

The Red Hen Project is a **small charity supporting families** with children at 5 primary schools; Arbury, The Grove, King's Hedges, Orchard Park and Shirley. Our family workers, Chris and Maria, **provide a link between home and school**, helping with various **parenting and behaviour challenges** such as bedtime routines, healthy eating and school attendance. We also **support parents to get help with areas like debt, benefits and housing**. We **give information & advice** on other groups & activities, and we often **help new families to the area**, settling them into the community, or help **families that may feel isolated**.

We have been helping children and their families with confidence, self-esteem, resilience and independence for 20 years.

- ✓ On 26th July we had a very hot and sunny day at **Wickstead Park!** 27 families joined us and it was great to see everyone supporting each other, supervising younger children while parents took older ones on the rides.
- ✓ On 23rd August we went to **Hunstanton!** Luckily the weather was kind so 24 families had plenty of fun on the beach. Everyone had a great time, with lots of laughter.

Join us term-time for breakfast at our friendly **Monday Coffee Morning / Drop-In** at The Good Shepherd Church Hall 8:45-10:30am



- ✓ In July we welcomed our new project lead **Sarah Crick**. She has been busy getting to know our community. It's good to have you on board!
- ✓ We recently said goodbye to **Liz Wright**. We are sorry to see her go but we wish her all the very best in her new job. We are very **grateful** for all your hard work Liz.
- ✓ Thanks to all who completed our workshop questionnaire. We listened to your suggestions and are now running the courses that you were most interested in. In September we held a Building Resilience session, and also hosted a Good Budgeting Skills workshop. **We always welcome new ideas – so get in touch!**
- ✓ Unfortunately, our Big Lottery grant does not cover all the project's costs. We need to **raise additional funds** to keep running all our activities. **Please get in touch if you, or someone you know, works for a company that may consider supporting a local charity.**

CONTACT US AS SOON AS POSSIBLE TO BOOK YOUR FREE* PLACES FOR.....

- **Cooking on a budget** – 6 fun sessions making family meals costing less than £1 – all ingredients provided, Tuesday mornings at The Studio, King's Hedges School from 30th October
- **Sibling Rivalry** - 2 Friday sessions at Orchard Park - 23rd & 30th November - 9:15-11:15am
- Our **Raising Children** course – 8 sessions held at Shirley school (January - March 2019)

* Places at workshops and course are prioritised, and free for parents/carers from our 5 partner primary schools. If your children do not attend these schools, please still get in touch and we will add you to our waiting list for spare places.