



# Newsletter ~ Autumn 2024

## Welcome to our Autumn Newsletter of 2024



It's been a very busy start to the Autumn term with two new School Workers joining our charity. We are very excited to welcome Lisa Taylor and Catherine Adomah, both of whom bring a wealth of experience with working with young people.

We have 13 children on our mentoring programme this year at three of the local secondary schools.

We are excited to be working closely with Community First and will be hosting a First Aid in Mental Health training course here at our offices on Wednesday 27<sup>th</sup> November 9-5pm.

*Laura Gray - Project Manager*

## Our Groups

**Memory Group** Mondays  
2.00 - 3.15

**Hythe Huddle** 1st Wednesday of the month  
2.00 - 4.00

**Parenting courses** Thursdays  
(free) Booking required

**Swans** Fridays  
Term time only 10.00 - 12.00

**Women's Wellbeing** Fridays  
9.30 - 11.30

## Newly designed website & emails

<https://families-matter.org.uk/>  
[office@families-matter.org.uk](mailto:office@families-matter.org.uk)

## Our Time

### Support for families coping with addiction

We continue to meet bimonthly in Hythe and keep in touch in between times with WhatsApp Contacts:  
Ann 07921 077407 or Angie 07757 674929

## Parenting Courses

Our parenting course began on **Thursday 7<sup>th</sup> November**, 10-11.30am at Testwood Baptist Church in Totton. We welcomed parents and they appreciated the opportunity to share their experiences of their primary aged children who struggle with anger.



*Liz Beaven*

## Swans

### Support with additional needs

We've had some fantastic activity days in the summer holidays. The children have enjoyed bouncy castles, arts & crafts and even a visit from various animals. Our activity day in October half term was equally well received.

Our group continues to meet every Friday and we have our own School Worker Catherine joining us for more support.

Why don't you join our welcoming group, meet us but also meet parents/carers who truly understand.

For any questions, please contact the office.

*Emily Milton*

## Memory Group

### Cognitive Stimulation Therapy

The Memory Group continues to meet on Mondays at 2 pm and is for people with a diagnosis of mild to moderate memory problems and /or Dementia.

We enjoyed a variety of activities including chair exercises; singing; autumn crafts; news events; film and TV quizzes; butterflies and bees; healthy food and lifestyle; holidays and childhood memories. We also had trips to Lepe beach; Exbury Gardens and recently to Fairweather's Garden Centre and café.

Please contact the office if you would like to join us.

*Liz Beaven*



## Women's Wellbeing Group

I took over running the Woman's Wellbeing Group in June, which is going well although we definitely miss Sue!

We still meet every Friday morning in term time from 9.30 to 11.30, and have an exciting programme scheduled with all activities aimed at reducing isolation and improving well-being. An example of some of the things we are doing include relaxation, pampering, wood engraving, quizzes, arm chair exercises, cake decoration, trips to Stewarts nursery and much more. All sessions also include plenty of hot drinks, snacks, laughter, friendship and encouragement alongside tears, sharing and support.

We are extremely grateful for a very generous financial donation, which has enabled us to run a taxi to collect some of the ladies each week, plus cover a large number of expenses and pay guest speakers and fund activities.

*Jen Mansbridge*

## Hythe Huddle

### Support for people with Dementia & carers

Over the last few months, we have welcomed some new members. From January, we look forward to increasing our social media presence amongst local groups. Look out for our monthly reminders too on our own Facebook site.

We are very much looking forward to our Christmas party, where we are delighted to welcome back the choir from Noadswood School and a very special visitor.

We are incredible grateful to Hythe Wives charity who have been busy all year fundraising for Hythe Huddle and Memory Group and have kindly donated an generous £710. This will make such a difference to both support groups. Thank you.



I would like to take this opportunity to thank our incredible team of volunteers whom, without them, Hythe Huddle would not exist.

*Laura Gray*

## On The Right Track - Mentoring

The Schools Project Team, Emily, Kelly and Nicky have continued to support all the children through our OTRT Programme throughout the Summer term, including visiting them all on their Secondary School shuffle up days in July.

In September, the team were all present on the children's first day of Secondary School to welcome them and reassure any of those that were dealing with first day nerves. Throughout September, we have visited the children twice weekly in their Secondary Schools, either during breaks or lunch times, to catch up with them and ensure they are all settling well.

Mentoring started in September with those children that could benefit from some additional support over the next few months.

We're all looking forward to welcoming our new Year 6 OTRT children after Christmas.

*OTRT Team*



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