



Youth and Families Matter

Working for the wellbeing
of our community



January 2020

Welcome to our January update.

After a busy December it has been time to catch up since we've been back in the office.

All the groups are back up and running, as is the schools and 1:1 work. As we look forward to 2020 we aim to continue to provide the support that our community needs.

We work alongside some other great agencies and as always we couldn't do it without the support of our wonderful volunteers and financial supporters so thank you!

Kelly

Happy New Year

Firstly, a big happy new year to you all. At the beginning of the year we always look back on the previous 12 months and we do that with much fondness. We finished the year sorting food and presents and once again being amazed by the kindness and generosity of this community. Of particular note were the 230+ bags of food from Totton Health & Leisure Centre who again supported Basics Bank by collecting during December. We were also blown away this year by Hounslow School's *Sweet thought* initiative that as well as donating a sweet treat also encouraged pupils to write

something positive for someone for whom Christmas can be a difficult time. There were some very special and thoughtful notes written which we know will have been appreciated by those who received them.

We can't mention Basics Bank without a huge big massive thank you to the team of volunteers who make it happen. They continue to sort, date and pack the food we've had in. At one point we had in excess of 90 full crates of food!

We're now busy planning for the year ahead and are looking forward to continuing to love this community in 2020!

Please note - *The Chapel* has slightly different opening hours for 2020....so don't miss out on your cake and cuppa! The café is now open 9am-12noon on a Monday, then 9-3.30 during the week and the amended time of 10-3 on a Saturday.



Looking ahead

Each year we spend a bit of time making sure we are still delivering the best support needed for this community.

Sometimes this means changing what we do or developing new areas of expertise.

For example, one area identified as a key focus for 2020 is around self-harm.

Staggeringly, almost 50% of the teenage girls we see have done or

are currently self-harming. This is a sad statistic and we want to make sure we can provide the best support as well as making sure we are doing all that we can to help build self resilience in our young people.

Our Youth Workers will be taking part in additional training in this area this year to ensure they have the skills needed to support our young people.



THANK YOU



We loved sharing a drink and a mince pie with some of our volunteers in December. This was a small way to express our gratitude for the hours given to help support our work. We're still working on last year's figures but in 2018 volunteers gave 3600 hours!! Simply amazing! Thank you!

Fond farewell



We said a big 'thank you' to Debbie Lailey at the end of last year. Debbie has worked at the *Chapel* for over four years supporting Laura and the team and will be missed. We wish her well in her new role at Oakfield Primary School.

Say 'cheese'

Thank you to all those who came and said hello or joined in with the nativity photo booth at the Totton Lantern Parade in December. We love this community and love being a part of it...even if it means dressing up as a donkey or angel!



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