

The counselling sessions helped the children to make some sense of what is going on in their life and consider healthier ways of coping when things are difficult.



October 2024

Supporting child mental health  
In Whitstable, Herne Bay and  
Reculver

Dear Supporter,

Thank you for reading our latest newsletter. We are excited to share with you all that has happened in the past school year.

## COUNSELLING

Counsellors have engaged with the Coastal Alliance Co-operative Trust schools in the Herne Bay, Whitstable and Reculver area, delivering counselling for primary age children. We are now commencing the third year of this provision and are pleased that the counsellors provided by Spurgeons charity are already back into the schools.

Shared discussion...., whilst engaged in fun activities, helped the children to develop ways to navigate their feelings and deal with them effectively.

As a result of the counselling, the children are more settled in class, access their learning more successfully and with support from trusted class adults are able to use strategies learnt in the sessions to regulate their emotions.

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

## PARENT SUPPORT WORKER

We are delighted that Spurgeons have appointed Sarah-Jane Webb (right) as our new parent support worker who comes to us with a wealth of experience in family support. Many families are struggling with a range of issues such as feeling isolated, managing emotions, challenging behaviour, finance worries and more. Sarah will build on the work that our previous colleague, Meghan, began,



A little bit about me! I'm a mum of two children, both with additional needs. My background is in family support, having worked for a similar charity in Margate. I also like to volunteer in my daughters' primary school. Before having my children I worked in community policing in Kent.

Sarah Webb

giving practical tips and support in a friendly, non-judgemental way. She will also meet with the CACOT school leaders to discuss her work and support school communities. We wish Meghan well in her exciting new full-time role, continuing to use her skills and experience in helping families to thrive.

## FUNDING AND PUBLICITY

Our bank details are:

**Account name:** Coastal Family Hub

**Account Number:** 4513 0371

**Sort code:** 23-05-80



We also have a Just Giving page:

[www.justgiving.com/coastalfamilyhub](http://www.justgiving.com/coastalfamilyhub)

- scan the QR code to donate!

We have been able to achieve so much this past year with the help of our supporters' donations. Thank you for your generosity!

Having had two very successful years establishing the charity, we now need to increase awareness of the work we do and build up regular streams of income to put the charity on a stable long term footing.

If you would like to give to us, either as a one off or as a regular donation we would be very pleased to

hear from you. To give regularly, a standing order form is available on our website.



The trustees have been out and about, (*left and below*) giving a 5 minute presentation to anyone who might be interested in supporting our work. If you would like us to visit your church service or other event, please contact us.



## THANK YOU

We were delighted to receive a generous grant from the Lawson Trust, which will cover 1/5th of our annual counselling costs for children. After our hard work preparing the bid, it was an encouragement that the value of the Coastal Family Hub work was recognised and we were successful. We remain hugely grateful to all of you who give regular towards this important work, and hope to build this community support from local businesses as well as individuals. Do get in touch if you would like to know more.



## NEW TRUSTEE

It's great news that Dr April Ward (*below*) has joined us and we look forward to working with her. April's expertise will be a great asset to the charity.



*Through my experience as a Clinical Psychologist I have seen first-hand the increased demand for mental health support for children. I admire Coastal Family Hub's mission and I am pleased to have the opportunity to offer my experience and expertise to help support their mission.* Dr April Ward

Thank you for keeping up to date with our news, and do feel free to contact us on [info@coastalfamilyhub](mailto:info@coastalfamilyhub) if you can offer us help us in any way.

With our best wishes,

Revd. Rachel Webbley (*chair*), Miss Lucy St. John, Mrs Cassie Fisk (*treasurer*), Mrs Steph Crossley, Dr April Ward (*Coastal Family Hub Trustees*)

In partnership with **Spurgeons**

[www.coastalfamilyhub.org.uk](http://www.coastalfamilyhub.org.uk)

[www.justgiving.com/coastalfamilyhub](http://www.justgiving.com/coastalfamilyhub)

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