

NEWSLETTER



Introduction from our Project Manager

It has been a busy start to the year. We have experienced a real increase in referrals from schools for more one to one family support. Showing the ever-increasing need for both practical and emotional support to help with various challenging situations in the lives of local families.

Many families too are struggling with the cost-of-living increase and our food bank referrals have also increased.

With this in mind, we have shared with all our support groups, information with vital contacts for anyone who feels they are in a crisis.

Laura Gray

● SWANS

Our Friday support group continues to be popular. Parents and leaders alike share their experience and learn from each other. Feel free to drop in anytime between 10 - 12 for a cuppa (term time only).

We are busy organising our next activity days for the school holidays. Looking forward to welcoming lots of families.



Follow us on Facebook

● Women's Wellbeing Group

We continue to run our weekly sessions on a Friday morning at the new time of 10 - 12am. We cover topics such as relaxation, memories, improving well being and reducing isolation. We have taken part in workshops involving wood engraving, cake decorating, angel keyrings, art, pampering, cookery, crochet and music therapy. They also attended an outing to a local garden centre and we are about to go on a day trip to Exbury Gardens. We have worked in partnerships with Acrylic Art, a local Mental Health nurse and Itchen College to run Be Well sessions. We offer weekly free transport for members to use.

Despite the daily challenges that the ladies face, it is a group filled with laughter, fun and mutual support and encouragement.

● Our Time

This year we have increased the regular Our Time meetings to once a month. We continue to get together at a local venue to support and encourage one another over a cup of tea. We also keep in touch via our WhatsApp group. We are always ready to welcome anyone experiencing the difficulties of coping with a family member with addictions. It is a very understanding and non judgmental group.

● Hythe Huddle

It has been such a pleasure to have welcome several new members over the past few months. Members have enjoyed a varied programme as always, including lively chair exercises with Sue, crafts, quizzes and a performance by the enchanting Retro Rita.

We are incredibly grateful to Hythe Wives who recently donated an incredibly generous £710 to our Dementia projects.

We are very thankful to all our volunteers who organise and support this support group and who turn up every single month to support our members.



The Freedom Programme

Success!

We have successfully run our first course of The Freedom Programme.

The participants learned what a healthy relationship looks like. They've also learned the various facets of an unhealthy relationship and how to cope with the consequences not just for themselves but also their children.

Quote:

"I've learned so much and the course has been valuable going forward."

Next course: 9. September 2025



● OTRT - On The Right Track

We are delighted to be working with Cadland Primary School for the first time this year and are enjoying building a positive relationship with both the staff and students at this school. We also welcome back five other local schools who have enrolled on our On The Right Track Programme for 2025.

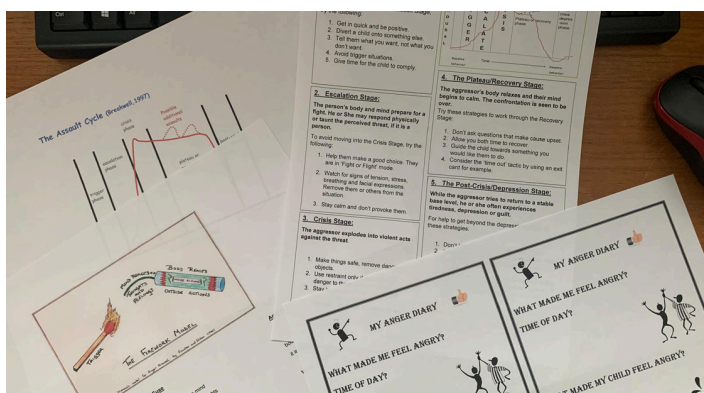
At the beginning of the year, we hosted a new online parents information evening for all our parents with children on our programme. This provided parents with the opportunity to learn more about what topics are covered during the programme and the options to ask questions. We also ran a face-to-face parents evening alongside this at one local school.

We are pleased to announce that we extended our mentoring sessions until February half term to support a local family in need.

● Memory Group

We continue to meet on Mondays at 14.00 for a range of different activities. This is a small and friendly group for those with mild to moderate memory problems. The sessions are created to promote stimulation and mental activity, and we include memory tasks, creative activities, discussion and games.

We also arrange occasional outings though meetings are mostly at Cornerstone Church. We have recently welcomed new members.



● Parenting Course

Courses continue to run at both Totton Baptist Church and Cornerstone Church, Hythe alternately, facilitated by us collaborating with Youth & Families Matter, Totton.

There have been three courses organized since April last year, concentrating on younger children up to teen years with a further course planned for teenagers next term.

We help parents use strategies to manage their children's angry reactions and behaviour and share ideas, tips and experiences. Parents also find the support between group members valuable and share problems within the sessions. This is an important part of the course. The groups are interactive with plenty of hands-on tasks and activities and time for discussion.

Parents find the courses positive and find their confidence is improved when managing difficult situations.

"It is nice to be with people who understand of what I am going through, to share ideas and to help each other"



Funders

We are incredibly grateful to all our funders.

A massive thank you for all your contributions. It makes such a difference.

- Waterside Community Fund
- NFDC
- Sovereign Network Group
- Hythe Wives
- Household Support Fund
- The Beaulieu Beaufort Foundation
- Barker Mills Foundation
- Tesco's Stronger Starts Grant
- Tesco – refreshments for our Hythe Huddle

If you would like to support or fundraise for us, please get in touch.

Our Groups

Memory Group

Mondays 14.00 - 15.15

Hythe Huddle

1st Wednesday 14.00 - 16.00
of the month

Parenting courses

Thursdays Booking required

Swans

Fridays 10.00 - 12.00

Women's Wellbeing

Fridays 10.00 - 12.00