



AFFECT NEWS

Sharing news and support for families

Registered charity no. 1097087

January 2018

Action for
Families
Enduring
Criminal Trauma

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Welcome...

January can be a very grey time of year when hope seems far away, but it is a good time to look for signs of spring; the first daffodil in the garden. the first primrose. These little things bring the promise of spring and the promise that the grey days will end. eventually. There is always hope. Things may not be as you would like them to be so do what you can to make them better, even if this is not very much. For the



rest, you just have to hope that things will improve and try to take pleasure in the little things.

I saw these on some waste ground by the station when going to visit my son in prison last spring. What are they? Who put them there? I don't know but for a few minutes I forgot my worries and continued my journey with a lighter heart. Ed.

Join us at our
NEXT GROUP
GATHERINGS

Saturdays
12.30pm

3rd Mar 2018

2nd June 2018

1st Sept 2018

If you would like to come please reply to your invitation and you will be given details.

These gatherings are well worth attending as you will meet other people who all have loved ones facing long periods in prison.



Latest from our Chair– AFFECT AGM 2017

AFFECT held its AGM on Saturday 7th October, at Fareham North West Community Centre. Twelve people attended, and the general atmosphere was welcoming, relaxed, but also businesslike. A varied lunch was provided on arrival (Thank-you, Sister Mary Joy, for organising, and thanks to the Co-Op for the provisions.)

The main speaker was one of our members, Anne, who told her and her family's story. She outlined her son's health problems, the struggles and inadequacy of mental health services, which led to the lengthy imprisonment of her son. This was a story of a family being badly let down by services that should be there to safeguard and protect. It was moving, frustrating and essentially heart-breaking to hear the impact on his family of the lack of appropriate support. However, Anne did provide hope and inspiration for others following a similar pathway, in regard to the resilience that developed in the family following support from AFFECT (and others), and to Anne's involvement in mental health commissioning, and helping to shape service provision.

The business part of the AGM focused on the challenging past year of change, and plans for the future direction of AFFECT. The Chair brought to the meeting's attention that there had been some considerable successes, including recruitment of new counsellors, updating the website, publishing the Newsletter, maintaining the Group Gathering and the provision of a single point of contact. There has been a considerable increase in the number of new clients to the service, and in the number of times advice was given to individuals and organisations.

The Treasurer reported that AFFECT has a healthy bank balance, of £5,740.11, but reinforced the message that additional funds are required to secure the organisation's future. It was reported that the Board had not actively undertaken fund-raising activities, but would do so in the future.

The new Trust Board was elected into office. It comprises;

Carol Owen	Chair
Giovanna Lewis	Treasurer
Anne Goode	Secretary/Newsletter
Brenda Scott	Fundraiser

Helen Humphries was welcomed as a new Trust Board member.

The Trust Board is clear that it wants to continue to build on the excellent work already undertaken, and to be open in all of its dealings.

C Owen. 5 Jan 2018



Look after yourself

Facebook rules our lives, phones never leave our sides, your tablet is bleeping in your bag. STOP! Sometimes self care is as simple as switching off and focusing your energy and attention elsewhere for a while. Find somewhere beautiful – a park, the woods, the beach or even your bedroom – and just sit there, peacefully and still. Absorb the sound of the wind whispering through the trees, the light and the shadows, the sheer and utter peace. It's meditative and definitely calming for the soul!

Taken from The New You diet support information, but relevant to anyone in a stressful situation.

Help raise funds for AFFECT!

Please send your old inkjet cartridges to:

www.recycle4charity.co.uk

For each cartridge £1 goes to AFFECT.

You will need to enter the code:

AFFECT-C8627 to register

Thanks to everyone who has sent articles and information for the Newsletter. We are always interested in your suggestions for content, so if you'd like to share your story (or part of it), send in comments or useful tips or information please send it in via the contacts on the front page. Please aim for a **maximum of 500 words**. Any contributions will appear with your first name only, or will be anonymous if you prefer.

Please note the views expressed in this newsletter are those of the writer and are not necessarily those of the editor or of AFFECT.