

# Bacup Family Centre



Newsletter December 2021—Issue 003

## Recap!

It's been a while since we last issued a newsletter so we wanted to catch you up with what's been going on at the Family Centre. It's been extremely busy! In August we held a "Pop-up uniform shop" we had lots of support from the local schools and community and we were inundated with donations for this event. We had lots of people attend on the day and all agreed it was a brilliant idea to recycle good condition uniform and help alleviate the costs for families. We are hoping to do the same again next year!

In September we opened up our groups again. We started with a "Baby Celebration Day" which was aimed at parents who had babies during the pandemic. They could come along and celebrate their babies, show them off, meet other mums, make some keep sakes and just enjoy getting out and about and also access support if needed! It was a great day and many of the mums are now regular attendees of our toddler group.

We also re-opened our Monday Drop-In in September. This has also been well attended with a great mix of people. They can pop in for a brew, game of pool, bingo, crafts and a chat and can also access support if needed. The group helps bring people out who may otherwise be isolated, to meet new people and engage in group activity. We don't charge a fee for this drop in so donations from regular givers, churches & businesses help sustain this well established group.

We held another Pop-up Shop / Coffee Morning in October which was a toy sale and despite the terrible weather we still got plenty of people calling in. We hope that these events become regular occurrences as they give us an opportunity to meet people in the community and raise funds which we then put back into our groups and projects.

We held our Christmas Fair on 27th November. Staff & volunteers handmade everything on our craft & cake stalls and put in so many hours of hard work to make this a successful event. The tombola sold out, we were donated such amazing raffle prizes from local businesses, our face painter volunteered her time for the entire day and the refreshments went down a treat. It was a really busy, family, fun filled day with great activities for the little ones and full of Christmas spirit! 6 days later we held our first Carol & Quiz evening in "The Loft" Again staff & volunteers worked their socks off to decorate the room and get everything ready for a festive evening! We filled all our tables and everybody had a great night competing in the quiz & games. We had pie supper and ended the evening with traditional Christmas Carols!

December is always our busiest month and as well as our events we will be distributing gifts and food hampers to families and individuals.

The Family support workers have also extended their befriending services and are now running their "Empowered" girls group in All Saints school and we are excited to see how this evolves.

We also held a successful "Solutions" meeting to look at positive solutions for tackling anti-social behaviour in the town and the possibilities of creating more services and activities for young people. It was extremely well attended and there were some great ideas put forward so we are looking forward to see these come to fruition and create a positive youth culture in Bacup & the surrounding areas.

We are a small staff of just 5 and currently a handful of amazing volunteers so it has been a big task to pull off all that we have but we also feel very blessed that this year has been so different to last year and we have been able to hold the events and offer the services we can! We hope this continues well into 2022 and beyond!

We wish everyone a peaceful & joyful Christmas. Love and Gods blessings to all!

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## Bacup Family Centre Staff



Leila - Project  
Manager



Rachel - Team Leader  
& Community Family  
Support Worker



Zoe L - Community  
Family Support  
Worker



Natasha -  
Administrator



Zoe A - Community  
Family Support

## Family Support

We have welcomed a new Family Support Worker to our team, Zoe A, who has settled in brilliantly! We are supporting around 24 families at present and helping them deal with a whole number of things in their day to day lives. This ranges from family support, tackling isolation and loneliness, mental health support, domestic violence, debt, improving behaviour and routines, complex medical issues, disabilities and more. We also continue to provide short term emergency relief in the form of gas & electric top ups and food parcels.

## Thankyou's

We have been overwhelmed with the generosity of individuals, businesses, schools & churches this last year! We could not do what we do without the kindness and generosity of others and together we have helped make a difference in the lives of families, children and individuals living in crisis or facing difficulty. Thankyou to everyone who has donated money, items, raffle prizes, their time! Attended our events, shared our Facebook appeals, put up a poster in their shop and much more!

**From all of us at Bacup Family Centre  
we wish you and your families a very Merry Christmas!**

Christmas opening - The office will be closed from Wednesday 22nd December & Re-open on Tuesday 4th January 2022!

We know Christmas can be a lonely and difficult time for many, please see below contacts for any help and support you may need;

Rossendale food box scheme –07508606903

Mind –Support for mental health –0300 123 3393, info@mind.org.uk, Text: 86463

Samaritans –Call any time day or night if you need someone to talk to on 116 123

Anxiety UK –03444 775 774 (Mon –Fri 9.30am –5.30pm)

CALM –Campaign Against Living Miserably, for men aged 15 to 35—0800585858

NSPCC –24-hourhelpline for children 0800 1111

