



Bacup Family Centre

Newsletter 004

May 2023

Registered Charity 11269644

Here at Bacup Family Centre we run a number of affordable & accessible groups.

Baby & Toddler Group

Mondays (termtime) from 9am – 10.45am.
Suitable from new born up to pre-school. £1.50 per family. Meet other parents / carers and allow your children to learn through play & make new friends

Monday Drop In

12.30 – 2.30pm. Suitable for adults of all ages. Completely free, pop along for a brew, a natter, a quiz and a game of bingo.

After School Club

Suitable for 8 – 11 year olds and runs Wednesdays (termtime) 3.30pm – 5.30pm. £1 per child.
With a selection of games, activities, crafts & refreshments.



We want to take a moment to express our heartfelt gratitude to each and every person who has supported our work. It is because of you that we can continue to make a difference, day in and day out. Your contributions have directly improved the lives of individuals facing challenging circumstances. As we move forward, we invite you to stay connected with us, to continue supporting our endeavours, and to spread the word about our work. Together, we can build an even brighter future for all!

Thankyou & God Bless from all us at Bacup Family Centre

Monthly Giving

Monthly donations provide a predictable & reliable source of income for us, allowing us to better plan & budget our projects. With your commitment to giving a certain amount every month, we can make an even larger impact over time, transforming the lives of those who need it most.

By joining our community of monthly donors, you will play a vital role in our efforts to create a brighter future. Your contributions will enable us to implement sustainable programs that address critical needs, provide essential services, & support the growth & development of children, young people, and their families.

Setting up a monthly donation is simple & convenient. You can easily establish a standing order with your bank, choosing an amount that suits your budget best. Your recurring contribution will be automatically processed, saving you time and effort while maximizing your impact.

Our banking details are:

Bacup Family Centre Ltd
Barclays Bank
20-15-70
13395383

Join us and become a valued supporter today. Your commitment to monthly giving will create a ripple effect of positive change that will be felt for years to come.

Family Support

Our dedicated team of Family Support Workers are making a profound impact on families facing various challenges. Through tailored support packages, we are fostering lasting change and resilience. We work closely with families to identify strengths, rebuild relationships, and create happier, healthier, and more hopeful lives. Through our various programs and initiatives, we continue to provide vital support and assistance tailored to the specific needs of each family. Our dedicated team of staff members and volunteers are committed to ensuring that every individual receives the care and resources they require to thrive for as long as it is needed. Currently, we are actively working with approximately 29 families, on a weekly, fortnightly, or monthly basis. This figure doesn't include drop ins that just pop in for help, advice or a chat and a cuppa on a bad day!

Befriending & Mentoring

This is a smaller project within the IFS arena offering child led face to face support for children and young people. Ages range from 6 – 18, carried out on a weekly basis, sessions can range from an hour to 2.5 hours. Within sessions we cover things such as difficulties at home, understanding self-identity and sexuality, managing struggles in school, self-control and challenging behaviours, anything affecting their daily lives negatively, by highlighting positives when things go well increasing self-confidence, self-esteem and worth. Many times we act as the child's voice and ensure they are listened to. We are currently supporting 9 young people through this service.

Practical Support

We provide not only long-term support but also immediate assistance to individuals and families in our community. We understand that sometimes people face unexpected challenges & require ad hoc practical support to meet their basic needs. Our doors are always open, welcoming anyone who needs help. Through the generosity of our community and the dedication of our team, we are able to offer a variety of practical support.

In the last 6 weeks alone we have helped 14 individuals by providing; 4 lots of clothing including warm clothing, baby clothes and school uniform, topped up gas & electric, given 2 supermarket vouchers to help with food, helped with transport to an appointment, given 3 lots of household items including pots / pans and bedding.

We also assist with referrals to other organizations or agencies that can provide specialized support when needed. We refer on average 1 person a week to RAFT.

Solutions – Community Youth Project

Born out of an ever-growing community concern & fear for escalating anti- social & criminal behaviour.

In partnership with police, local residents, businesses & councillors our vision is to re-establish our community culture of supporting, valuing, appreciating, & protecting our young people by providing a safe environment for them to meet, build on social skills, make positive choices & have fun, altering the culture of how young people are perceived locally through effective intergenerational engagement involving the wider community. Work so far includes weekly detached walkabouts & youth engagement evenings. We are also in the final stage of securing a building to use as a youth space so keep your eyes peeled for updates!

Listening Project

Held within the local high school having been approached by their Pastoral Support Team in recognition of us already being a familiar presence within the community and well known by many families. It mirrors our Befriending & Mentoring support. Young people are referred in for a minimum of 6 weekly sessions after review this can close or continue. We are supporting 17 young people plus a waiting list offering support surrounding areas such as self-harm, extreme anxiety, behavioural difficulties, home life, relationships, identity, sexuality, emotional mental health and wellbeing and living with disability (ADHD/Autism). Some young people also access additional support or provision within the Centre for Individual Family Support (IFS) and Solutions.

Seeing the positive impact that we are making in peoples lives gives us great joy and reinforces the importance of our work. It is only through the support and generosity of our community that we are able to reach out and touch the lives of so many.

Dates For The Diary

Monday 19th June 12.30pm – AGM. All welcome to join us for our annual general meeting & lunch. If you wish to attend please email us enquiries@bacupfamilycentre.co.uk

Sunday 25th June – we are taking part in Bacup Carnival this year. We will also have a stall on the park between 12 & 4pm. For more info find us on Facebook 'Bacup Family Centre'