

September 2011

YFM Newsletter

The Summer of 2011...it was fantastic...



...and many happy memories were made!

Play scheme week for 5-11's

Activity week for 11-14's

Family day trips

Read on to find out more ...

YFM's vision is to see the growth of wellbeing in our community, relationally, emotionally, practically and spiritually

YFM's annual **Summer Play Scheme** was a great success. The children enjoyed a week of games and activities and they especially loved having Chris Davis along with his collection of games, crafts, quizzes and magic tricks all helping them to learn about Joseph and his amazing journey.

"The children loved the play scheme and it was a great help to me as a disabled, single parent"

"I liked playing all the games, they were exciting!"

YFM's new **Activity Week** for 11-14's was a brilliant week of fun and **wet** activities. The young people enjoyed wide games, cooking, swimming, kayaking and sailing. Many new friendships and happy memories were made.

"Activity Week has given my son the most amazing positive week. He has ADHD and Asperger's, suffers with low self-esteem and has difficulty making friends, but this week he has talked about making friends and being part of a group. He has always had anxieties about water so to hear him trying the water activities has made us very proud."

YFM's **Family Day Trips** to Paultons Park, Bournemouth and Furzey Gardens were a little damp due to typical British summer weather! But a great time was still had by all.

"We joined you on the Bournemouth coach trip which we really enjoyed. I don't drive yet so it was great to be able to take my 3 kids out for the day somewhere different."

All these activities have provided great opportunities for YFM staff to continue supporting young people and families who may be dealing with difficult issues. Being able to meet together in a relaxed and informal setting has helped to build supportive relationships.

Do you shop online?

You can help raise funds for **Youth and Families Matter** without any extra cost to you.

Simply log on to:

www.easyfundraising.org.uk/causes/yfm

Then follow the links to over 2000 of your favourite websites and shop as usual. Earn cash for **YFM** as you shop. Plus 100's of retailer voucher codes to save you money when you shop.

We are really grateful to **CooperVision** for their recent donation towards the work of Streetwise. This donation will benefit Streetwise's work with young people on a Friday evening; providing somewhere safe for young people to go and a listening ear to help them deal with difficult issues.



Tides

YFM's support group for people diagnosed with depression is catering for this growing need. The group meets once a week.

If you would like to find out more please call us for details.

Great South Run

Graham McClaren and Steph Reeves will be running in this year's Great South Run in aid of YFM. This is a 10 mile run in Portsmouth on 30th October. If you would like to sponsor them you can donate by **Just Text Giving**.

Simply text **YFMP33 £** (followed by the amount) to **70070**.

Eg. YFMP33 £10

Graham has promised that if he raises over £1000 he will run in a fat suit, wearing a Southampton FC shirt, bearing in mind the run is through the streets of Portsmouth!!!

Please support our runners!



Please have a look at YFM's **Facebook** page and "Like" us in order to keep up with our latest news and photos.

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