



HELPING CHILDREN AND FAMILIES ASSOCIATION (HCFA) Incorporated OCTOBER 2020 NEWSLETTER

Welcome!

HCFA is still going! We remain very proud of our activities, grateful to our supporters, and inspired by the small things that make a huge difference to local families & children.

FAMILIES

Families in need of some help tend to come and go, some returning to stay with us for a little longer. We consider them part of our big HCFA family. At present HCFA is supporting five local families with a variety of circumstances - single parenting, children with disabilities, non-English speaking background, and first year with a new baby. If you or someone you know could do with a hand there are no special criteria for our support beyond having a child or children five years or younger. Our help is varied and is responsive to the need of the family. Copies of our BROCHURE are available for friends or for your organisation.

VOLUNTEERS

It is exciting to have a few recent expressions of interest in volunteering with HCFA. While these don't always progress through to active volunteering, it is always encouraging! Our volunteers are the backbone and caring arms of our organisation. Without them, there is very little HCFA can do to support families. Big thanks to all who contribute - home visitors and management committee. We remain aware of how much a little bit of help is appreciated by the families we support. It can do a great deal to assist at certain times in the occasionally wobbly and always wonder filled parenting life cycle. When things begin to improve and the family is starting to manage without the volunteer support, it's a sad time for everyone.

VOLUNTEER TRAINING OPPORTUNITY

We are fortunate to have Kate Thomas, Coordinator of the Armidale Autism Spectrum Support Group, Carers NSW, coming to speak with volunteers about supporting families who have a child on the autism spectrum. Kate brings many years of experience to share. There are limited places with priority for HCFA volunteers. Friday, November 6th, 9:30-12:30 at ABC. RSVP to coordinator@hcfa.org.au.

FINANCES



We continue to get by on the good grace of our supporters. The Management Committee is looking into a couple of options, awaiting responses. Small but important amounts are received from donations. Work is underway to add a "Donate Now" link onto the website. Your membership is a small but important donation to HCFA.

FUNDRAISING ACTIVITY

The Bunning's BBQ roster has resumed, with an 8 page document about how they are to be managed! It looks as though we simply don't have the manpower but the HCFA Management Committee will discuss this at their next meeting. If you would like to support HCFA by helping on the BBQ roster, please get in touch. The Committee also have a couple of irons in the fire regarding ongoing financial support and are waiting patiently for these to be ready to pull out.

MEMBERSHIP

One of the ways that individuals support HCFA is by being a member. The tangible benefits are receiving a newsletter like this one every few months. What about the non-tangible benefit? Knowing that you are helping to support an organisation committed to supporting parents and primary carers of children under five in our community. If you are available to help us, help is always welcome but your small contribution does more than you know! If you would like to become a member, make an online deposit and send an email to coordinator@hcfa.org.au (the account details are found at <https://www.hcfa.org.au/Donations/tabid/552/Default.aspx>). Alternately, drop into the Armidale Business Centre and complete a membership form, leaving you money with Leisa at the reception desk (before noon or after 2 pm).

ARMIDALE FAMILIES GUIDE (second edition)

There are plenty of copies still available. 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. These can be obtained at the Visitor's Centre, the Volunteer Centre and at the Armidale Business Centre. If you would like bulk copies to distribute, contact Susan 0467580016 or coordinator@hcfa.org.au . Leave a message and she will get back to you.

ANNUAL GENERAL MEETING

The AGM for HCFA will be held mid-November at the Armidale Business Centre Boardroom. The time: 4:45 PM for a 5:00 PM start on Thursday November 12th.

All Management positions are open for nomination. A form, due by November 5th, is available by contacting Ruth Nicholls at ruthnicholls47@gmail.com or at reception. Your \$5 membership is also due at this time. To pay by direct deposit use your name as the reference. The HCFA account details are: BSB 932 000; Account 662528. Send an email to coordinator@hcfa.org.au with your name and address to request a receipt.

We very much value our members, networks and partnerships. Our door is always open to old friends and new volunteers. Your thoughts, ideas, feedback and continued support are always welcome; they keep us going!

Till next time...Wishing you health and kindness from the HCFA team.