



## Newsletter No.2 October 2023

**Dear Supporter,**

So much has happened this year and we want to share it all with you!

### **Counselling**

The Coastal Alliance Cooperative Trust schools (CACOT – 13 schools in the Herne Bay, Whitstable and Reculver area) have each received 18 weeks of counselling for their children. We are now commencing Year 2 of this offer and are pleased that the counsellors are already back into the schools.

Feedback has been extremely positive about how The Coastal Family Hub offer has helped children, families and schools.

*'The child was originally very nervous to speak to staff but is a lot more open to talking about difficult feelings and memories and overall is a lot happier'*

Primary School feedback about the outcomes for a Year 6 Child.



*'The Counsellors provide amazing reports that allow the school scope to follow on.'*

An Infant School comment about being able to build on the counselling sessions.

*'The support of The Coastal Family Hub has enabled our children to access much needed counselling. This has helped children work through challenges before they become lifelong inhibitors to learning and development. It's about prevention not cure'*

Liz Thomas-Friend, Executive Headteacher

### **Support Worker**

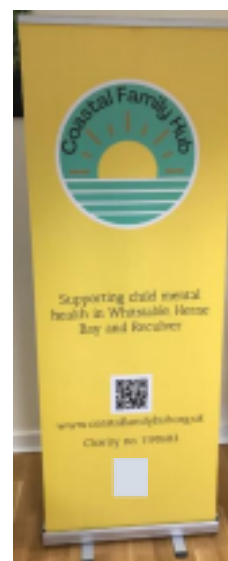
Meghan Bewick is a Parent Support Worker funded by The Coastal Family Hub to work alongside and empower parents. Meghan has supported nine local families this year. Many families are struggling with a range of issues, feeling isolated, stressful family life, communication, respecting boundaries, managing emotions and behaviour, establishing routines and more. Meghan gives practical tips and work with families, in a friendly, non-judgmental way. Meghan also meets with the CACOT school leaders to discuss her work and support school communities.

*'Meghan is great. She worked with three of our families last year and each were very positive about the experience and found the support very helpful.'*

Jamie Sonnex, Inclusion Leader

### **Funding**

We have been able to achieve so much this year with the help of our supporters donations. Thank you for your generosity! We were able to work with Spurgeons to enlist our Family support worker in this area and have our first successful year of counselling in schools. Having established the Coastal Family Hub we are focussing on publicity to raise awareness of our work and increase giving. This will help to sustain and grow the capacity of our work. We were very excited to receive our new banner that we will take with us to talks and presentations!



### **New Trustees**



We are delighted to introduce Steph Crossley as one of our new Trustees. Steph has a background of working with children as a teacher and has worked with charities in the past. We are sure she will be an asset to the board.

We also thank Cat Wikholm for her time as a Trustee, being a founding member of the charity and dedicating the last year to supporting our community. Cat has resigned from her Trustee role but continues to be a supporter of the Coastal Family Hub.

Thank you for your continued support,  
**The Coastal Family Hub Trustees**