



Dear Supporter,

It's been a busy year at Friends of the Family, with 92 families supported through 481 Befriender meet ups and 47 Mums and Young Children sessions. It's a privilege to be allowed into the lives of families who are experiencing hardships, and we are hugely grateful to all our volunteers, supporters, funders and friends. It is only with your support that we have been able to make a difference. Thank you!

Some highlights from our services

The 5s to 13s Annual Activity Day, generously supported by the Winchester Round Table, saw the children try new activities - from scaling the climbing walls to whizzing down the slopes on ringoes and playing on the beach. It was wonderful to see them gaining confidence and simply having fun.

[Read more here.](#)

"The children have got along so well together.

It's lovely to see them making new friends through shared experiences."

Our Mums and Young Children Group has supported more mums than ever before, and it has been truly heart-warming to see the children come out of their shells and giggle with the volunteers as they have become more comfortable with their surroundings.

"In the group I don't feel so alone and it's good to meet others who feel the same way."



It's festive quiz time again already!

Our popular quiz is back with some new categories to exercise the minds of friends and family over the holiday period. We are pleased to be supported once again with fabulous prizes, including some goody bags and a delicious two-course meal for four people, kindly donated by the Cart and Horses in Kings Worthy. What are you waiting for? [Download the quiz here.](#)

Looking ahead to 2025... Join us for Winchester 10K

After the success of the Eastleigh 10k run earlier this year, the FOTF running team will be donning their trainers again, this time to take on the Winchester 10k on Sunday 23 February.

Fancy joining us? It's a great way to get motivated after the Christmas indulgences and to help us fly the flag to raise awareness and welcome donations. [Read more here.](#)



Do you have time to give?

Our work would not be possible without our wonderful team of volunteers. For the first time ever, we have a waiting list of families who need our help, so if you know of anyone who has some time and a desire to contribute to our work, please spread the word and get in touch. Without volunteers, our work cannot happen! You can read more about volunteering here:

[More on volunteering for our 5s to 13s Befriending Service](#)

[More on volunteering for our Mums and Young Children Group](#)

Please spare one minute

The Benefact Group are currently taking nominations for charities to receive £1,000 from their Movement for Good programme.

It's really simple to nominate us:

- Click the image
- Search for Friends of the Family Winchester
- For the Charity Type select Community
- Enter your details and click Nominate.

Please nominate us and help us win

Nominations open until
December 19th 2024

Ecclesiastical
Insurance Office plc
is the promoter

**BENEFACT
GROUP**

It's one nomination per person, so please spread the word and get your friends and family nominating too! The closing date is 19 December. Thank you

We wish you a joyous festive season and a very happy Christmas!

As ever,

All the team at Friends of the Family

01962 864466
16 Colebrook Street, Winchester SO23 9LH
contactus@fotfwinchester.org
www.fotfwinchester.org
Charity Commission Number 1143462
Company Number 7577875