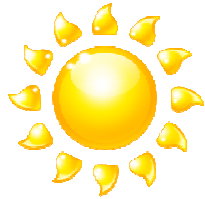
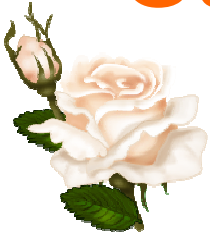


Summer Newsletter for



Parents

August 2010



Enjoy reading about all the activities that took place over the summer and please take time to read about some of the other services we are providing! We would like to say a special thanks to Laura our Activities Co-ordinator for organising our summer activities this year ☺

Swimming!

The children were taken swimming as one of their first summer activities. The children and their Mum's all joined in the fun and spent hours in the water. Lunch was also provided for everyone and overall was an enjoyable day.



Theme Parks galore!

Two theme parks were both organised for the children and their Mum's. The trips were thoroughly enjoyed by all residents and the children we support in our Team ☺

"My daughter had so much fun, we managed to go on some rides and had a walk around the castle where we were able to have lots of fun in the park they had there..."



Trip to the Beach!

The day trip to the beach was lovely. There was something for everyone to see or do. Some of the children collected shell and pebbles to bring home as a souvenir. We had over 40 people in attendance for this too!



Ice Skating!



The children and adults were taken to ice skating as one of their summer activities. All the adults and the children joined in the fun. The day was a success as everybody seemed to join in and really enjoy themselves. The children were extremely brave on the ice and it seemed to be a great experience for all.

Vegetable Patches!

As a new healthy living idea the children will be asked to help plant their own vegetable patches in each of our gardens. The children will be responsible for their patches and will be able to watch their veggies grow! See Sobia to hear more 😊



AWARDS DAY!!!

To celebrate the end of the summer activities BESBWA organised an awards day for the children where each child was presented with a speech, a medal, a certificate and a gift. This took place in Sunbeams and left a big smile on each child's face as they came up to receive their achievement awards. The mothers were equally happy to hear the speeches about their children!

The Freedom Programme!

This is a 12-week informal group which is open to any woman who has experienced domestic abuse. The course will:

- Identify the behaviours and tactics used by an abuser.
- Understand the beliefs held by an abuser.
- Recognise the effects this behaviour can have on a woman and her children.
- Avoid further abusive relationships in the future.
- Gain self-esteem and confidence to enable independence and a better quality of life.

For more information please contact the office or speak to your support worker.



Parent & Toddler Groups!

Parent and Toddler groups run every:

Monday: 10.15-11.30am

Tuesday: 4.30-6pm

Friday: 10.15-11.30am

This is for Mothers and children under 5 years and not only for mum's in refuge but are also for mums in outreach support. Come along and join in the fun!

