**Exciting News**



Family Equip is delighted to announce it has been selected as Community Partner for

Coventry City Building Society- Solihull branch for 2020.

Coventry City Building Society will help us raise much needed funds to continue to support the therapeutic clubs. We will be able to go into branch on fundraising days to help support their charity days and promote, whilst informing customers about Family Equip and how we can help support. In turn Members of Staff from the Building Society will come and support our parent meetings and family stay and play days.

Family Equip look forward to working with Coventry City Building Society during the year.

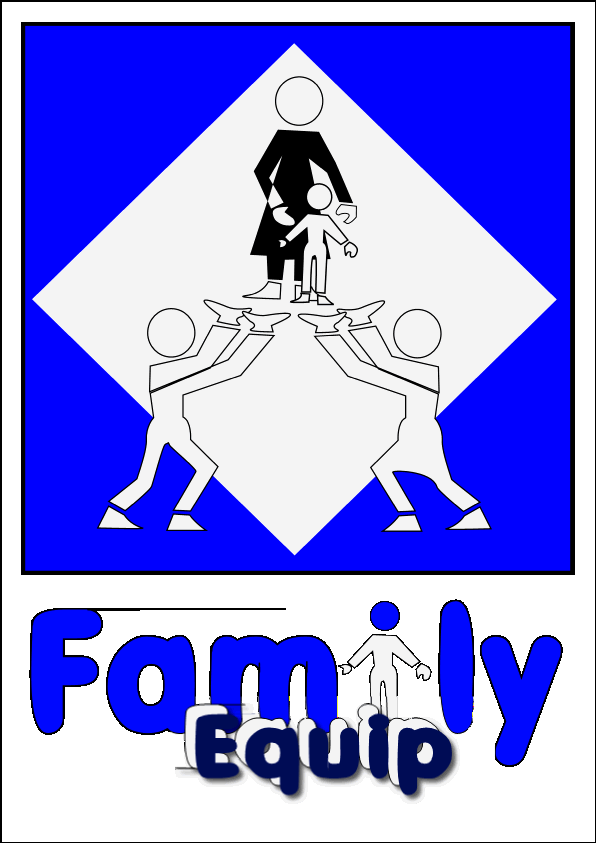
The volunteers of the charity really appreciate the regular monthly donations we receive, for example each month we have £195 paid directly into our account by standing order.

You will be pleased to know all the cash donations we receive are recorded carefully and we get Gift Aid from HMRC and we claim this once a year. If anyone wanted to give regularly to Family Equip, please ask us for appropriate forms.

***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 March 2020**

**SUPPORT FOR OUR FAMILIES**

On the 30th of January we had two members of the Solihull SENDIAS service visit us. SENDIAS supports parents of SEN and they gave us a lot of advice about our legal rights including SEND procedures and the appropriate support for children in school.

Tel: 0121 516 5173

Email: [solihullsendias@family-action.org.uk](mailto:solihullsendias@family-action.org.uk)

On the 20th of February we ran our first Parents Meeting Stay and Play. A massive thank you to everyone who attended the Stay and Play, it was very successful event with over 10 families attending. The children had a wonderful time Playing table tennis & computer games and creating art and craft. Parents had time to discuss ‘Good Mental Health’ which linked to Children Mental Health Week running from 3rd-9th February. This year’s theme was – ‘Find you’re brave.’ We finished both sessions with a family workshop in which both parents and children wrote on the board, why they are proud of themselves and what makes them happy. A lovely positive end to the sessions.

A massive thank you must go to the Family Equip Volunteers for making the event so successful.

See you all again soon.

New Parent Befrienders

During February Tracy Inman has trained three new parent befrienders.

Beckie Kiddoo

Serena Kett

Zoe Green

Welcome to the team

**SUPPORT FOR CHILDREN**

Therapeutic Clubs

At present we have 4 successful groups. The group for younger boys currently accommodates 8-10 boys. All but 2 of them are going to start secondary school in September so things might have to change

This spring our team have been talking to the young people about the relationship between their feelings and thoughts. The series is titled Think Again.

Aimee led the discussions, where we covered what triggers our responses to situations, be it, in the environment, pre-conceived ideas or an incident that happened previously. We thought about catastrophizing the situation, while challenging our automatic thoughts. We should stick a few pauses into the process. It’s ok to ask for help and offer help. Deal with any criticism, learn from the mistakes, move forward and persevere.

3 young people have attended a workshop about building their confidence.

16+

We have made a decision to hold a 16+ group once a month. This is a group where young people can come to an unstructured group where they can socialise with each other and the volunteers. This group is very popular. In February we had a great time all playing a quiz game! The ages range from 16 to 23. The club provides a safe place to meet.

One-to-One

One young person has received help with their anxiety at school

Two individuals are receiving specialist help with teenage issues

**Projects for Which Funding is Needed**

In order to fulfil our vision and to expand in terms of demand, we have made the challenging decision to employ paid workers.

Tracy Inman and Heather Cole are very busy being involved in bringing new life into Family Equip updating policies and fundraising. The charity would like to have the finance to pay them for their part time work.

Tracy is a new part time staff member who will have 2 roles **Parent Befriender Co-ordinator / Education Advisor.**

Heather will have 2 roles as well **Therapeutic club Co-ordinator and Parent advisor**

**Smile.amazon.co.uk**

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