



Annual Review

1 APRIL 2019 – 31 MARCH 2020



A message from our Chair of Trustees

“ My sincere thanks to everyone who has supported Friends of the Family this year, enabling our valuable work to continue. This review details a huge amount of work which I am immensely proud of. Our achievements are thanks to the dedication of our hard-working staff, our selfless volunteers and our committed trustees. I am also extremely grateful to our many generous donors. Your support has made a positive difference to the lives of many children and families across the Winchester district.

The end of our year saw the country enter the national lockdown due to Covid-19. However, our staff and volunteers have worked hard to maintain our services during these difficult times, supporting families and children who now, more than ever, need the reliable and consistent contact we provide.”

Karen Hazlitt

Chair of Trustees



Introduction

Since 1993, Friends of the Family has been providing support and friendship to children and families in Winchester and its surrounding villages.

Our aim is to improve the life chances of local children and families who are overwhelmed by family life.

Through our unique services, we offer friendly support and guidance to help them overcome the challenges they face and focus on building a healthy family life for the future.

None of this would be possible without our dedicated team of volunteers, trustees and staff.



“Friends of the Family does fantastic work which is so worthwhile. Thank you from myself on behalf of the City of Winchester and the district.”

Cllr Eleanor Bell, former Mayor of Winchester



Our Services

Mums and Young Children

We offer a twice-weekly therapeutic support group for mums and young children, facilitated by a trained psychotherapist and supported by a play leader and volunteer play workers.

5s to 13s Befriending

We offer one-to-one support to an individual child (aged between 5 and 13 years) and his or her family, with a trained volunteer befriender.

Support for Dads

We offer regular one-to-one counselling to dads and organise a monthly Dads Aloud group.

Counselling

We offer free one-to-one counselling for parents who are currently engaging with our services.



Mums and Young Children

During the year our Mums and Young Children...

- supported 9 families.
- worked with 5 student volunteers from the University of Winchester.
- held 40 sessions of supervision.
- provided 70 free sessions of 1:1 counselling.

5s to 13s Befriending

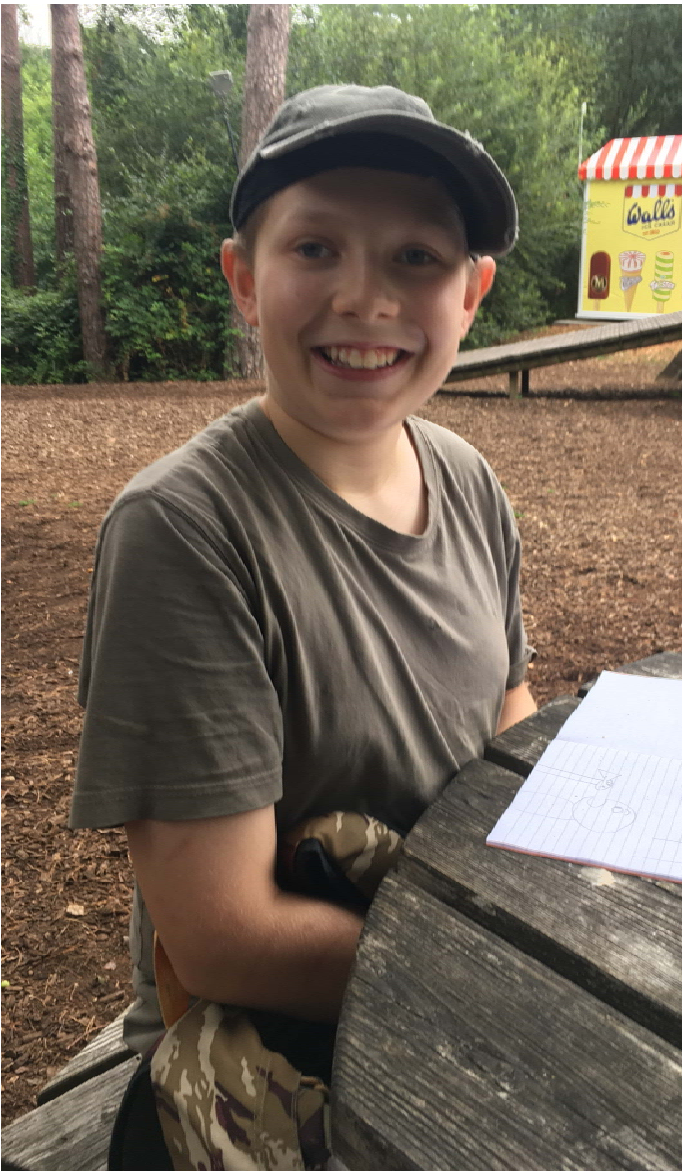
Throughout the year our 5s to 13s Befriending...

- supported 29 children and their families.
- supervised 27 volunteers.
- trained 5 new volunteers.
- made 525 befriending visits.
- organised 10 special events for children, families and volunteers.

Support for Dads

Over the 12 months our Support for Dads...

- provided 177 hours of counselling to 14 clients at HMP Winchester and supported 4 men who had been recently released.
- provided 101 hours of counselling to 7 clients at Friends of the Family.
- held 8 Dads Aloud group meetings, seeing an average of 12 people per month.
- organised a Christmas party, a Halloween party, a day out at Marwell Zoo and a make your own pizza morning.



***“Without our befriender I can honestly say I’d feel so much more lost. My daughter is a different child when she knows she is seeing her.”
5s to 13s parent***



Highlights of the year

April – May 2019

- ❖ Volunteer befrienders were able to meet up and share their experiences at a volunteer get-together, held at the Salvation Army Hall.
- ❖ Our volunteer play workers enjoyed a thank-you lunch to show our appreciation for their hard work and dedication.
- ❖ We attended a volunteer fair at the University of Winchester.
- ❖ We organised an after-school Games Workshop for our 5s to 13s children and their befrienders.



After-school games
workshop for
volunteers and
their focus children



Highlights of the year

June – July 2019

- ❖ We invited our volunteer befrienders to join us for tea and cake to celebrate National Volunteer Week.
- ❖ A fundraising event at Home Farm House garden raised £1,395.
- ❖ Our volunteers undertook training on boundaries with psychotherapist Jennie Miller.
- ❖ We received a £1,000 community grant from HIWCF.
- ❖ Our annual outing to Finkley Farm for the Mums and Young Children group took place.
- ❖ We raised £100 at the Avington House car boot sale.





"The training I received from Friends of the Family has been excellent. I would certainly recommend it to others considering a volunteering role."

Peter, Volunteer Befriender

Highlights of the year

August – September 2019

- ❖ We held our 5s to 13s annual activity day at Calshot Activity Centre.
- ❖ We received a donation of £520 from Waitrose Winchester's green token scheme.
- ❖ Volunteer befrienders got together to share their experiences over coffee and croissants.



Highlights of the year

October – November 2019

- ❖ Our quiz night raised an incredible £2,510!
- ❖ We said farewell to Pat Slade, our Mums and Young Children Play Leader.
- ❖ We held our AGM which also marked the retirement of Viv Wheeler as Chair of Trustees.
- ❖ We welcomed 5 new befrienders to our team of volunteers.
- ❖ We organised a Christmas craft workshop for 5s to 13s focus children and befrienders.
- ❖ Our Mums and Young Children group enjoyed a relaxation and visualisation session.
- ❖ We raised over £600 at our table-top sale in Winchester high street.
- ❖ Our bottle tombola raised £297 at the Winchester Christmas Market.



"I wanted to volunteer with Friends of the Family because they put children and families at the heart of what they do."

Sarah, Volunteer Befriender



Highlights of the year

December 2019 – January 2020

- ❖ Our 5s to 13s Befriending Service held a circus-themed Christmas party.
- ❖ Father Christmas paid a special visit to our Mums and Young Children Christmas party.
- ❖ We organised a Christmas craft and cake workshop for parents.
- ❖ We welcomed Chris Bale MBE to our Board of Trustees.
- ❖ We received a £2,592 grant from Winchester Rotary to fund our Dads counselling service at Winchester prison.
- ❖ 46 children, parents and volunteers attended the pantomime at the Theatre Royal Winchester thanks to a generous donor.



"It was wonderful to see the children having so much fun and a great end to the year."

**Sam Hunt, 5s to 13s
Befriending Manager**



Highlights of the year

February – March 2020

- ❖ Elke Goodchild, one of our student volunteers from Winchester University, received a Volunteering and Community Champion Award.
- ❖ We held an after school drama workshop for our 5s to 13s children and volunteers.
- ❖ We began filming our promotional video with University of Winchester Film students.



Play worker volunteer Elke receives her Volunteer and Community Champion Award



After school 5s to 13s drama workshop

Thank you!



To our volunteers, trustees, staff and members.

And to everyone who has supported us throughout the year, including...

Alton Quakers
Andrew Rutter
Anonymous donors
Cornwall donations
Easyfundraising
Elizabeth and Prince Zaiger Charitable Trust
Hampshire and Isle of Wight Community Foundation
Josh Wheeler
Kings Worthy Church
Kings Worthy PCC
Matthew Southey
One Community
Q Box holders
Richard Morse
Saint Vincent De Paul Society
Sir James Scott
Space in the City talk
Stephen Greener
St Lawrence and St Swithun

St Matthew with St Paul Winchester
The Big Lottery Fund
The Friends Meeting House Winchester
The Henry Smith Trust
The Mid-Hants Observer and the Hampshire Independent
The O'Sullivan family charitable trust
The Hampshire Chronicle
The Royal London Foundation
The Salvation Army
The Southern Daily Echo
The Winchester Spine Centre
TSB
Volunteer Wessex
Waitrose
Winchester Churches Christmas Project
Winchester City Council
Winchester Fusion Choir
Winchester Rotary

Christmas cards

Help raise funds for Friends of the Family this Christmas by purchasing a pack of our Christmas cards (designed by two of the children we support). There are 2 designs per pack of 8 cards. Each pack costs £5.

To place an order please email:

rosemary@fotfwinchester.org or

marcia@fotfwinchester.org





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