

Our friends



The newsletter of Friends of the Family Winchester

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www.fotfwinchester.org

High Sheriff Awards presented to Viv and Charlie

Friends of the Family's Viv Wheeler and Charlie Wright have received High Sheriff Awards in recognition of their good work in the community.

The High Sheriff Awards are a mark of distinction and recognition given to individual volunteers and community groups based in Hampshire who are making a significant contribution to society, with a particular emphasis on safety and cohesion in the community.

As Chair of the Board of Trustees, Viv works tirelessly to ensure that Friends of the Family continues to work to improve the life chances of children and their families. In addition, she is responsible for the vital fundraising need to guarantee its continued success.

Charlie Wright is a Counsellor and leads the Dads Project, working with male prisoners in Winchester prison before and after their release. Charlie supports his clients by offering them practical advice to establish and maintain contact with their children and to build positive relationships. Charlie also runs a successful group once a month where dads can chat and support each other and children can play.



The ceremony took place on 15th March at the Great Hall in Winchester.

In total, seven individuals and eleven community groups and organisations received certificates to commend the meaningful work they do in keeping our neighbourhoods safe.

Viv Wheeler and Charlie Wright receive their awards from the High Sheriff of Hampshire Mr Tom Floyd.

Garden party raises over £1,300



Pictured from left to right are: Chair of Trustees Viv Wheeler, Patron Bishop John Dennis, Mums and Under 5s Manager Colette Dunford, Trustee Rosemary Wright, former Chair Pamela Peskett and Trustee Chris Morse.

Over 100 guests attended a garden party at the Deane House, Sparsholt, in support of The Great Get Together and raised £1,300 for Friends of the Family.

Trustee, Chris Morse, opened her gardens to friends, neighbours and the local community on Friday 16th June in support of the initiative which aims to bring local people together and celebrate all that unites them. Visitors heard about the work of Friends of the Family and the volunteers who have supported over 50 families this year, whilst enjoying drinks and canapes on the patio before exploring the gardens.

Speaking at the event, Chair of Trustees Viv Wheeler said: "I'd like to say a huge thank you to our trustee Chris Morse and her husband Richard for opening their gardens for the Great Get Together. It's wonderful to see so many people come together in support of this national initiative. I'd also like to thank everyone for their generous donations to Friends of the Family which will help so many mums, dads and children across the Winchester district."

More than 120,000 events took place across the country over the weekend of the Great Get Together which marked the anniversary of the death of Jo Cox MP.

TSB staff get on their bike for charity

Staff at TSB Winchester branch have completed a mammoth cycling challenge and raised £130 for Friends of the Family. Jack Berry and Carl Steadman volunteered to undertake the charity bike ride on an exercise bike, kindly donated by Orange Theory Fitness, located in the TSB branch. The challenge took place on Friday 19th May beginning at 9am and ending at 3pm when the duo clocked up 100 miles on the bike. Friends of the Family was chosen at TSB's Local Charity Partner in September 2016. So far, the branch have raised an impressive £495 for Friends of the Family.



Pictured at the cycle fundraiser are (from L to R): Sam Hunt from Friends of the Family, Jack Berry, Carl Steadman and Aida Villagrasa from TSB.

A warm welcome to our new volunteers

Friends of the Family has trained five new volunteers to befriend a local child. Stephanie, Mike, Sally, Bev and Jackie all successfully completed the two-day training course and will soon be spending two hours a week offering support and friendship to a child aged between five and 13.

The training course is run by Friends of the Family's 5s to 13s Befriending Service which, thanks to Big Lottery funding, is able to support children and families across the Winchester district who are facing challenging circumstances. During the two days, volunteers received expert tuition on the befriending role, learning about safeguarding, boundaries, confidentiality and the current issues that children may face. Volunteers also learned and practiced communication and listening skills with guest speaker Kevin Knight and met Karen Roberts, a current 5s to 13s volunteer befriender, who shared her volunteering experiences.



New volunteer Bev applied for the course because she wanted to volunteer and get more involved with the wider community. "Having previously worked with children, the befriender role seemed like a good fit for me and I am hoping to be able to provide support to a child who could use a friend," she said.

Commenting on the training Bev added: "I really enjoyed the training session. It was a lovely small group and the trainer was very knowledgeable and reassuring. I definitely feel excited about volunteering for Friends of the Family."

Sam Hunt, 5s to 13s Befriending Manager, said: "We are really pleased to have new volunteers who are ready to befriend a local child in need of support and friendship. Their role is vitally important to so many families living in the Winchester district. It's good to know that we have five more volunteers who are ready to make a positive difference to a child's life."

Free befriender training course

If you're considering volunteering and you'd like to work with children, then this could be the perfect training course for you. The two-day course equips volunteers with the skills and knowledge needed to befriend a child aged between 5 and 13. The next course takes place on 9th and 13th October and anyone over the age of 23 is welcome to apply. Volunteers must be available for two hours a week, either after school or at the weekend, for 12 months.

Please contact Lisa Travers, Volunteer Co-ordinator on 01962 864466 or email volunteer@fotfwinchester.org for further information.

Join our team of volunteers!



Befriend a child in Winchester!

Friends of the Family need volunteers who can spare 2 hours a week to visit a child, aged 5 to 13, in need of support and friendship.

If you are kind and caring, and would like to do something positive with your spare time, then please contact us to find out more. We offer free training, paid travel expenses and more!



"Don't hesitate to start volunteering. It's fun, rewarding and you can make a real difference to a child's life."
Jim, Volunteer Befriender



To find out more, call Friends of the Family on **01962 864466**
or email volunteer@fotfwinchester.org

Under 5s have fun at the farm!

On 2nd May, the Mums and Under 5s annual outing took place at Finkley Down Farm in Andover. Under 5s Play Leader, Pat Slade, sent in this report:

The Under 5s group enjoyed visiting Finkley Down Farm at the beginning of May. It was lovely to hear children who are just starting to talk, saying "Hello lamb" or "Hello rabbit". The male turkey was a big hit with one toddler. We stroked rabbits, bottle fed lambs and 'milked' a fibre-glass cow. Our toy farm is popular during our sessions at the Meeting House so it was great for the children to see the same animals in real life. They now have their own little photo album in their book box with pictures of their visit and of the animals they saw.



Volunteer Play Workers needed



- Do you have some spare time one or two mornings a week?
- Would you like to become a Volunteer Play Worker and make a real difference to young children?

Friends of the Family's 'Mums and Under 5s Group' need volunteers to support children, aged 0 to 5, on Tuesday and Friday mornings, in Winchester, from 9.30am - 1pm.

If you are friendly, committed, open-minded and reliable and most importantly, want to make a positive impact on the families of children from 0 to 5 years, then we would love to hear from you!

Contact Friends of the Family today!

Call 01962 864466

Email under5s@fotfwinchester.org

We'd be delighted to chat, answer your questions and make an appointment for you to visit!

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Farewell Jenny

Jenny Gauntlett has just left Friends of the Family after spending three years volunteering as a Counsellor. Jenny has gone on to do psychotherapy training in London.

Colette Dunford, Mums and Under 5s Manager, said: "Jenny has been an invaluable member of the team and will be much missed. We wish her the very best in her next step."

Sam Hunt, 5s to 13s Befriending Manager, said: "Jenny has been a great asset to Friends of the Family, offering confidential counselling to several mums from the 5s to 13s Befriending programme."

Her support and guidance has been amazing and she has made a real difference to the parents who have engaged with her. We wish her well with her new training."

Keep calm and set boundaries

Friends of the Family teamed up with Winchester Young Carers on 15th June to provide a workshop for parents called 'Keep calm and set boundaries'.

The free workshop, which took place at the Salvation Army Hall during Carers Week, was attended by 11 parents who are currently receiving support from both charities. It was delivered by Lorraine Lee, a professional parenting and child development specialist, who revealed her top tips for a happy family home. Lorraine's advice included techniques for diffusing arguments, positive ways of managing children's behaviour, and how to effectively use the countdown tool. Following the workshop, parents were able to share ideas over lunch and came away with positive strategies for providing boundaries to make theirs and their children's lives happier.

One parent said: "The workshop was brilliant! I picked up some useful information that will be invaluable in the future. I would recommend it to any parent."

Anna Hutchings, Activities and Support Coordinator at Winchester & District Young Carers said: "The parenting workshop was really successful; it gave parents a chance to talk freely, get some practical advice and meet other parents. We were really pleased to be able to take a joined up approach and work alongside Friends of the Family to put this event on during Carers Week".



Cake decorating workshop



On 17 May, the 5s to 13s children got together with their volunteers for an after-school workshop with a very sweet theme. The children were able to use their creative skills to decorate cupcakes which they then took home and enjoyed with their families.

Friends of the Family runs an after-school workshop once a term to enable the children in the 5s to 13s project to get together and have fun whilst trying new activities.



News and Celebrations from our projects

😊 One little boy is learning to swim with the help of his befriender who is a qualified swimming instructor. He has already achieved his 10 metre badge.

😊 One of the mums from the Under 5s group got married in June. The family honeymooned in Ireland with their daughter who attends the Under 5s group.

😊 A 5s to 13s mum and her friend have competed in the Pedal Paddle Pace triathlon in Winchester to raise money for Macmillan. The triathlon is a gruelling 20K bike ride, 2K kayak and 5K run. The friends said: "We wanted to raise awareness, get fit and take part. The triathlon gave us the opportunity to challenge ourselves and be part of a great event in our home town for a wonderful cause."

😊 The Under 5s group now has seven mums and eight children.

😊 Three of the Under 5s are now attending nursery and a fourth will start in September.

😊 The Dads Aloud group, run by Dads Project Leader Charlie Wright, now averages 14-15 dads and children, up to 20 maximum, meeting once a month on a Saturday morning at the Salvation Army Hall.

😊 A summer trip is being planned for Dads Aloud to Marwell Zoo.

A BIG 'thank you' to our volunteer befrienders

Friends of the Family's annual Volunteer Thank You Lunch took place on 8th June to coincide with National Volunteers' Week. All of the volunteers were invited to join Sam Hunt and Lisa Travers for a delicious two course lunch at Zizzi's, Winchester, to thank them for the contribution they have made to the charity during the year.

The volunteers are all befrienders with the 5s to 13s Befriending Service and spend two hours a week offering support and friendship to a local child. Their role is central to the work of Friends of the Family as it enables them to make an immediate and positive difference to the lives of children and families who are struggling to cope.

Friends of the Family Trustee, Marcia Cunningham said: "The trustees and staff would like to say a huge thank you to all of our volunteers. It's wonderful to have an annual event where we can show our appreciation for the dedication and commitment shown by our volunteers to befriending a local child in need of extra support and friendship."

Friends of the Family welcomes enquiries from new volunteers. Please email volunteer@fotfwinchester.org or call Lisa Travers, Volunteer Recruitment Co-ordinator on 01962 864466.



Befriending Brunch



Friends of the Family's volunteer befrienders got together on 4th May at the Friends Meeting House, for brunch. The volunteers joined Sam and Lisa, from the 5s to 13s Befriending programme, and Chair of Trustees Viv Wheeler to offer each other ideas and advice to support their role.

Sam Hunt, Befriending Manger, said: "It's really useful for our volunteers to come together on a regular basis and help each other in their role. It's a learning exercise which we hope benefits the volunteers and the children whom they are supporting."

Forthcoming events

► **Table-top sale at St Maurice's Covert, Winchester – Saturday 23rd September.**

If you are able to help on the day or you have items to donate to the sale please email helen@fotfwinchester.org or bring your items to the Friends of the Family office, 16 Colebrook Street, Winchester from Monday 18th September. We would welcome donations of good quality ornaments, jewellery, books, CDs, DVDs, bric-a-brac and toys. We can't take electrical items, clothes or consumables.

► **Volunteer Befriender training – 9th and 13th October.** Contact Lisa Travers, Volunteer Recruitment Co-ordinator on 01962 864466 or email volunteer@fotfwinchester.org to book a place on the course.

► **Quiz night with fish and chip supper at The Pilgrim's School – Friday 13th October.** Further details to follow.

► **Winchester Christmas Market stall – Thursday 21st December**

Thank you!

We wouldn't be here without you

Volunteers, Members, The Friends' Meeting House Winchester, The Big Lottery Fund, Hampshire County Council, Winchester City Council, The Salvation Army, Community First, One Community, The Peter Selwood Charitable Trust, Sir James Scott, TSB, Hampshire and Isle of Wight Community Fund, The Lady Balogh Psychotherapy Trust, The Elizabeth and Prince Zaiger Trust, The Paul Lunn-Rockliffe Trust, All Saints Church, Kingsworthy Parish Church, St Lawrence with St Swithun, St Matthew with St Paul Church, Winchester Girl Guiding, Steve Brine MP, Andrew Rutter, Alton Quakers, Anonymous donors, Q Box holders, Sir James Scott.

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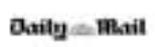
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www.easyfundraising.org.uk

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Over £1,600 raised so far!

Our Friends is published by Friends of the Family Winchester Ltd. Please address editorial enquires to: lisa@fotfwinchester.org, tel 01962 864466, or write to Lisa Travers, Friends of the Family, 16 Colebrook Street, Winchester SO23 9LH



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