

INTRODUCING:

Our New social Work Students and Interns:

Zoe Quinn (Social Research): Currently studying Social Policy at the London School of Economics and Political Science (LSE). Zoe is also learning Arabic. She spent this summer living and studying in Jordan – for those of you that speak Arabic feel free to test her out if you see her! Zoe is looking forward to meeting our families and will be carrying out interviews with many of them over the next 4 months to gather feedback and monitor how well we are meeting their needs.

George Enniful (Homeless Family Project Manager). His background is in housing management (supported housing). He'd previously worked in a housing association as a Tenancy management Officer, managing adults with learning difficulties to maintain their tenancies, providing support with rent and service charge payments, dealing with anti-social behaviour, reporting maintenance and repair, housing benefit and council tax applications. His sporting interest is football and he supports Leyton Orient. ☺

Rob King (Project Manager – Best Start Project): currently studying an MA in Social Work. His first degree was in BSC Psychology. Most of his past work experience has been based in charities such as Shelter and church organisations, the Civil Service, and the NHS. Rob also worked for Adult Social Services at Southwark Council. Rob's loves are his daughter Eva, and anything to do with sport - especially football and running. (Not Leyton Orient though ☺)

Nadine Docherty (Project Manager) recently started an MA in Social work at Middlesex University. She volunteered with Richmond Aid, for over a year, which offered benefits advice to individuals and families with disability and learning difficulties. She was also an English language teacher for a charity which mostly worked with socially isolated immigrant mothers or refugees helping them to integrate into their local communities. Nadine also spent some time shadowing a hospital reablement team working with senior social workers. On a personal note, she just started Bikram yoga (the yoga you do in 40 degree temperature). Surprisingly she really likes it and wants to stick at it! (Good luck Nadine! ☺)

WBAF COFFEE MORNINGS at the Beethoven Centre

Future topics:

- ◇ Feet therapy.
- ◇ Talking to our inner critic.
- ◇ Stress reduction techniques.
- ◇ Healthy eating.
- ◇ IT skills.
- ◇ Yoga.
- ◇ Domestic abuse.
- ◇ Money skills.

WBAF OFFICES CLOSING DURING THE CHRISTMAS HOLIDAY

Dear Families and Volunteers

Please note our office will be closed for the first time during the Christmas and New Year Season.

The staff team have worked throughout 2011 and 2012 without any long term breaks so they will be taking a well-deserved holiday.

The office will be closed from Monday 17 December (just after our Family Christmas Party), and will open again on Thursday 3 January 2013.

During this period, if you need urgent support you may contact Jacqueline on **07827447034**. This number is also given on our answer-machine.

The staff team wish you all a wonderful Christmas and New Year.

Please Support WBAF by Making a Text Donation

To donate £5, text:



Time01 £5

To number: 70070

(The maximum you can donate in one text message is £10)

(100% of your text will be sent to WBAF)



Supporting families across Westminster

Westminster Befriend a Family,
34 Buckingham Palace Road, London SW1W 0RE
TEL: +44 (0) 207 828 2765 | FAX: +44 (0) 207 000 1223
EMAIL: admin@befriendfamily.co.uk WEB: www.befriendfamily.co.uk

Familyfocus

Newsletter WINTER 2012



William Wates Memorial Trust visit WBAF's Martial Arts Project

In October Monty Came to visit Westminster Befriend a Family's martial arts project in North West London. He was overwhelmed with the positivity emanating from the families of the children taking part. He spoke to a wonderful collection of mothers (see photo) who could not have been more positive about what the project has done for them (connecting them with other mothers and the wider community) and their children (more confidence, less fighting, more disciplined). It really is a fantastic project and one that the WWMT is enormously proud to be sponsoring.

CHILDREN'S CHRISTMAS CARD COMPETITION



Congratulations to 8-year-old Ania Wieldgorska, the winner of WBAF's Christmas card competition. She will have the honour of her card being printed as our official 2012 Christmas card, and it will be sent out to our supporters. Many thanks to Cydney and Kelsey, our wonderful American interns who organised the competition. To view all the entries to the completion go to:

www.befriendfamily.co.uk/xmas-card-entries/



"Aye Aye Captain!" Leadership Training for Young People

On 10th November 2012, Westminster Befriend a Family paired up with Westminster Boating Base to host a free leadership programme for young people.

The fun-filled day taught fifteen young people leadership skills by participating in games. Those who took part in the programme were given Young Leader Awards, which is the first stepping stone on to further skills and opportunities. They can then continue their leadership skills through programmes that are frequently offered within the schools. This programme provided the young people with a way to personally better their community. They will be able to bring back the skills and activities that they have learned and teach the younger children in their schools and communities. Not only will this responsibility improve the confidence of the newfound leaders, but it will give the other children around them a safe and healthy outlet for their energy. The programme also encouraged exercise and hands on activities, as well as being a great way to forge new friendships.



BRITISH LAND STAFF SUPPORT WBAF ON SPONSORED RUN

A team of 10 runners from British Land ran the Royal Parks Half Marathon on 7th October.

They ran to raise money for three charities supported by their Staff Charity Fund. Westminster Befriend a Family was one of the beneficiary charities.

The money they raised will go to WBAF's martial arts project. They are presently collecting all of the sponsorship money and will be presenting WBAF with a cheque later on this Month.

British Land will generously match all sponsorship raised by their staff team. A great big THANK YOU! to all British Land employees that took part.



WBAF's CHRISTMAS PARTY—15th Dec, 3-5pm

That time is here again. Yippee! The wonderful employees from Experian are once again resourcing our Christmas party, and British Land employees are going to be donating presents to all the children. Stars!

Venue: Paddington Arts Hall, 32 Woodfield Rd, London W9 2BE

RUBENS FUNDRAISING DINNER

On October 29th Westminster Befriend a Family (WBAF) launched their first dinner debate, *Life Stories*, which was generously hosted by the Rubens at the Palace Hotel.



Life Stories was attended by a number of high profile writers such as Dame Margaret Drabble, Michael Holroyd, Sacha Alexander, Louise Doughty, Mick Jackson, Jacob Ross and Gillian Slovo.

The purpose of the event was to raise awareness of the lives of children and families living in poverty in Westminster.

The theme of the event, '*Life Writing & Social Action; writing that witnesses, breaks silences, and transforms lives*', was segued into a debate directed by the two hosts of the evening, WBAF's Director, Jacqueline Crooks - who was a recent Orwell Prize panellist; and Richard Skinner, Director of the Fiction Programme at the Faber Writing Academy - also an author of several biographies.

All writers were very engaged in the debate.

Some quotes of the night:

'I am interested in the world. Am I a campaigner in my novels? I don't know. It doesn't feel like a moral responsibility, it is curiosity; the fiction writing is the structure. Poverty is when you have nothing to lose.'
Gillian Slovo

'Social responsibility is not obvious from the beginning in writing. Non-fiction novels are more moral. What is poverty? You have no money, you have no choice.'
Michael Holroyd

'The secrecy of poverty, which Orwell wrote about, is evident. Families living in poverty are living secret lives, ashamed of their living environments, unable to access mainstream activities. We run many projects working with young people which keep them motivated. Young people have hope', said WBAF's Director, Jacqueline Crooks.

The event raised in excess of £12k, which will enable WBAF to continue its invaluable service to the community

Jacqueline Crooks, chosen as panellist for Orwell Prize debate on poverty

In September Westminster Befriend a Family's Director of Services (WBAF), Jacqueline Crooks was chosen to sit on the debate panel of the prestigious Orwell Prize.

The debate titled: "*Poverty then and now: Orwell and his successors*" examined the parallels between poverty in the 20th and 21st Centuries, and discussed how writers can make an impact on society.

'I was honoured to be chosen to sit on the debate panel.' said Jacqueline. *'As a writer and a person working on the ground with vulnerable, poor, and marginalised families I fully appreciate the power that words have in shaping and inspiring individuals and societies. Just as the politician chooses his words and policies, or the craftsman sketches out his design on paper before he brings it into fruition, writers also have the ability and responsibility to add their creative influences to society. And like the craftsman, we - as well as society's policy makers - should pay attention to the old proverb: "measure twice and cut once."*

The Orwell Prize is Britain's most prestigious prize for political writing. Every year, they award prizes for the work - the book, the journalism and (since 2009) the blog - which comes closest to George Orwell's ambition 'to make political writing into an art'. Other panellists were Stephen Armstrong, Dr Michael Sayeau, Gavin Knight, and was hosted by Katriona Lewis



O COME ALL YE FAITHFUL:

Come Join us Carol Singing!

We will be singing our hearts out at various underground stations and other venues in the Westminster area. Do you sing in a group, choir or just have a few friends who are feeling festive? We'd love to hear from you, however young or old - and no auditions necessary, it's all about the goodwill rather than the X-Factor! If you're not feeling vocal, perhaps you could help us with some collections?

We have morning (7.30am - 9.30am) and evening (4.30pm - 6.30pm) slots available on the following days. Just email us at admin@befriendfamily.co.uk and let us know which ones would suit you and we'll be back in touch:

**Tuesday 4th December, Wednesday 5th December
Thursday 6th December, and Friday 7th December**

If you are part of a church and already have a carol service planned, why not suggest a collection in aid of Westminster Befriend a Family? We can supply you with information about our charity to support your collection.

CAROL SINGING

Dec 4th, 5th, 6th & 7th
at various Westminster venues



Join us for some festive fun: raising money and awareness of vulnerable families in Westminster:
(7.30am - 9.30am) (4.30pm - 6.30pm)
email: admin@befriendfamily.co.uk



Songs by:

The Choir of the Grosvenor Chapel
Gospel singers

Dawn Thomas Wallace.
Dawn has been a respected figure in the British gospel scene since the '80s. She has made numerous TV appearances.

Jessy Hajiha

Alice Watts
Alice performed at the London Olympics

Yiannis Chrysanthou
Yiannis is an X-Factor contestant. He will be singing from Michael Buble's repertoire.

Readings by: Gavin Knight

Writer and journalist, and author of the best-selling *Hood Rat*. *Hood Rat* was serialised in the Daily Telegraph and Film Four are currently developing it into a film.

Jacob Ross

Poet, playwright, novelist and Fellow of the Royal Society of Literature. His novel, *Pynter Bender*, was Metro Book of the Week.

Christmas Concert

Wednesday 5th December at 7pm
at the delightful Grosvenor Chapel
South Audley Street W1K 2PA

An evening of Christmas Carols and readings in support of two charities supporting families in Westminster: WBAF, and Newpin

Newpin
Newpin is a family centre based in Westminster. Through their programme of parent support and family play groups, they aim to inspire parents to recognise the value of consistent, good practice in caring for children, and they improve the skills and confidence of parents.
www.newpincentre.org.uk

Order form:

There are two levels of tickets available for this event - Concert only, or the option to attend the drinks and canapes reception in addition to the concert.

Number of tickets required:

Concert only: £20* per ticket
*includes a £15 voluntary donation

Concert and Reception (tickets limited): £45* per ticket
*includes a £35 voluntary donation

I am unable to attend but would like to make a donation of £..... to Westminster Befriend a Family/Newpin*

*All donations will be split equally between Westminster Befriend a Family, Charity no: 1082452 and Newpin, Charity No: 1029714

I enclose a cheque for £.....

Please make cheques payable to Westminster Befriend a Family and send cheques to: Westminster Befriend a Family, 34 Buckingham Palace Road, London SW1W 0RE

Card payments can be made on the donation page at www.befriendfamily.co.uk

Name:

Contact tel no:

Address:

Postcode:

*Email:

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I am a UK tax payer and I would like Westminster Befriend a Family and Newpin to treat all donations I have made for the four years prior to this year and all donations I make in the future as Gift Aid donations, until I notify you otherwise.

Tickets and final event information will be sent out in November.

*By providing your email address you are giving your consent for us to send you information about the work of Westminster Befriend a Family and Newpin, including upcoming news, events and fundraising activities. We promise that any information you give us will be used for Westminster Befriend a Family and Newpin only. If you do not wish to receive further mailings about our work, please email us on: admin@befriendfamily.co.uk

For more information and to buy tickets, please go to: www.befriendfamily.co.uk/christmas-events
Phone: 0207 828 2765

