

## Supporting the Volunteers @ FSW

### Welcome to FSW News

Our aim is to keep you informed about FSW and give you an opportunity to input into our work

Chichester Diocesan  
Association for Family  
Support Work

Registered Charity No.  
285337

A company limited by  
guarantee  
Registered No.  
1648903

Central Admin:  
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We are delighted to be able to have 3 Open Gardens this year so put the dates in your diary and come and enjoy some beautiful Sussex gardens, refreshments and stalls. More details available on 01273 425699 and our

website under the news and events section.

Children are given free entrance and there will be refreshments available at all events.

Recently we held an Open Garden at Newtimber Place and they continue with:

**Ringmer Park**  
Wednesday, 13 July 2011  
Ringmer Park,  
Uckfield Road,  
BN8 5RW

2.00-5.00pm  
Entrance £4.00

**Hankham Hall Cottage**  
Saturday, 27 August 2011  
Stonecross, Eastbourne,  
BN24 5AH  
5.00-7.00pm  
Entrance £3.00



## Knowles Tooth Refurbishment Success!



Visitors to Knowles Tooth may notice some of the recent refurbishment that has taken place in the playroom, art room and some of the bedrooms. This work was recently aided by a small team of volunteers (pictured Sarah Nagy, Graham Derrick, Gary Langridge) who gave up

several days in order to complete this phase of the work. Gary commented, "It is really helpful that I am able to contribute in such a practical way to help families have an enjoyable break. It is so rewarding doing this right from the start."

In addition to this we were able to secure items of bedding and furniture from the Hilton Brighton Metropole Hotel who were in the process of refurbishing when a volunteer called them to ask them for items to help us. Nicky Menzies from Hilton was only too glad to help and continue the relationship to supply us with more goods when the process of refurbishment is completed in July. It really

does prove the point that people sometimes make-if you don't ask you don't get!

A further added bonus for us was the ability to help another local charity Emmaus who collect and resell donated furniture enabling people to move on from homelessness. They benefitted from the generosity of the Hilton with the items unsuitable for use at KT.

(see the photos online at [www.familysupportwork.org.uk](http://www.familysupportwork.org.uk))



# Pancake Party at Knowles

Mid-Sussex support worker Catherine celebrated Pancake Day with 15 children and 25 adults (parents, staff and volunteers) with a party at Knowles Tooth. Eggs, flour and milk were enthusiastically beaten and many pancakes were successfully flipped before being coated in a variety of toppings and being snaffled up by the hungry hoards. Much running and flipping talent was spotted in the pancake races and some fantastic masks were made. We also had the opportunity of enjoying all the garden equipment as the weather was fine. Thank you to everybody who came to this event and helped to make it such a success. Everyone was given the opportunity of writing comments about Family Support Work. Here are some extracts.

## About the party

"What a lovely place, with lovely people. Somewhere to have fun, play games and eat pancakes! Full of friends, new ones and old. Wonderful."

"I have enjoyed today!! Lovely supportive people!"

"I have enjoyed coming here today because it has been really fun doing all the activities! By Rebecca"

"You made us feel welcome and happy with all the fun and games. Thank you. x"

"I am Kieran. I like this place because the staff are nice and the activities are good."

## About FSW

- "A valuable source of support. Has made a huge difference for my family through the years. Not sure where I'd be without FSW!"
- "FSW means a lot of caring folk helping to make life happier for those who have fallen on hard times"
- "A wonderful organisation full of wonderful people"
- "Support when you need it"
- "My family are more stable knowing there is always someone to help! Always there for me and my family! Thank you! Dani age 14"
- "A means of helping families in an organisation that's fun to work for, and of meeting people all over Sussex dedicated to raising funds, collecting food and good and giving their time for nothing"
- "My role as playwork co-ordinator enables me to explore and enjoy activities whilst helping families out of crisis! I love my job and what it can do for OTHERS!! Jacque xx"
- "Volunteering at Knowles Tooth is not only fun, but is such a productive way to spend my free days during the summer, that I would otherwise spend wasting! Jen"
- "FSW – a chance to thank you for the two wonderful children we adopted when FSW was Moral Welfare! J"

## Barefoot Runner



A big thanks is in order to barefoot runner Joe Addison who finished the Brighton Marathon this year in an impressive 4.35hrs, well ahead of his personal best - and that was whilst wearing trainers!. Joe commented " I ran the Marathon for FSW where my mum is the Team Administrator. Like all charities, the last few years have been hard so every penny I raise is a big help. Some people donated through

JustGiving which is simple, fast and totally secure. They send your money directly to FSW and make sure Gift Aid is reclaimed on every eligible donation by a UK taxpayer. So it's the most efficient way to donate - I raise more, whilst saving time and cutting costs". You can find more information in our news and events section and you can still donate at <http://www.justgiving.com/Joe-Addison2011>.

## Triathlon Challenge

"As I stood on the edge of an outdoor pool in Arundel at 6am knees shaking in my speedos



in typical English summer drizzle, I wondered what I had let myself in for. Once the race was underway however there was no time to be cold, and the first two disciplines rushed by! A momentary cramp threatened to ruin my weekend, but in a Maud Flanders moment

of inspiration ('will someone please think of the children!') I overcame it and finished in 1hr26m, and just under £200 raised in sponsorship for KT. In all I thoroughly enjoyed the day and may consider another.....maybe!"

Knowles  
Tooth  
Fun Day  
11th Sept  
2-5pm

### Celebratory Service and AGM.

Service: 4pm, Holy Trinity Church Cuckfield RH17 5JZ - arrive at 3.15 for a guided tour of the Church. Refreshments in the adjacent Old School followed by the AGM at 6pm.

Sponsored  
OFF ROAD  
Bike ride  
24th July  
Call Leigh on  
01273 832363

Volunteer needed with a background in building or surveying to help the KT Advisory committee.  
Call David  
01273 832533

### DONT FORGET!!

Booksale Friday 18 & Saturday 19 November  
10.00am – 4.00pm,  
All Saints Church, Hove

Grand Raffle  
tickets from FSW  
head office. Cheque  
payable to CDAFSW  
and include a S.A.E.  
Tickets £1 each,  
£5 for a book.

Concert  
Saturday 22nd October  
2011 at 7.30pm  
Windlesham House School  
Tickets £18 includes light  
refreshments

stick me  
on your  
fridge

to sign up for email alerts on future news and events email [david@familysupportwork.org.uk](mailto:david@familysupportwork.org.uk)

## JustGiving ONLINE & TEXT GIVING

With many using the internet to shop, access information and to connect with friends and family online FSW has the facility for you to donate online. It is a secure way to give and can be accessed via our website- the link is on every page so it's hard to miss! If you are organising a sponsored fund raising event for FSW the links from our site to **JustGiving** allow you to make a personalised page with your own photos and comments. You can then let your friends and family know that they can give directly online which also saves you some work! It really is a safe, popular easy way to give and we would encourage you to make use of it. It means you can get friends from all over the UK or even the world to contribute to us. You can now text a donation by sending a message to **70070** with our JustTextGiving code **FJMG35** and the amount you want to give (£1, £2, £3, £4, £5 or £10). There are also instructions online if you want to read further. JustGiving also allows you to 'gift aid' which increases your donation by 25p for every £1 you give. Welcome to the 21st century!



## FSW Grand Raffle

Don't forget to buy your tickets or you'll miss out on some exciting prizes!

The use of a 4x4 Freelander for the weekend

Taking the family to the Sussex County Cricket Ground for a match

Two tickets to see Jools Holland at Brighton Centre in December – now that's an early Christmas present?

And there are many more prizes.

Tickets are £1.00 each or £5.00 per book of 5, available from Church House; 01273 425699. If you are holding an event and would like tickets to sell contact Church House. **Draw date is 22nd October 2011** at the FSW Vivace Concert at Windlesham School Pulborough. Tickets are available from FSW head office (contact details on back page). Please send a cheque payable to CDAFSW and a S.A.E.

## GRAND RAFFLE

### Prizes Include:

Luxury Wine Tasting and tour for 2 at Boker's Vineyard, Solihull.  
Sussex County Cricket Family Ticket.  
4 x 4 Freelander for weekend Hornwoods Garage.  
Brighton Centre Jools Holland Concert for 2 - 10th December 2011.  
Family Ticket for Amberley Working Museum.  
Family Ticket for Bluebell Railway of Sheffield Park.  
Family Ticket for Dinosaur 200 Park, Alton.  
Family Ticket for Sea Life Centre, Brighton.  
Childrens All Terrain Bike.

Tickets £1.00 each,  
£5.00 for a book.

Draw date 22nd  
October at the FSW  
Windlesham Concert

More information  
01273 425699



Family  
Support  
Work  
Charity No. 28537



If you need to contact us then here is a list of the most useful numbers.

**Team Administration and Referrals:**

Issi Addison  
Tel: 01273 425790  
email: team@familysupportwork.org.uk

**Knowles Tooth Children's Centre:**

Langton Lane,  
Hurstpierpoint BN6 9EZ  
Tel: 01273 832363  
email: knowlestooth@familysupportwork.org.uk

**FSW Head Office:**

Nina Clyde  
211 New Church Road  
Hove BN3 4ED  
Tel: 01273 425699  
email: admin@familysupportwork.org.uk

**Volunteer Co-ordinator:**

David Dickson  
Knowles Tooth Centre  
Langton Lane  
Hurstpierpoint BN6 9EZ  
Tel: 01273 832533  
Email: david@familysupportwork.org.uk

**Director:**

Maggie Simons  
Tel: 01273 425699  
211 New Church Road  
Hove BN3 4ED  
email: maggie@familysupportwork.org.uk



**Booksale Friday 18 & Saturday 19 November 10.00am – 4.00pm,**  
All Saints Church, Hove. We need more books particularly childrens books and lots more new volunteers to help sort and some willing to put out flyers in the area. Contact Church House on 01273 425699 for more info or David on 07795 104235 about volunteering.

**Easter Egg..citement!!**

Around Easter this year Kevin Wood, Director of Polegate and Eastbourne branches of Cooperative Funeralcare, and his staff helped Ann Ward, Eastbourne FSW Support Worker, give out a wonderful array of Easter Eggs donated through the branches of Cooperative Funeralcare.. Ann delivered – on the hottest day of April - to families she supports in the community. The children, off school for the holidays, were delighted with their gifts and we are so thankful to be able to provide special treats for them all.



Hastings and Rye Deanery, have introduced a range of excellent quality bone china mugs and



egg cups to raise FSW's profile and funds. Suitable for adults and children, the flowers, bugs and animal designs (see our website for more information on the designs) are proving to be very popular and can be sold at any event. Stored at Church House, please let us know well in advance if you would like a supply. Church House can be contacted on (01273) 425699. Prices: £5.00 per mug, £2.25 per egg cup. Having used them ourselves we know they make a lovely cup of tea!!



**FOR SALE**



FSW's annual Easter Walk this year was held on Easter **Monday 25th April** following the success of last years circular walk of 7 miles via Wilmington. A mix of adults, children and dog walkers took to the hills behind Alfriston. Superb weather and a great 'tea and cake stop' at Wilmington village hall sustained the 160 walkers. Thank you to everyone who walked and helped, it was a great day. If you missed it make a diary date for next Easter Monday! You can contact us at [www.familysupportwork.org.uk](http://www.familysupportwork.org.uk)

**Family Fun Day** at local charity Knowles Tooth Childrens Centre. **Sunday September 11th. 2-5pm.** Enjoy a relaxing afternoon for the whole family enjoying stalls, dance display, bouncy castle, activities, BBQ, beer tent, fun dog show and much more. For more information call 01273 832363 or visit our website [www.familysupportwork.org.uk](http://www.familysupportwork.org.uk) Knowles Tooth Children's Centre, Langton Lane, Hurstpierpoint, West Sussex BN6 9EZ

*Knowles  
Tooth FUN  
DAY*



Contact details for this newsletter:  
David Dickson, Volunteer Co-ordinator  
(01273) 832 533  
david@familysupportwork.org.uk



Did you know that we can add your event to the website or help you think about designs and distribution for your FSW event? Talk to David on (01273) 832533