



Dear Supporter,

We hope you are enjoying the summer. For our Mums and Young Children group, the warmer weather is providing an opportunity to spend time in the beautiful garden that we are lucky enough to call home, belonging to the Quaker Meeting House. Meanwhile, the children who take part in our 5s to 13s Befriending Service are loving the chance to get outside with their supporting adult: playing on the swings, visiting the shops or running up St Catherine's Hill.

These things may seem ordinary, but for many of our families they are very special indeed. Many of our children face serious challenges such as bereavement or isolation. They may have a sibling with special needs or a parent with health problems, leaving them with little space to be children. All this against the backdrop of a growing poverty crisis.

That's what makes our trips for the 5s to 13s so very precious. In recent weeks we've taken the children to ride on Shetland ponies, created an Easter egg challenge with clues hidden all over town, not to mention cookery sessions with Munch CIC and a games workshop – all made possible by your generosity.



## Providing support in challenging times

The complex nature of the problems that our children face is illustrated by Katie who was seven when she met her befriender, Pam. Katie had been diagnosed with ADHD and was repeatedly running away from school. Tragically, during the time she was being supported by Friends of the Family, her mother became very ill and passed away. Pam was there to give her support and friendship throughout this terrible time.

Our charity has a unique position in the lives of our families, thanks to your support. It is because we are a small, grassroots, community organisation that the help we can offer is flexible, bespoke and responsive.

Just as importantly, it works. Befriender volunteer Andy tells of the recent occasion when the eight-year-old boy he has befriended confided in him that the afternoon had been the 'best day of his life'. They had been kicking a ball together in the park. It is the simple things that make the difference.

## Volunteers needed

We have children and parents waiting for support. With the next training course for befriending volunteers taking place in October we'd love to talk to more potential volunteers. It's a big commitment but comes with great rewards for both the volunteers and the children.

If you know of someone who could volunteer either as a befriender in our 5s to 13s Befriending service or as a playworker for our Mums and Young Children group, please put them in touch with us at [volunteer@fotfwinchester.org](mailto:volunteer@fotfwinchester.org).

## Fundraising news

We are grateful to have the support of some fantastic fundraisers this year, ranging from a fabulous summer concert performed by Southampton Concert Wind Band to dance shows with the Florian School of Dance, a Barton Farm School assault course, a quiz night hosted by Blake Morgan and a chilled-out blues jam at the St James' Tavern.

We also mustered a team, including a dinosaur, for the annual Eastleigh 10k run, and are planning to do the same again at next year's Winchester 10k run. If you are organising an event in support of charity, please keep us in mind. It's a great way to ensure even more children get the childhood they deserve.



## Save the date: AGM

**Thursday 7 November, 12.30-2.00pm**  
**St Peters in Jewry Street**

Our AGM is a lovely event where staff, volunteers, partners and supporters come together to share and celebrate, whilst also looking forward to the year ahead. Please join us if you can.

## Call for new Trustees

We are looking to recruit new Trustees. This is a hugely rewarding role enabling you to use your skills to help set goals and policies, ensure we observe good practice and support our staff and volunteers.

If you are interested, please [take a look at our website](#) for more information.