A safe, confidential way for young people to receive free counselling, advice and support on-line (via our 24 hour website).

Including

A chat function for a young person to drop in to speak to a readily available counsellor (see below for live chat times).

A messaging function to contact the service

Live discussion groups.

N.B. The service is staffed by fully trained and qualified counsellors and is free to access for all 11-25 year olds, who live or go to school in Solihull or are looked after by Solihull Council or have a Solihull GP.

**Website:** [http://www.kooth.com](http://www.kooth.com/)

Monday to Friday (12:00 – 22:00 live chat)

Saturday & Sunday (18:00 – 22:00 live chat

The volunteers of the charity really appreciate the regular monthly donations we receive, for example in the previous financial year this amounted to £2540. Cash donations over that year amounted to over £1000. One family recently gave us a large jar of 20ps, which amounted to £195.

***Thank you to all our donors. We are truly grateful for this support!***

Family Equip is staffed by volunteers over 30 people regularly help by giving their time and this helps us keep going **thanks so much**

**Family Equip** A Company Limited by Guarantee, Charity Registration No 1112769; Company Registration No 5596057

**FAMILY EQUIP NEWSLETTER September 2019**

** A new role for Beckie Kiddoo**

Beckie has been part of the organisation of Family Equip since its birth in 2004. She has faithfully served our management group of trustees and advisors as a minute secretary. At a meeting in January 2019, we asked her to consider becoming a trustee and to chair our meetings, which she kindly agreed to do. As a wife, mother, grandmother and administrator Beckie enjoys bringing organisation to many areas. Her faith in Jesus has made a big difference to her life and she’d like everyone to have the opportunity to find out more about Him. She attends Grace Church that meets in Shirley.

**SUPPORT FOR OUR FAMILIES**

During 2019 so far we have had 23 new families call and ask for support. Some of their needs are very challenging including children who have severe mental health challenges and other needs. Also they have struggled with a lack of provision from social services, Special Educational Need provision at school, and mental health services.

We have had 5 parent support meetings talks about transition, provision and the law regarding special educational needs. We had a helpful visit from SOLIHULL SENDIASS.

**On the 12th September 2019** we have a meeting planned for parents when we will be talking about our therapeutic work with children. This will be at the Bridge at 10am.

In October Julie Hackett of Solihull Council is coming to talk about recent changes in the service that is hoped will contribute to improving positively children’s emotional well-being. This will be 7.30 on the evening of 3rd **October** at the Bridge.

On the **7TH November** our parents meeting will be about improving our child’s mood at 10am at the bridge.

**SUPPORT FOR CHILDREN**

During 2019 so far we have run 8 series of clubs for boys, girls and siblings. We have discussed challenges they face, for example, overcoming disappointment and overcoming bullying. In another series we discussed acceptance such as accepting change, failure and our emotions. We have run 7 mixed groups for the older youngsters 16+ where they socialise in a safe place at the Bridge. We are hoping to add to the numbers of our siblings group later this year.

9 children attended a very successful Lost and found group for 12 sessions in the spring. Children learnt to talk about their feelings about changes in their family life and at the same time made friends.

We have also given 9 young people one to one support .These sessions have covered anxiety, trauma, changes in educational provision and relationships with separated parents.

One of the aims of our club is to enable young people to socialise with greater confidence. From a parent evaluation questionnaire 100% of the replies showed they felt there were signs of the young person’s confidence having improved. 40% reported significant improvements!

**Other News**

Are you aware that two of the young people linked with Family Equip have written books?

**That’s Not Right!** My life living with Asperger’s by Alex Manners

Alex relates his experience of being diagnosed, his mental health challenges, and how he learnt to adapt to school, transport and family issues.

He also shares about his special interests and his ambition to work in television.

**Invisible Me** by Tyler Inman (age 10 11/12ths )

Tyler explains how he feels different to other people and how he has overcome loss and depression and struggled with sleep. It is a hope inspiring message.

If you would like to buy a copy of these books or borrow one please let David know on [familyequipe2e@gmail.com](mailto:familyequipe2e@gmail.com)

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If you are buying presents from Amazon, perhaps you could use smile.amazon.co.uk. 0.5% of your purchase will be passed on to Family Equip as a donation.

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