occupational Therapy
- Mum K has started her GCSE course in English and Maths at Adult Continuing Education at Peter Symonds College
- Focus child A was selected to swim for her school team in a swimming gala as she was the only child able to swim all four strokes. Her school came 3<sup>rd</sup> out of 24 other Hampshire primary schools!
- Mum J starts university to study Social Work
- Congratulations to new mums R, A and J who have all recently given birth to beautiful baby daughters, Scarlet, Amaya and Chloe.
- Mum S has enrolled on a childcare course
- Mum C has put her daughter into nursery for the first time
- Oldest child of an Under 5s mum achieved 5 GSCE (A-C grades)
- Focus child C has been selected to join the school cross country team and compete against other schools

# CHRISTMAS IS COMING.....



**.....AND EASYFUNDRAISING IS A FREE AND SIMPLE WAY OF RAISING FUNDS FOR FRIENDS OF THE FAMILY!**

**Do you buy things off the Internet?**

**Then you could be raising funds for Friends of the Family every time you click on the PAY NOW button for free!**

**It is so simple all you have to do is register with [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk), choose Friends of the Family, Winchester as your chosen charity and then remember to go through the website before you make your final payment to see if the supplier you are buying from is one of the 2700 listed. If it is then you could be raising money for us without it costing you a penny!**

**In an article in the Guardian last year it was reported that on average every person spends £1500 a year on internet shopping. With most big internet retailers like Amazon, Ebay, John Lewis, M and S, Argos etc offering at least a 1% donation through Easyfundraising means Friends of the Family could be receiving up to £150 a year from internet shoppers like you!**

**So please register today and do all your Christmas shopping through EASYFUNDRAISING and help raise funds for our valuable work with vulnerable families!**

**Thank you**

## Friends of the Family New Leaflets



To mark our 20<sup>th</sup> anniversary we have recently updated our three separate leaflets about our work and amalgamated all the information into one "parent" leaflet. We are very pleased with the results which we hope will make spreading the word of our work easier and simpler. To obtain a copy of our new leaflet please see our website under "what we do" where there is PDF version is available to download. However, if you please do not hesitate to contact us on 01962 864466 or email [friendsofthefamily@btinternet.com](mailto:friendsofthefamily@btinternet.com)

## The "Have Your Say" Grant

Our thanks go to everyone who completed a "Have Your Say" grant which allowed us to be given a £1000 from Winchester Area Community Action team. We had asked for the money so that we could take the children in our projects on age appropriate fun days out during the summer holidays. The Under 5s group took their families to Longdown Activity Farm and the 5s to 13s focus children had a creative workshop at the Crockery in Eastleigh followed by some bowling fun in the afternoon. Please turn to pages four and five to read about the activities and the fun we all had.

# “Food For Friends” .....of the Family

Every month the Mums and children in the Under 5s group meet for a shared lunch. We have found that this is a great opportunity for everyone to contribute and share food together.

In our 20th anniversary year, and with this principle in mind, Friends of the Family are asking our supporters to also share food with their friends to help raise both our charity's profile and help generate funds to support our work with vulnerable families and their children aged 0 to 13 years.

It is very simple really, all you have to do is hold a "food" event of your choice for your friends and ask them to make a donation to Friends of the Family for the food you offer them. It could be any kind of food that you like and that you think others would like to share with you.

Here are some ideas that we have come up with....

- Sandwich and soup lunch
- Sunday roast
- Brunch
- Mexican night
- Afternoon tea
- Coffee and cake
- Greek night



- Curry night
- BBQ
- Dinner party
- Tapas
- Nibbles and drinks
- Pudding party

.....but basically, it can be whatever takes your taste buds fancy!"

All we ask is that during your "food events" (you can do more than one if you want to with different groups of friends!) you let your guests know about Friends of the Family and ask them to make a donation for their food. Our aim to raise £500 over the year from these events! So far we have raised £250 from only 4 events. If you think that you would like to have a "Food for Friends.....of the Family" event then please do not hesitate to contact us and we will be very happy to help support you by providing some information about our work, an invitation template and a money box (Q box) for your guests donation to be put into at the event if you do not already have one.

We hope you will be able to join in with the fun and help us to help vulnerable families.

## St Maurice's Covert Sale Success!

Friends of the Family would like to thank everyone involved with the Covert Sale held on Saturday 14<sup>th</sup> September. Stacks of donations had been made from supporters of the charity throughout the previous week and we ended up taking 7 car loads of resources to sell on the day! It was a mammoth task but the volunteers quickly and efficiently set up the stalls and began selling the good quality books, toys, clothes, bric-a-brac to the Winchester shoppers. There were some fantastic bargains to be had and the stall was very busy throughout the day. The total profit raised from this event was a fantastic £757! Our thanks go to everyone who donated their unwanted gifts, time and energy in supporting this event and we look forward to doing it again next year!



Hands up if you could volunteer for "Friends of the Family"



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

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

**Could you help a family and their children aged 5 to 13?**

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

*New training programme starts January 2014*

For more information about volunteering for the "5s to 13s Project" please contact

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## Longdown Activity Farm Fun by Under 5s Play Leader Pat Slade

The under 5's group really enjoyed our trip to Longdown Farm. Even the coach trip is a treat, older children rushing on to choose their seats. On seeing the animals, one toddler was immediately repeating all their names, words that he had not used before. Tractor rides were very popular. The goats were a particular favourite, and even better when they started nibbling Mummy's trousers! Go-carts and trampolines used up surplus energy for some and the face painting was impressive. Children fell asleep on the coach home, happy and exhausted. Now our toy farm at the Quaker Meeting House has a lot more meaning!



# 5s to 13s Summer Workshop



The 5s to 13s Project children and their befriender volunteers had a fantastic time together during their Summer Workshop on Thursday 29<sup>th</sup> August. The children were invited to come and join in with a fun filled day in Eastleigh. At "The Crockery" the children were able to paint their own unique tile and a small decoration of their choice. These have since been placed in a frame to be hung outside of the Friends of the Family office to commemorate our 20<sup>th</sup> anniversary.

The children then enjoyed the chance to play in a local park together and shared a healthy lunch.

In the afternoon the children and volunteers had a game of bowling together at the AMF Bowling in Eastleigh. The children supported the volunteers through this experience wonderfully, cheering them loudly when they knocked down the pins!

It was great day and everyone had a brilliant time, one little boy was heard to say "This is this best day of my life!"

Thanks to everyone who helped make this event such a success.

## 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

## DATES FOR YOUR DIARY

Event	Date and Time	Venue	How can I help?
Christmas Crafts Sale	Monday 2 <sup>nd</sup> December 8.30 – 1.00pm	Colebrook House, 27 Colebrook Street	Provide Christmas produce such as jams, mincemeat, mince pies, cakes, etc that can be sold on our table. Come along and purchase you Christmas gifts from a variety of local sellers who are supporting Friends of the Family.
20 <sup>th</sup> Anniversary afternoon tea	Sunday 8 <sup>th</sup> December 3.00 – 5.00pm	Friends Meeting House, Colebrook Street.	Come along to our 20 <sup>th</sup> Anniversary celebration with past and present families and volunteers.
Friends of the Family Annual Quiz Night	TBC for a date in January	TBC	Getting a team together to take part in the quiz.
Former 5s to 13s Volunteer Lara Master's Brighton Marathon	Sunday 6 <sup>th</sup> April 2014	Brighton	Offering your support by sponsoring Lara through our JustGiving account at <a href="http://www.justgiving.com/friendsofthefamily">www.justgiving.com/friendsofthefamily</a>

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