



Newsletter ~ Spring 2024

Welcome and let me start with the good news!

We are delighted to welcome two new Trustees to the charity, Carol Lee and Derek Olden, both of whom bring a wealth of knowledge to the charity. We are also thrilled to have Jen Mansbridge working for us as Deputy of Memory Group and Assistant Leader of Women's Wellbeing Group.

We have completed another successful Mentoring programme in which we supported 19 children across three local secondary schools.

Our coffee morning at Waterside Primary School is progressing well and we now have 4 families we are supporting. We hope to continue to support these families through our one to one family support when this programme finishes at Easter.

Our next parenting course has now begun and has been extremely popular. We even had some parents on a waiting list which we have since been able to accommodate.

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 (free)	Thursdays Booking required	Swans	Fridays 10.00—12.00
Women's Wellbeing	Fridays 9.30—11.30		

Beaulieu Primary School

In January Families Matter started a new Mentoring project at Beaulieu Village Primary School, supporting children with their emotional literacy and building their self-esteem. We're currently working with three children ranging from 7 to 10 years old who we see regularly on a one to one basis each week. So far this project has proved very successful, with children engaging well and making good progress.

Suzanne Watts

Waterside Coffee Morning

This project was created by the need raised from Sovereign Network Group to support families who's children attend Waterside Primary School. With their generous support and funding, we started our Coffee Morning, held at the school, at the end of last year. Our support can vary from parenting and housing to financial advice and sourcing further support in particular to combat the cost of living crisis.

Not only do we and the school support these parents but the parents can emphasize with each other, lend a listening ear or sometimes even a shoulder to cry on. The support goes beyond our group and we are so grateful to see the difference we make.

L. Gray / E. Milton

Our Time

Support for families coping with addiction

To join our support group, contact our office.

SWANS

Support With Additional Needs

Our SWANS group enables all families to attend without diagnosis and to get the important support they need. It provides the opportunity for parents/carers and guardians of similar experiences to make new friends and share their challenges with people who truly understand.

One Member said: "I can't explain how much my life changed for the better after meeting the group."

Every school holiday we provide an activity morning but we're hoping to extend that to more with additional funding. Keep your fingers crossed for us.

If you would like to volunteer in our group, please get in touch with our office.

SWANS meets every Friday 10-12 (term-time).

Emily Milton

Women's Wellbeing Group

Having received a generous sum in donations, the New Year began with new opportunities and new challenges in how to spend the funds wisely.

The group created a 'wish list' and so far we have been able to add to the programme classes in cookery (curry) and dance (zumba), two trips (Christchurch in March and Hilliers Arboretum in June), and by the time this goes to print we hope to have a 'taxi' service operating which will make it easier for women on the Waterside to access the group.

Meanwhile, the knitting project we started in January is going well: a member sews together the squares we make into dog blankets for an animal rescue centre. Two other members are leading a session on 'the benefits of volunteering'. And every week there is the opportunity for friendships to be made over hot drinks and a chat.

We have welcomed two members recently - and continue to meet Fridays in term time from 9.30-11.30 in Room 1 at Cornerstone

Sue Capper

Hythe Huddle / Memory Group

Support for people with Dementia & carers

So much happened in our Hythe Huddle. We had singers, choirs, arts, crafts and for the first time a therapy dog. Kali, you were a star. Our support group is open to all people living with Dementia and their carers. Please ring our office for information or just drop in on the first Wednesday of a month.

Don't forget to follow us on Facebook too.



The Memory Group continued to enjoy a varied programme which has included health and wellbeing sessions; skittles and physical games; chair exercises; art using plastic bottles and lids with paint; singing; quizzes and word games; famous people and tunes plus other topical celebrations. We always have time for personal chats and recollections too within the sessions. Please contact us at the office if you would like to join. New members are welcome but need a diagnosis of mild to moderate memory difficulties or Dementia.

Laura Gray / Liz Beaven

On The Right Track - Mentoring

We begun working with our new intake of Year 6 children in January 24. This year we are supporting children in Blackfield, Hythe and Waterside Primary School and Marchwood Juniors and Wildground Juniors.

All the children have engaged well so far and are all eager to attend their sessions. Our parent meetings went well and the feedback received was how grateful the parents are for our support with their children.

As a team we have slightly changed the programme to allow for some modernisation and updating of the world today. These have been well received so far and are a definite improvement of the programme.

Nicky Wallis



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