



## Families Matter at Hythe URC

Registered Charity No. 1097108  
Based at the United Reformed Church, Hythe

### Families Matter Corona newsletter number 7 – January 2021

Hello everybody and here we are again – New Year, new lockdown!



Such a lot has happened at Families Matter since our last newsletter came out in September 2020. We have been able to help a lot of local families in need with food parcels, and have also run a very successful Christmas parcel scheme in which Christmas hampers were given to 45 elderly people and 20 families. We also provided 49 Christmas presents for local children. All this was thanks to the generosity of those who gave food, children's toys and wrapping paper to Cornerstone church Christmas parcel scheme, and to all the amazing volunteers who packed and delivered the parcels.



Thankyou very much to everyone who took part in this! Some of the thanks we received are shown here:

*'Thankyou so much for the gifts and food. They are so much appreciated! The children loved their presents!'*

Since 2021 began we have had some very cold weather, and many families have been struggling to buy food and pay their heating bills. We have been able to help some of these with funding from the Council (NFDC) which has been so helpful. We are working in partnership with the Waterside food bank and other agencies to help people. We have had to temporarily close our groups again due to the latest lockdown, but hope to be able to restart Women's Wellbeing Group, SWANs, Memory Group and the Hythe Huddle sometime in the Spring. We are also trialling a new group for parents on Zoom during lockdown. Please phone us for details of any of these, if you are interested in joining.



### *Memory Group September 2020*

Once again if you or your family are struggling whether emotionally or financially, please remember that we are here to help and can direct you to other organisations if more help is needed.

The helplines are listed again below. If you want someone to talk to, please do use them.

Waterside Self Isolation support group are still available to help with getting shopping or prescriptions if you are self isolating. **Call 07782 951660.**

Visit [www.thehelphub.co.uk](http://www.thehelphub.co.uk) for free counselling by phone or videochat

or **Solent Mind 02380 179049 Monday-Friday 10am - 4pm** if you need someone to talk to.

On the internet you can look at [www.coronavirussupport.uk/](http://www.coronavirussupport.uk/) **HYPERLINK**

["http://www.coronavirussupport.uk/"](http://www.coronavirussupport.uk/) **upport.uk** or phone the Red Cross helpline 0808 196 3651, open daily 10am-6pm.



If you are struggling financially or in need of food or other help, please phone **Families Matter on 02380 207623** or email us on [Julia.fm.hurc@gmail.com](mailto:julia.fm.hurc@gmail.com) and we can arrange for a foodbank voucher or similar help for you. You can join us on Facebook at Families Matter for news and inspirational or helpful posts.

**Time for some jokes to cheer us all up!**

I went to the shop to pick up 8 cans of coke – when I got back I discovered I'd only picked 7 Up!

I couldn't find my car scraper this morning so I had to use my store card to scrape off the ice. It didn't work very well – I only got 20% off!!

What word has 5 letters, but becomes shorter if you add two more? (answer below)

How many tropical birds does it take to change a light bulb? (answer below)

What is the medical diagnosis for owning too many dogs? (answer below)



*Best wishes to you all from Julia and all the staff at Families Matter. We hope to see you all again soon, and meet some new friends too.*

*We are stronger together!*

Answers: Short! Two can! Roverdose!