

# Friends of the Family

Our aim is to improve the life chances of local children and families who are facing multiple hardships and struggling with family life. Through our unique services, we offer friendly support and guidance to help them overcome the challenges they face.

Our services include a support group for mums with young children, a befriending service for children aged between 5 and 13, a dad's support group and counselling.



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



## Get Involved

### Fundraise

Every penny makes a difference – fundraise for us or donate today.

### Volunteer

We have opportunities for volunteer befrienders, play workers and trustees.

### Get Support

If you think our services could help you and your family please get in touch.

### Donate Today



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

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