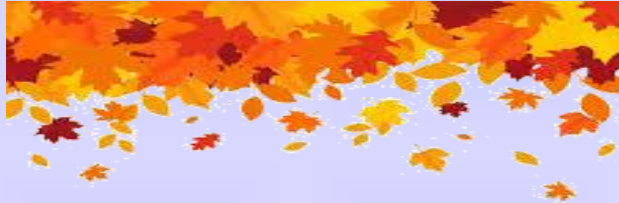


The Newsletter...

From all of us at Family Friends we hope you have had a lovely summer holiday and the return to school hasn't been too tough on anyone!

With the colder months approaching here are some things coming up to keep your spirits up!



We are so happy to welcome Laura back to us full time this week after her maternity leave!

I'm sure lots of you will see Laura very soon as she is taking over our wellbeing group that runs every Wednesday 1-2:30pm.

With lots of new ideas our wellbeing group is the place to be, if you are interested in joining our group please contact the office on 01978 366115.

Food of the World!

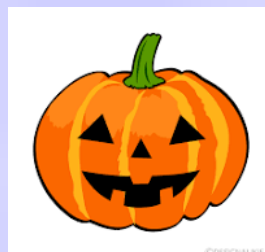
On Wednesday 13th November we will be holding a very exciting "Food of the World" event. All families and volunteers are welcome to join us at the Trinity Church on King Street.

In partnership with UareUk, volunteers will be showcasing dishes from around the world along with information to support healthy eating habits and how to budget food in today's world.

The event is completely free to attend but we have limited spaces so call the office ASAP to confirm your attendance!

Children are welcome and we will have activities and fundraising events going on throughout to keep the whole family entertained.

Call us on - 01978 366115



Family Friends Oktoberfest !!

We will be holding a Halloween extravaganza on Wednesday 30th October from 1pm-3pm at the Salvation Army building.

All are welcome in fancy dress or not!

We will be playing lots of games, doing some spooky crafts and having some light snacks to fuel the fun!

There will also be a competition for the best decorated pumpkin with a prize for the winner, please bring your pumpkin with you to be considered for the prize!!

Parents will be asked to stay with the children for the party and encouraged to join in on all the fun.

We have plenty of spaces to attend, please contact the office if you would like to come and we look forward to seeing lots of you there!