



WELCOME TO FAMILIES FIRST!

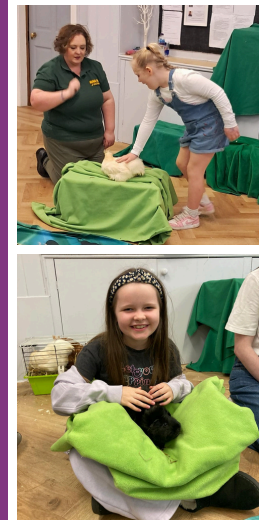
Families First is a small charity based in St Andrews, Scotland, supporting children and families facing disadvantage and adversity across North East Fife.

We run Befriending, Youth Group, Schools Work and Family Support services, all with the help of our wonderful volunteers, supporters and donors!!

EASTER FAMILY DAY

Family Days are a great opportunity for our children and parents/carers to meet up with other families and have some fun together!

Our Easter Fun Family Day was held on 16 April at St Andrews Baptist Church.



We began with an animal handling session involving rabbits, guinea pigs, ducks and two chickens, which was a great opportunity for the children to learn how to interact gently and also deal with the unexpected - the chickens and ducks were very flappy! The families then set off on an Easter Egg hunt around the town centre in the sunshine.

At the end of the afternoon, all the children were able to choose an Easter Egg to take home courtesy of the 'Easter bunnies' at St Mark's Church, Haydays Fife and the St Andrews branches of Nationwide and Morrisons.

There were enough eggs for all the children we support plus their siblings, so a huge **THANK YOU** for these donations!

Our Family Days give our families the opportunity to have fun together without worrying about care needs and cost.



This Easter event was generously funded by the National Lottery, Rotary Club of St Andrews, SPI St Andrews, SVS and the Lumsden Club - THANK YOU to all of you!!

- Alexis Rinaldy, Family Support Coordinator

OUR AMAZING VOLUNTEERS

Families First couldn't operate without its team of fabulous volunteers and we thank them all for their enthusiasm and commitment!



An especially big thank you and best of luck for the future to all those student volunteers graduating this July - we are incredibly grateful for the time you have given us and will miss you all! Please keep in touch!

- Kirsten Watson, Volunteer Coordinator

BEFRIENDING VOLUNTEERS

Every summer, many of our lovely Befriending volunteers graduate and the children have to say "goodbye". This can be a challenge, particularly for children with additional support needs and those who have already experienced significant losses in their lives.



Our 'Positive Endings' programme helps children understand that it is natural to feel sad when someone leaves, and encourages each pair to make an individual plan, focusing on happy memories and a positive future.

This helps the children build resilience so they are more equipped to deal with future changes in their lives.

We thought you would enjoy reading the Befriending memories of two graduating volunteers and the final session reports from a further three, as they look back over their time at Families First and enjoy the best "Positive Ending" with the children they support!

-Morven Craig,
Youthworker (Befriending)

FINAL SESSION REPORTS

K: I had so much fun with you today, A! You really enjoyed playing Twister and especially going to Janettas for our leaving party. We had really fun chats as always (all things TikTok related) and I will miss them lots!

Morven: K has been a kind and patient volunteer, and makes an excellent giant cookie!

S: “Hi D! Today was our last session and we went to the aquarium which was really fitting as that was how we started. We had a great time! Your favourite part was the axolotls which were really cute. I wish you all the best!”

Morven: S has been such a committed volunteer, forming a great connection to D over the 2.5 years they have been working together!



FAVOURITE MEMORIES

L: One of my favourite memories is watching and cheering on L and another service user while they put on a performance in the church. Both of them got along so well and they were very proud to show me their dancing and singing skills.

Morven: L has been a dedicated volunteer for Families First and is the queen of ‘Just Dance’!

N: “C and I went to the park once which was awesome! It was early on in our match but he was so excited and we had fun. I’ve also really enjoyed going to the aquarium and re-enacting video games in real life!

Morven: N is always super positive and brings a great energy to sessions!



C wrote:

“Dear R, Thank you so much for all the fun times hanging out and making tons of pizza. I have had such a great time over the last 2.5 years. I will not soon forget you and working with you has really changed my life.

Morven: C will be remembered at Families First for his funny stories and, of course, his skills as a pizza chef!

DATE FOR YOUR DIARY

Volunteer Graduation Party - 1 July, 10-11am, at the Rose Lane Centre, South St.

Email vc@familiesfirststandrews.org.uk

COME AND JOIN IN THE FUN!

If you have a couple of hours spare every fortnight, we would love to hear from you!

To find out more or volunteer, you can visit www.familiesfirststandrews.org.uk, send an email to oa@familiesfirststandrews.org.uk, or phone 01334 208086.

You can also donate to support our work with local families [here](#) or by scanning this QR code.

