



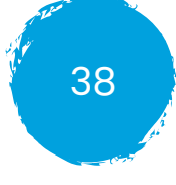
We empower and support families in the Winchester district who are experiencing difficult life circumstances, helping them to face their future with confidence.



Families supported*



Befriender interactions



Volunteers worked with us



Individual counselling for mums

“Last year I was coming to terms with the fact my past was real. 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, Support for Dads

“The Mums and Young Children Project **literally saved my life**. I genuinely believed I would kill myself before I started coming here. It's time for me. I can try and get me back. I've never left my children with anyone, but I'd happily leave them with the volunteers knowing I don't have to worry about them. I wouldn't be here without my one-to-one counsellor. She doesn't judge, laughs in the right places and has made me a different sort of Mum. She's given me the oomph to keep going. The support between the group is also important. I've grown as a person. I know I have got demons, but I am in control.”

Karla, mum, Mums and Young Children Project



Individual dads supported



Hours counselling 22 dads in HMP Winchester



Hours of counselling and group work for dads in the community

Using art to talk about our feelings

In recent months, volunteers have been using art to help children **talk about their feelings**. As one boy, Ryan, said, 'I don't like talking about my feelings, but I could talk through my pictures'.



Underwater Escape

'This is a painting of a girl swimming underwater. She is dreaming that she is escaping from reality to a really nice house'.

K aged 10

*Through our Mums and Young Children's Group and Befriending Service

Meet Jeni

Jeni's eldest son had undiagnosed autism, making him extremely violent at home, to the detriment of her youngest son. With the help of a Befriender, the youngest son got the time and space to explore his feelings whilst Jeni received additional support from our counsellor. **'This was life changing, I no longer felt judged. I felt held and became more confident as a parent as a result'**. Jeni has gone on to run parenting courses for Barnadoes and now works with the school PTA to support other parents.



Thank you for your support.