

## Support us

### Become a member

Members support every aspect of our work. Their gift of a regular financial commitment helps us to plan ahead and continue to improve and expand the services that we are able to offer to local children and their families.

To sign up, download a membership form from our website or email [contactus@fotfwinchester.org](mailto:contactus@fotfwinchester.org)

### Donate

Help us make a positive difference to the children and parents we work with. Your donations are vital for continuing the support we offer to families in Winchester and its surrounding villages. Check out our website for the ways you can contribute.

### Fundraise

Get stuck in and contribute to our fundraising efforts: take part in an event, run your own, or nominate us as your charity of choice!

**£10**

provides training materials for one 5s to 13s befriender.

**£25**

provides a venue and refreshments for a parent workshop.

**£30**

provides a month's supply of healthy snacks for children in the Mums and Young Children group.

**£120**

provides six one-to-one counselling sessions for a struggling parent.

## Need support?

Are you finding family life stressful? Overwhelmed by your responsibilities as a parent? Struggling to cope with your child and feeling isolated?

Talk to us, we may be able to help.

Depending on your individual situation, we can offer you and your children, aged 0-13 years, friendly, non-judgemental support in a variety of ways. Our services are available to children and families who live in Winchester and surrounding villages.



*"The atmosphere changes in the house when our befriender arrives. We all love her visits; they make us feel calmer and happier."*

*Hazel, Mum*



## Get in touch

If you are in need of support, or you would like to offer us your support, please contact us at:

### Friends of the Family Winchester Ltd

16 Colebrook Street

Winchester

SO23 9LH

Telephone: 01962 864466

General enquiries email:

[contactus@fotfwinchester.org](mailto:contactus@fotfwinchester.org)

Volunteering enquiries email:

[volunteer@fotfwinchester.org](mailto:volunteer@fotfwinchester.org)

[www.fotfwinchester.org](http://www.fotfwinchester.org)

Registered charity number: 1143462  
Company limited by guarantee number: 7577875



**Providing support  
and friendship to local  
children and families**

[www.fotfwinchester.org](http://www.fotfwinchester.org)

## About us

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.



*"Friends of the Family provided me with a routine that enabled me to leave the house and interact with people. They encouraged me to talk about my problems and I realised that I wasn't on my own."*

Jackie, Mum

## Our services

The unique support we provide to families and children, aged 0-13 years, is delivered through four key areas of work:

### Mums and young children

We offer a twice-weekly therapeutic support group for mums and young children. Mums may be experiencing a range of difficulties including isolation, anxiety and depression. The group offers mums a safe place to express, reflect upon and address their needs, whilst their children are cared for by our play leader and volunteers. The mums' group session is confidential and facilitated by a trained psychotherapist.

### 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. Visits take place weekly, for two hours, for a period of 12 months. Befrienders support their focus child by spending quality time together, engaged in activities inside and outside of the child's home to boost confidence and develop the child's social skills and interests.



### Support for dads

Our Support for dads offers regular one-to-one counselling to dads who may be suffering with low self-esteem, experiencing challenges with their role as a parent or having relationship struggles. As part of this service, the monthly Dads Aloud Project, enables the dads and their children to get together to chat, play and support each other in a friendly, safe and relaxed environment. Our qualified male counsellor also works with Spurgeons charity at HMP Winchester offering mentoring to prisoners who are close to release.

### Counselling

We offer free one-to-one counselling for parents who are currently engaging with our services and who are not receiving therapy/counselling from a statutory agency.

*"After seeing my counsellor my scars are starting to heal. He has helped me find my confidence and I now look at life differently. I now enjoy being me."*

Mike, Dad

## Volunteer with us

Almost 90% of our workforce are volunteers. If you have a passion for improving the lives of local children and families, then we would love to hear from you. Your involvement can make a real difference.

### Volunteer befriender

**Could you offer two hours a week to a child aged 5 to 13 years and their family?**

Volunteer befrienders can help build a child's self-esteem and improve family relationships. If you'd like to befriend an individual child for a 12 month period then we would like to hear from you.

### Volunteer play worker

**Would you like to help support our twice-weekly Mums and young children group?**

Volunteer play workers spend time playing with the babies and toddlers, supporting their development and building their confidence as well as welcoming and engaging with the mums.

### Trustee

**Would you like to get involved with how the charity is run, fundraising and much more?**

If so, please get in touch as we welcome interest from potential trustees.

*"Don't hesitate and start volunteering. Two hours a week is so little time to us but it means so much to a child. Be brave and go for it; you won't regret it."*

Jim, Volunteer