

Youth and Families Matter

Our regular weekly activities and groups

all taking place at Testwood Baptist Church, unless otherwise stated. Call 023 8086 0320 for more information.

MONDAY		
9.30am-10.30am	Community breakfast	Our newest initiative, the community breakfast is open to anyone.
2pm onwards	Community allotment	An opportunity to get digging, planting and meet new friends.
9am-3pm	1:1 School mentoring	Mentoring service for children and young people with emotional or behaviour difficulties or at risk of being excluded.
9am-4pm	Basics Bank	Emergency groceries for families.
Throughout the day	1:1 Family support	Our Family Workers meet with individuals/families to provide support and guidance.
TUESDAY		
9am-3pm	1:1 School mentoring	Mentoring service for children and young people with emotional or behaviour difficulties or at risk of being excluded.
9am-4pm	Basics Bank	Emergency groceries for families.
Throughout the day	1:1 Family support	Our Family Workers meet with individuals/families to provide support and guidance.
WEDNESDAY		
1pm-2pm	TIDES	A support group for adults struggling with anxiety and depression.
3pm-5pm	After School drop-in	Taking place at Testwood School, this drop in is for young people in Year 10 and above. Our Youth Workers support them with advice and guidance.
9am-3pm	1:1 School mentoring	Mentoring service for children and young people with emotional or behaviour difficulties or at risk of being excluded.
9am-4pm	Basics Bank	Emergency groceries for families.
Throughout the day	1:1 Family support	Our Family Workers meet with individuals/families to provide support and guidance.
THURSDAY		
9.30am-11.30am	Coffee morning	Informal support network. A free crèche is available.
9.30am-11.30am	ADHD Support group	Support group for parents of children with ADHD. Last Thursday of every month.
Throughout the day	1:1 School mentoring	Mentoring service for children and young people with emotional or behavioural difficulties or at risk of being excluded.
9am-4pm	Basics Bank	Emergency groceries for families.
Throughout the day	1:1 Family support	Our Family Workers meet with individuals/families to provide support and guidance.
FRIDAY		
9am-4pm	Basics Bank	Emergency groceries for families.
9.30 - 10.30	Belong	A group for adults wanting to explore the Christian Faith. Takes place at The Chapel.
Throughout the day	1:1 Family support	Our Family Workers meet with individuals/families to provide support and guidance.
From 2pm	Community allotment	An opportunity to get digging, planting and meet new friends.
7pm - 9pm	Youth Club	In conjunction with Testwood Baptist Church our Youth Workers help facilitate Youth Club, for young people aged 11 to 16.

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Courses and half term/holiday activities

all taking place at Testwood Baptist Church, unless otherwise stated. Call 023 8086 0320 for more information.

COURSES		
Six week course with 1.5-2hr sessions	Support for parents of teenagers (SPOT)	Organised at intervals throughout the year and usually runs on a Monday evening or Thursday morning.
Six week course with 1.5-2hr sessions	How to manage your child's angry feelings	Organised at intervals throughout the year. Sessions usually take place on Monday evenings or Thursday mornings.
Eight week course	Self Esteem	Organised at intervals throughout the year the course aims to help build self esteem and confidence.
HALF TERM AND HOLIDAYS		
10am-3pm	Playscheme	A week long playscheme during the summer holidays and a day at Christmas aimed at children aged 5-11 years old. Activities include cooking, craft, games and sport.
All day	Activity Days	For young people aged 11-14 off-site activities include climbing, swimming, bush craft and canoeing.
All day	Family Trips	Organised trips for families during the holidays. Previous trips have included Swanage, Weymouth and Paultons Park.



As well as all of these activities, courses and groups, our coffee shop and charity store, *The Chapel* is also open Monday-Saturday 9.30am-4pm. The Chapel can be found at 12 Hammonds Green, Totton and aims to be both a great place for the community to meet and enjoy but to also raise funds to support the work of YFM.

Youth and Families Matter (YFM)

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