



Friends of the Family

Newsletter April 2011

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Registered Charity Number 1068010

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Welcome again to the 2nd Friends of the Family newsletter.

At the end of 2010 we were all very worried about the future of Friends of the Family and after several rejections from big organisations such as Children in Need and Comic Relief we were beginning to wonder if we would be able to continue the work we all believe in so much. However, we are very pleased to say that we have recently experienced a steady flow of funds from a variety of different sources to which we are immensely grateful. We also have some interesting fundraising activities coming up throughout the year. With this small boost to our economy we are able to look forward with hope to a happier 2011!

Georgie's Walkies!



5s to 13s volunteer Ceara Watson and her husband, Trevor, have very kindly, if not madly, decided to walk the 25 mile Clarendon Way Walk from Winchester to Salisbury to raise funds for Friends of the Family.

To make this an extra special event they have decided that their dog "Georgie" will also be walking with them! Georgie, Ceara and Trevor have all had thorough checks to make sure that they all physically up to the mammoth task and are hoping for some fine weather on Saturday 30th April in which to undertake the walk!

If you would like to sponsor Georgie, Ceara and Trevor then you can do so by contacting them directly on 01962 867988 or by donating online through <http://www.justgiving.com/Ceara-Watson>

Thank you to all the internet shoppers who remembered to make their purchases through

www.easyfundraising.org.uk

We gratefully received a cheque last month for approx £80 from the website but we know that it could be more. So please remember, you too could help raise funds for Friends of the Family every time you make a purchase on the internet. So go on and register on the "easyfundraising" website and make Friends of the Family your chosen cause and get shopping... it really is easy, but very much needed, money for the charity!



CONGRATULATIONS!

Our sincerest congratulations go to Pat Slade our Under 5s Play leader who has recently passed her course (E100) which is potentially the first module of the Open University Foundation Degree in Early Years. It has qualified her to be awarded the, (new), "Certificate in Early Years Practice" which is professionally recognised at the same level as an NVQ4 in Early Years. It also entitles her to put letters after her name - Cert EYP (Open)!! Well done Pat we are all very proud of you!

Friends of the Family's Fundraising Events 2011

We have lots of new and exciting fundraising events taking place this year which you can support us with. The dates for your diary are as follows

- Saturday April 30th – Georgie's Walkies – see article above for details of how to sponsor Georgie and her owners Ceara and Trevor!
- Saturday 21st May, 7.30 pm, St. John's Church Musical Mayhem with the Clifton Singers. Tickets available from Iris Gould on 01962 863247 for £10 each
- Saturday 18th June, Alexandra Rose Day, contact Viv Wheeler on 07851630413 or email her on vivwheeler70@hotmail.com if you would like roses to sell at work, book/ choir group etc...
- Saturday 18th June, 12-4pm The Big Picnic at IBM, Hursley.
- Saturday 25th June, St. Cross Fete, Friends of the Family are one of the nominated charities.
- Sunday 26th June, Trustee Chrissie Morse's garden open day at Sparsholt, all welcome. Details to follow.
- Friday 8th July, 2 pm A.G.M at the Friends Meeting House, Colebrook Street, Winchester.
- Sunday 24th July, Worthy Road car boot sale all proceeds from pitches to Friends of the Family.
- September Alexandra Rose raffle – raffle tickets available for £1 from Viv Wheeler on 07851630413 or email her on vivwheeler70@hotmail.com
- Friday 14th October Quiz Night, Holy Trinity Church Hall (tickets available in August)
- November Mayor's Charity Christmas Market (exact date to be confirmed).



"Q BOX" NEWS!

We are having a wonderful response to the late David Quayle's idea for our Q boxes to collect "cluttering coppers".

We have, at present, 160 donors managed by 16 "collectors" whose hard work has so far amassed £1,500.00!

If you would like to have a box in your own home, please contact Pamela Peskett on 01962 866042.

Thank you



ALCOHOL AWARENESS TRAINING

On Monday 7th March staff and volunteers undertook a training day on Alcohol Awareness. The training was led by trainer Jane Ward who has recently delivered training on this topic for Hampshire DAAT (Drugs and Alcohol Action Team) and was kindly sponsored by a donation from the Winchester Rotary.

The programme for the day's training included

- What is alcohol?
- How alcohol is used and associated risks
- Elimination rates of alcohol
- How to calculate units of alcohol
- Advantages and disadvantages of drinking and alternative strategies to reduce consumption and risk

This training proved not only useful to the staff and volunteers in their professional roles with Friends of the Family but also in their personal lives. One volunteer wrote on her evaluation "I have learnt a lot about units of alcohol, strength of different types of alcohol and what the dangers of excessive drinking could be. I found the literature very useful and informative." Another said "If I have a family who uses alcohol I now feel I would be able to raise a discussion about it and help them to help themselves."

We were also very fortunate to have the opportunity to hear a recovering alcoholic's story in the afternoon. This really brought home to both staff and volunteers the impact that alcohol can have on a family's life and has helped us to empathise with families that we support who maybe experiencing issues with alcohol.



It costs you **NOTHING** but your time to volunteer with Friends **of the** Family **BUT** your contribution is **PRICELESS!**

Friends of the Family are looking for more volunteers to expand the service they are able to offer to families through the "5s to 13s Project"

Are you a friendly, caring person who can listen and empathise with others?

Would you like to help a family to help themselves?

Can you make a regular commitment of two hours a week?

Would you like to make a difference to a family's life?

Then you could help us to help vulnerable families and their children between the ages of 5 and 13 in the Winchester area. Please contact Sam Hunt on 01962 864466 for more information.

Thank you.



Director: Kate Morgan

MUSICAL MAYHEM !

Piano: Richard Scott-Copeland

ST JOHN'S CHURCH

ST JOHN'S STREET, WINCHESTER

Saturday 21st May 2011

at 7.30 pm

in aid of Friends of the Family

Tickets: £10 [Students: £7]

from:

Iris Gould, 30 Clifton Road, Winchester, SO22 5BU

Tel: 01962 863247

Cheques payable to "Friends of the Family"
Please send S.A.E for tickets to be posted to you



Registered Charity 1068010

Ellie's Scrummy Chocolate Cake

165g butter
300g caster sugar
2tsp vanilla extract
3 eggs
65 g self-raising flour
200g plain flour
1 tsp bicarbonate of soda
70g cocoa powder
8oz milk



Beat the butter, sugar and vanilla extract until fluffy. Add the eggs to the mixture one at a time. Fold the dry ingredients into the mix alternately with the milk until all ingredients are added. Pour into an 8inch round tin and bake for 1 hour 10 minutes.

If anyone has a special birthday/anniversary or even a wedding coming up that they would like an iced and decorated cake for, then they can contact me on my cakey address at elisarosecakes@mail.com.

Children's Easter Holiday Workshop

Children from the 5s to 13s Project and the older siblings from the Under 5s Project enjoyed a wonderful craft day out together at Choice Plants Nursery, Timsbury, Nr Romsey on Thursday 14th April. The funding for this trip was very kindly provided by Winchester Decorative and Fine Arts Society who were keen to sponsor the art and craft experience for the local children. The minibus which took us to the event had been kindly donated to us for this trip by Manoj Panchmatia through his wife, former 5s to 13s volunteer, Namrata. When we arrived the children were given tuition in the craft of "Decopatch" by Emily and immediately got "stuck in" creating their masterpieces! Some children chose to decorate animals while others had the initial letter of their name. A hearty lunch of sandwiches, crisps, sausages and jelly and ice cream helped provide the children with the energy to complete the activity in the afternoon. After a quick play on the pirate ship it was back onto the minibus with driver Bernie and back to the meeting house to share their experiences and present their art work to their families. It was an excellent day and the children and adults all thoroughly enjoyed the new craft experience.

