

SUMMER NEWSLETTER 2024

This year we have supported
110 people

Had 105 new referrals
Completed more than 300 hours of counselling

Facilitated 36 coffee n' chat groups and made
more than 200 cups of tea and coffee!

Raised almost £100k in funding

Parents and children have walked 30,000 steps
for wellbeing! Raised resilience for 8 families in
our new resilience course

Shared lifeskills with 36 parents in our new
workshops

10 children have graduated from the
1st primary plus group of the year

We have supported 10 young people in our
therapeutic group at Shavington High school

24 parents have received 1:1 support

Resilience Course

Bend don't break!



The Meal Planning and Healthy Eating Workshop was a great way to learn new cooking skills and try out new tastes and flavours! Thank you to Crewe Town Council for their support.

This year.....

96% of people report in-
creased ability to cope
with family breakdown

94% report improved
family relationships

97% report increased self
confidence

96% report improved
emotional wellbeing



SUPPORTED BY
CREWE
TOWN COUNCIL

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Fun & Exercise at Nantwich Lake during May Half Term



National Volunteers' Week 2024

We had a lovely lunch to celebrate our fabulous volunteers - Jean, Christel, Margaret, Maureen, Natalie... And not forgetting our fantastic volunteer Trustees! We really couldn't do what we do without them.!



Budgeting Session
run by Christians against Poverty
on Tuesday 25th June
10.00 -12.00



Summer Holidays 2024

From Thursday 25th July to Thursday 29th August

Outdoor Activities & Picnic at Queens Park,

Walk up the Cloud

Arts & Crafts

Llandudno Trip

Keep an eye out on our facebook page for more details.