

Are you thinking of organising an event?

If you want to organise an event to raise funds in aid of WBAF please contact the office so that we can advise you and maybe even help out.

Here are a few simple ways to get started:

www.everyclick.com

Raise money by simply changing your search engine to Everyclick

www.giveasyoulive.com

Thousands of stores donate money to your chosen charity when you shop online at GiveAsYouLive

www.JustGiving.com/wbaf/raisemoney

Set up your own fundraising page for free and promote your fundraising events

www.JustTextGiving.com

You can make one-off donations to WBAF via your mobile phone by texting: **Time01 £5 to 70070.**

If you want to hold a fundraising event in aid of WBAF you can even sign up with JustTextGiving and create your own mobile code number in aid of WBAF. Any money raised on our behalf and sent to that number will be given to us by JustTextGiving.



Supporting families across Westminster

Mistry Creations



Home of lanyards and hand-made limited edition jewellery.

I wanted to link my business to support a small UK-based charity that works to support children and families. Having volunteered with Westminster Befriend a Family, I have seen the excellent work this organisation does and the strong support it provides its volunteers. Therefore I have decided

to donate 35p to this charity from the sale of each item through Mistry Creations. By buying from Mistry Creations you will be helping WBAF to, through its network of over 100 family support workers, provide intensive support to hundreds of socially excluded families who are struggling to cope with complex and high priority needs such as homelessness. www.mistrycreations.co.uk



When we met Sonia she was like a skeleton. She was sleeping in a studio with two emotionally disturbed children and was on the verge of a breakdown.

We help people like Sonia put their broken lives back together, and equip them to face the future.

Please support us: **Every Second Counts...**

Every Second Counts is a campaign run by Westminster Befriend a Family (WBAF) to raise funds to provide practical help and support to disadvantaged families in Westminster who are unable to cope with the debilitating problems they are going through.

Please Support us by Making a Text Donation

To donate, text:

Time01 £2 (or)

Time01 £5

Time01 £10

To: 70070

- Help abused children put their broken lives back together
- Help families to keep their homes, or relocate to suitable accommodation
- Help struggling families to maximise their incomes
- Provide breaks for distraught and depressed parents
- Provide exciting days out and activities for isolated children living in poverty
- Mentor children and help them to achieve more
- Provide support for sick and hospitalised family members

Familyfocus

Newsletter SPRING 2012



WBAF SETS UP AN ACCOUNT AT THE FOODBANK

Westminster Befriend a Family (WBAF) is now a referrer for the Westminster Foodbank. WBAF is working with Westminster Chapel, who set up the initiative, to alleviate hunger faced by the poorer residents of Westminster.

Foodbank provide three days' worth of food in exchange for a voucher. Westminster Foodbank supplies these vouchers to its partner organisations who give them to clients who have been assessed. Foodbanks are designed as a short-term solution only, and partner organisations work with clients to deal with clients' longer term requirements. "We are excited about this initiative that Westminster Chapel has set up. Not being able to feed your family is sadly becoming more common. We are grateful to those who have donated food, and those that have donated their time to help out at the foodbank. It's great when the community pulls together to tackle a pressing need especially in the light of the economic crisis," said Jacqueline Crooks, Director of Westminster Befriend a Family.

The Westminster Foodbank is open on Mondays between 2 and 4pm and Thursdays between 11am and 1pm.



UPGRADING YOUR PHONE CAN BE DAMAGING TO YOUR WEALTH

I had decided that my phone had been bound with Sellotape for too long and I was overdue an upgrade. I contacted my network knowing full well what my entitlements were and pretty much what kind of phone I wanted. I took myself off to the nearest network phone shop. I won't name the network but what I am about to reveal is common practice in some shops... I used to work in the industry.

I told the phone specialist that I wanted to upgrade. He tried to go through the usual fact finding questions to see if I was one of those customers that he could sell the latest gimmicky phone to. I stopped him in his tracks and told him exactly what I wanted and that was the end of that. He then went behind the counter and input my details into the system to call up my customer records. After I declined the insurance offer he then proceeded to ask just one more question – and this is the question that actually stopped me in my tracks:

"Do you want an upgrade for the same length of time as your last contract of 24 months?"

Question: Well what is wrong with this question, I hear you ask?
Answer: about 6 months.

You see, my last contract **wasn't** for 24 months - **it was for 18 months.** Upon declining this offer, I was surprised by his wry smile. He then looked up at me and said: **Contd...**

Continued from page 1

"I thought I'd give it a try... you know so many people don't know their contract length. They just agree and say 'Ok', because I have just convinced them that they'd taken their last contract out for 24 months – it's just clever psychology."

I was horrified and told him what I thought of his tactics. He shuffled uncomfortably when I told him that I might actually be a mystery shopper. I'm not – but it was worth saying it to wipe that smug smile off of his face.

So a word to the wise, there are lots of little tricks that the consumer industry uses to rope you into extended contracts which look like 'Great Deals.'

I shall be writing more over the coming weeks on other things to be aware of, so watch this space... or not – it's not like you're contracted to.

The Mystery Shopper

De-clutter and Make Some Change

You can make a little bit of money by selling your unwanted books, games, and CDs online:

It won't make you rich (not unless you've got a library in your house) but it will free up some extra space and put some 'rainy day' change into your pockets.

Postage is paid for by the companies.

www.zapper.co.uk
www.fatbrain.co.uk
www.musicmagpie.co.uk

Every Second Counts: People get ready, there's a train a comin'



It's Monday morning and I have escaped the curse of the crack of dawn blues by way of the sun piercing through my window and blazing its rays onto my face. I find myself in that heady state where you can almost slightly fool yourself into believing that you are in a foreign country where the sun is an ever present friend.

The sound of Bob Marley's "Sun Is Shining" begins as I start my walk towards the train station. Once I arrive the hustle and bustle of people intensifies as the rush to get to their varied destinations becomes their only focus. The rose tinted glasses that had guided me on my journey up until this point are about to be altered to a darker shade of grey. I take out one of my headphones.

The platform is overcrowded and the train is running late. The cost of train fares continue to rise while the quality of service maintains a steady flow of free fall. Looking up at the digital time table the general feeling amongst the swelling crowd is one of simmering rage resulting in anger being hurled toward this innocent inanimate object in the form of steely glares. A sea of eyes watch the right hand corner of the digital display that shows the expected arrival time for the delayed train and it seems to be escalating frequently, which is then greeted by a crescendo of sighs and kissed teeth.

By the time I catch the first glimpse of the train heading towards me (20 minutes late due to a "signal failure") I realise that there are only three carriages, and you don't have to be Einstein to work out there is a about to be a square peg being forced into a round hole situation about to go down.

I take out my remaining headphone and press pause.

Knocking on the carriage window I gestured to a deliberately oblivious passenger in my

best dramatic sign language (ok maybe I raised my voice slightly) to convey to them that if they wouldn't mind moving forward just a couple of paces it would enable more people to get on. My suggestion was met with compliance by the passenger although done with subtle displeasure. The crowd around me cheer my affirmative action and we proceeded to squeeze onto the train.

Once on the train I find myself in an uncomfortable position that stretches the parameters of my idea of personal space to their very limits. Not only do I have the pleasure of someone's hair in my face, I also have the added bonus of being underneath the hovering arm of a man who did not have the "Lynx effect".

Today it seems many people are in such a rush that they forget to take the time to consider others.

"Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it you can never get it back."

By just one person addressing the situation and another taking a few steps forward it allowed many more passengers to get onto the train. When you live in a busy city, time is of the essence and sometimes you can rush past people who are in need without taking them into consideration. Whether it's the busker singing their heart out or the pregnant woman who needs help carrying her buggy down the stairs it really does not take much to give them a bit of our time. When people pull together life's journey becomes a far less arduous one.

Headphones back in my ears, I press play.....

"To the rescue, here I am"

Tyrone Wright
Writer and musician
www.soundrevolutions.blogspot.co.uk

Twelve lucky young people from Westminster are going to have an opportunity of a lifetime: watching their work being performed by professional actors in the West End.

Soho Young Company teamed up with Westminster Befriend a Family (WBAF) to provide this exciting opportunity for WBAF's young service users in the form of 4 exciting workshops.

"This is a great opportunity to encourage and develop our young talent and allow them to see their dreams brought to life on a West end Stage in Soho Theatre. Who knows? We could be responsible for London's next great playwright," said Jessica Husbands, WBAF's Young Peoples Project Manager and the person responsible for making it happen.

Week one commenced with Jim Kenworth, from the theatre, giving the young people some background information about the Soho Theatre and highlighting some of the well-known actors associated with it; including Ashley Walters (aka Asha D) from 'Bullet Boy' and Adam Deacon from 'Anovahood'. He explained that at the final workshop the young people would get their written work performed by some well-known actors.

There was plenty of fun and laughter throughout the workshops and all the young people said they learned a lot about writing plays. The young people also received a behind the scenes tour and a free theatre ticket.

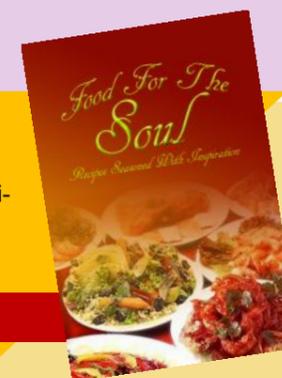


Food for the Soul

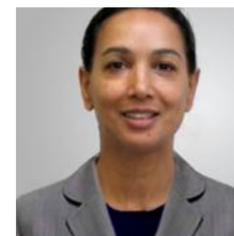
A group of ladies from our coffee morning have decided to donate some (closely guarded) recipes and inspirational quotes to produce a mouth-watering, soul-warming delight in the form of an electronic recipe book called "Food for the Soul." The recipe book will be available from the WBAF website for free, but donations will be accepted on our **JustTextGiving** number:

Text: Time01 Amount: (either £2,£5 or £10) £5 To: 70070

"Food for the Soul" Coming soon!



WBAF Extending its Family Support Services to 17 and 18 year olds



Not only are we the only charity in Westminster to support children aged 0-16 and their families inside and outside their homes, we will be piloting a scheme to support 17-18 year-olds and their families. If the pilot is successful we will roll out the scheme to more young people.

"The decision was taken to increase the age range because there are emerging issues facing young people, such as sexual exploitation and increasing numbers of young people affected by crime and mental health difficulties. We are keen to use our experience and work in partnership with social services teams to pick up cases where young people and their families do not meet the threshold for social work intervention, so that these young people and their families do not fall through the net. We will provide mentors to these young people to encourage and empower them to be the young men and women of tomorrow," said Jacqueline Crooks, WBAF's Director of Services.