

Who We Are

Friends of the Family is a Winchester-based charity supporting local families facing adversity, enabling them to face their future with confidence.

This area has a reputation for being prosperous, but there are pockets of deprivation, with many families dealing with overwhelming levels of adversity, making **everyday life a challenge**. We are there to walk alongside and guide those families, fostering **better outcomes** for them and their children.

Referring to us

To refer a family, contact us directly via hello@fotfwinchester.org and we will send a Referral form for you to complete on the family's behalf. You can also visit our website and select **Refer a Family** to complete online. Alternatively, you can speak to one of the staff team who can begin the referral process with you over the phone on **01962 864466**.

We will respond to every referral as soon as possible. Once referred, we will carry out an initial assessment with the family and then begin the enrolment process.



01962 864466



contactus@fotfwinchester.org



www.fotfwinchester.org

Friends of the Family

Friends Meeting House
16 Colebrook Street
Winchester
SO23 9LH

Charity Commission Number 1143462 and Company Number 7577875



Information for Referrers

In Winchester & District

Mums and Young Children Group

We run a unique support group for **Mums and Young Children (0-3)**, offering a safe and nurturing environment for mums who are facing a variety of challenges.

The mums come together weekly, either on a **Tuesday or a Friday morning**, in a non-judgemental space lead by a psychotherapist, while their little ones are looked after by a Play Leader and a team of play volunteers.

We support the mums in a group setting, and in addition to receiving **professional support** and guidance, here they will find companionship and build a network of peers helping to **reduce isolation**.

Our unique approach

Working at the grassroots, we give parents **support and practical guidance**, empowering them to help themselves and face the future with confidence, **breaking cycles of behaviour** for future generations. All our beneficiaries are different and our support is tailored to the families that we work with.

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*I had a real **fear of judgement** and great anxiety. When I got here the first session was a bit awkward. But the second time I came I thought – **I'm never leaving!***

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Karla*, Mum of 3

Reasons for Referral

We will support any mum dealing with **difficult life circumstances** alongside the challenges that come with having young children. If a mum needs support and does not know where to turn, we are there for them.

Mums are mainly referred to us for the following reasons, but please reach out as we are an inclusive charity, here for anyone who needs it:

- Struggling with the demands of parenting
- Challenging relationships
- Social isolation and loneliness
- Post-natal depression
- Facing hardships or challenging relationships