



HELPING CHILDREN AND FAMILIES NEWS LETTER

Association (HCFA) Incorporated

Welcome to our newsletter.

HCFA continues to do its good work week in week out and we remain very proud of our activities, grateful to our supporters, and inspired by the small things we do that make a difference in the lives of local families and children.

ACTIVITY

Our BBQ's continue to be held at Bunning's. Usually once each month. It's a fun time to get together and raise some funds. If you would like to help out, you are welcome or stop by and say hi. Recently the committee gave a vote of thanks to Judy and Geoff for all their efforts in the set up and organisation of the BBQ's. That appreciation continues, thanks Judy and Geoff.

VOLUNTEERS

Our volunteers remain the backbone and caring arms of our organisation. We can do very little without them. Big thanks to all who contribute. We remain aware of how much a little bit of help is appreciated and can do a great deal to assist at certain times in the occasionally wobbly and always wonder filled parenting life cycle.



Volunteer get together?

Our last volunteers get together (a time for sharing wisdom knowledge and support) took place on the 20th February 2018. Pari Jay, the hospital social worker, and volunteers discussed stress management.

The **ARMIDALE FAMILIES GUIDE** (second edition) will be available shortly. Check out the updated version or take a first look when its released. The guide provides advice and information to Armidale families about where the playgrounds are, what services and supports are out there, child friendly things to see and do .
A general what's going on for young families in our community.

If you would like a copy, or a few to distribute give Anna a call. If you don't get an answer straight away, just leave a message and someone will get back to you, or email coordinator@hcfa.org.au . Phone is 0467580016



FINANCES

We continue to get by on the good grace of our supporters and a bit of 'not to hard' work from the team. Small but important amounts are received from BBQs and donations. It's all well used and keeps the service operating.

Recently we were very much appreciative of support from the Quilters & Patchworkers of New England Inc. receiving funds raised from their raffle and at the start of summer we gained support from the Greater Bank. Thanks to all who voted for us in the Greater community grants program. and thanks to the Quilters & Patchworkers of New England and all who support them.

FAMILIES

Families in need of some help tend to come and go. Some return and some stay with us for a little while longer. We consider them part of our big HCFA family.

Remember we also provide support for families from non english speaking, and refugee/multicultural backgrounds. If you or someone could do with a hand there is no special criteria for our support. Our help is varied and is responsive to the need of the family. Our BROCHURES are available for friends or for your organisation.



Committee members Graham, Lone, Ruth and Judy working with a smile at Bunnings BBQ last month

We very much value our members, networks and partnerships and our door is always open to new volunteers and friends. We welcome your thoughts ideas feedback and continued support and all the varied contributions that keep us going.

till next time..

wishing you help and kindness from the Helping Children and Families team.