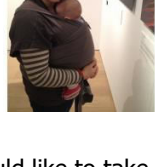




Fundraising for Mothers for Mothers.

Mothers for Mothers would like to say a big thank you to Sarah Norman for raising 391 pounds. Sarah took part in the 10k run on Sunday 18th May in aid of Mothers for Mothers.

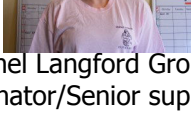
A busy mum of 2 small children, Sarah braved the winds and rain to complete Bristol's 10k in 1 hour and 38 seconds!!



We would like to take the opportunity to say thank you to all our mums that have raised money for us over the years. It makes a huge difference to our services.

MEET THE STAFF!

Ruth Hagin Co-ordinator



Rachel Langford Group co-ordinator/Senior support worker



NEW GROUP IN LAWRENCE WESTON!!!!

Thanks to the Post code lottery we have been given a grant to set up a new group. It opened on the 31st March at The Four Villages Family and Children Centre.

Its open every Monday (except bank holidays) from 10am until 12pm.

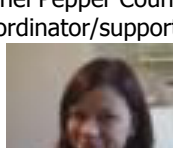
If you live in Lawrence Weston, please come along and see us, or if you would like to find out more about it please call Rachel Langford on 0117 975006 for a chat.

Rachel and Anita run the group and Jo West offers play support. We will be holding an open morning very soon so keep checking the website.



Lynnes room at Lawrence Weston

Rachel Pepper Counselling co-ordinator/support worker



Anita Pepper Support Worker at Lawrence Weston



We also have groups at the Wellsprings Healthy Living Centre, Barton Hill every Tuesday from 10am until 12pm and also at St Aldhelms Church every Thursday afternoon from 1.15pm until 2.45pm.

The groups are very friendly so if you want to come along and meet other mums, have a hot cuppa and access some alternative therapists then just turn up.

There is no waiting list and the group is open to you for however long you'd like it to be. (We can support a Mum until the child is 3 years of age.)



Jo West Play support worker



We would also like to thank our wonderful volunteers; Josie, Chantelle, Madeleine, Jennie, Karly, Sam, Lucy, Amy, Sophie and Tracy. Without our volunteers, we would not be able to operate adequately.

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June 2014

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0117 9756006

Mon—Thurs

9.30am—12.30pm

2.30pm—9.00pm

Inside this issue:

Wonderful Sarah Norman New group 1

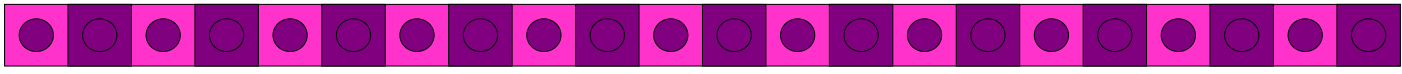
Counselling 2

Days out in Bristol 3

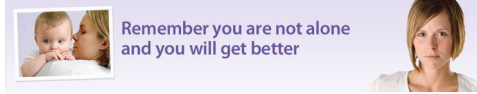
Cookery corner 3

Fundraising form Mothers for Mothers mission 4

Helpline rota. Please give us a call if you need us!
Monday—Josie
Tuesday—Lucy
Wednesday—Chantelle
Thursday—Jennie/
Madeleine



TRAINING PROGRAMMES



Page 2

FACEBOOK

This is just to remind you all (those of you who have not already joined us) that we are on Facebook, our profile name is Talk Mothers, and our Facebook group is Mothers for Mothers. Do come and join us—updates will be posted on the profile and the group, we try to be online as often as possible during the week. It's a great way to keep in touch with us, but also a great way to meet other mums in your area. Come and say hello if you see us online, it's lovely to chat to you and see how you are. We have now joined twitter! @talktom4m please follow us and we promise to use it more :)

MANAGEMENT COMMITTEE

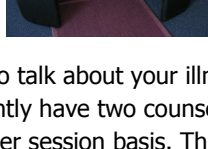
We are currently looking for women willing to join our Management Committee, involving a minimum commitment of attending an evening meeting every two months. If you, or anyone you know may be interested please contact us on support@mothersformothers.co.uk

VOLUNTEERING

We are always welcoming of mothers that have experience of Post-Natal Illness who would like to volunteer. All we ask is that you are well and have 6 months recovery behind you. If you would like to help other mothers going through this illness please call Ruth Hagin on 0117 9756006. You will be given training in listening skills and supervision.

For further information please look at our website www.mothersformothers.co.uk

Counselling



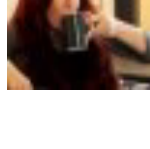
It can be very beneficial to talk about your illness. Talking with friends and family may be helpful but professional counselling is another option. We currently have two counsellors on placement with us who are experienced in Post Natal Depression and operate on a minimum of ten pounds per session basis. This can be reduced on discussion with Rachel Pepper if it is established that you are in financial hardship.

Counselling offers a safe space to confide and offload your problems to an unbiased and empathic listener. It cannot change the external pressures surrounding you, but it may help you to find ways to cope with difficulties. We use a person centred approach, this means that you bring what you want to talk about to the sessions, counselors will not tell you what to do. They will however be able to help you clarify your thoughts and feelings, talk through any issues you may have, and perhaps help you learn tools to cope and find a way through anxiety, panic attacks and unhelpful thought patterns you may have developed. We have a few slots available at present. If you would like book a counselling slot, or talk to Rachel Pepper regarding any queries then please call Rachel on 0117 9040065.

Noemia Purcell counsels on a Monday

Marie Wallace counsels on a Wednesday

Polly Penrose counsels on a Thursday



Summer Newsletter 2014

Telephone number 0117 9756006

82, Colston Street
Bristol,
BS1 5BB



Phone: 0117 9756006
E-mail: support@mothersformothers.co.uk
www.mothersformothers.co.uk

Useful Telephone Numbers

Mothers for Mothers– 0117 9756006

Parent line plus: 08088002222. Offers help and advice to parents, step parents, grandparents, guardians etc. The service is free and confidential.

Mind: 08088080330. Offers support for mental and emotional problems.

Samaritans: 0117 983100 or email jo@samaritans.org/bristol

Provides confidential non-judgmental support.

We are a group of mothers most of whom have suffered depression or distress after the birth of one or more of our babies. We offer support, advice, information and most of all a listening ear for any worries or concerns you may have.

Our helpline is open Mon–Thurs from 9.30am until 12.30 pm and then again from 2.30pm until 9.00pm.

Please do not hesitate to call us for a chat, its what we are here for! We like to hear from you if you're not having a good day or if you are having a good day. Please call us on

0117 9756006

If you would like to contribute to the newsletter in anyway please contact Rachel on the number above. I'm looking for recipes, stories, poetry, letters etc..

“We may encounter many defeats but we must not be defeated.”

Maya Angelou



BBC
**Children
in Need**

Days out in Bristol

Make Sunday's Special kicks off on the 1st June with a pop up park on Park Street. Arts, music, games and entertainment. It will also be on 6th July, 3rd August and the 7th September but you will need to check the website to see where it will take place next.

Festival Of Nature : Will take place on the 14th and 15th June at the Harbourside.

Bristol's Biggest Bike Ride : Free cycling event, Sunday 22nd June.

Bristol Armed Forces Day : Sunday 29th June, Queen Square 12pm-6pm.

St Paul's Carnival : Saturday 5th July.

Harbour Festival: 18th–20th July.

Balloon Fiesta : 7th-10th August, Ashton Court.

Producers Market ; 17th August 10am–3pm Aston Court (also 21st September)

Big Screen: Various dates, Millennium Square.

Castle open day: Blaise Castle, 20th, 27th August. Treasure hunt around the castle.

Children 1 pound.

Miniature Railway running day: Ashton Court, 12pm– 5pm. 70p adult and 70p child. 24th August, 7th, 21st and 28th September.

Abbots Pool ; N. Somerset council wood. A mature woodland with a large pond and an abundance of wildlife including deer, bats and birds.

We have an array of places of beauty in and around Bristol that can be taken advantage of during the big summer holidays. Take a picnic and lots of drinks to keep these days out free.

Cookery corner

Summer couscous salad



You will need:

250g couscous
250ml vegetable stock, boiling.
400g can chickpeas, drained and rinsed
1-2tbsp vegetable or olive oil
300g courgettes. Sliced
300g small vine-ripened tomatoes, halved
250g pk of halloumi cheese, thickly sliced then halved lengthways

For the dressing:

125ml olive oil
3tbsp lime juice
2 lg garlic cloves, finely chopped
2 tbsp chopped fresh mint
1/2 tsp sugar

Method

1. Tip the couscous into a bowl, pour

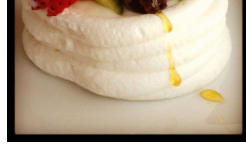
the boiling stock over and mix well with a fork. Cover with a plate and leave for 4 minutes. Meanwhile, tip all the dressing ingredients into a bowl and mix well. Fluff up the couscous with a fork, stir in the chickpeas and follow with half of the dressing. Mix well and pile onto a large serving dish.

2. Heat 1 tbsp of oil in a lg frying pan and fry the courgettes over a high heat for 2-3 mins until dark golden brown. Lift out onto kitchen paper. Now put the tomatoes cut side down into the pan, and cook for a couple of minutes until tinged brown on the under side. Top the couscous with the courgettes and tomatoes.

3. If the pan is dry, pour a little more oil and heat it up, then add the halloumi strips and fry for 2-3 mins, turning them over from time to time, until crisp and sizzled brown. Pile on top of the tomatoes and courgette and drizzle the remaining dressing, serve as soon as possible.

Taken from www.bbcgoodfood.com

Meringue nests with fruit salad



This makes for a quick, cheap and easy dessert! You can buy ready made meringue nests in the supermarket. All you need to do is choose which fruit you want to use; for example
Strawberries
Grapes
Oranges
Kiwi fruit
Berries

Top the meringue nest with the chopped/sliced fruit and add a dollop of greek yoghurt with honey.