



FRIENDS *of the* **FAMILY WINCHESTER**

SHARE OUR STORIES

2015-2016 - A REVIEW IN PICTURES

Under 5s enjoy the summer sunshine in the Meeting House garden



Fun on the Under 5s Summer outing, sponsored by Winchester City Council



Our Toyshed was renovated last year thanks to a grant from WACA: 'Have Your Say' and donations in memory of Valerie Wright, (above), a much loved volunteer with the Under 5s.





Nine 5s to 13s children enjoy a day out at Calshot Activity Centre in August, funded by a Winchester City Councillor grant.



The Salvation Army have kindly provided space for our 5s to 13s children to participate in craft workshops.



5s to 13s children enjoying themselves



.... And parents also joining in a 'Food for Friends' event

The 5s to 13s Project is extensively funded by a Big Lottery Grant





Juggling Jake, a professional magician, entertains children from both the 5s to 13s and the Dads Support Group at Christmas last year.



A regular fundraising event—the Covert Sale last September raised over £550.



On Friday 2 October, Friends of the Family welcomed Dr Alain Gregoire, Consultant Perinatal Psychiatrist and Honorary Senior Lecturer at the University of Southampton, to an open afternoon to talk about his work supporting mums with severe mental health issues and the impact that childhood trauma can have on a parent's mental health

At the same event, Jason (pictured right) gave an open and frank account of how Charlie Wright (leader of the Dads' Support Project) had helped him following his release from prison.



Charlie, a qualified counsellor, offers confidential support to dads who are struggling with their role as a parent and experiencing challenges within their family environment.

THANK YOU!

We wouldn't be here without you

The Big Lottery Fund Hampshire County Council

Winchester City Council The Salvation Army

The Friends' Meeting House Winchester Community First

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 Matthews Winchester

1st Kingsworthy Guides Damien German

The Swimathon team Itchen Valley Lent Lunches

Steve Brine MP Richard and Chrissie Morse Andrew Rutter

Alton Quakers Anonymous donors

Members Q Box holders

And never forgetting.....

Our Staff, Volunteers and Trustees