

# family space<sup>+</sup>

good news in our community

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## Time out for Mums

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# what's time out for mums all about?

**Time Out** offers mums an opportunity to take time out from their children and have a chance to talk, to relax and to have some fun.

**Time Out** is run by a Family Support worker.

The children are cared for in a crèche in our playroom run by an Early Years worker and a team of volunteers.

Whilst offering the space to enjoy time for themselves, **Time Out** also gives mums the chance;

- to feel more confident in trying new things.
- to build on existing parenting skills and
- to improve self esteem as new friendships develop.

## when does it happen ...and where?

**Time Out** takes place on Monday mornings between 10 and 12 at St Silas Church Centre in Hesters Way Road.....

.....and is mostly for families that Befrienders relate to.

## ... and

**Time Out Group** are invited to our activities which run during school holidays for both parents and their children

to both parents and their children.

## **so what goes on at Time Out?**

From the many ideas that the mums have suggested we have done:-

Various craft activities—cards, jewelry making and cake decorating

Pampering sessions:- manicures, foot spas and shiatsu massage

Healthy living :- Healthy lunch box cooking session, taekwando , self defense and line dancing

Professional visits from:- Secure Start, Adult Education and Health Visitor

Trips out:- Bally Hoo and Mamma Mia Night

Courses:- Step Up and Look Good, Feel Good

**....so what goes on is very much up to the mums and their ideas.**

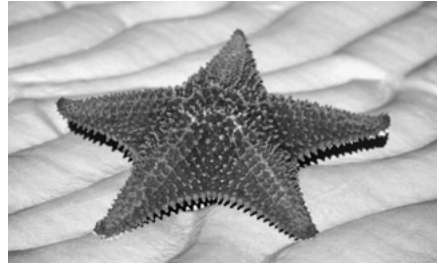
## The Starfish

*Walking along the beach close to the water's edge he could see thousands and thousands of starfish washed up from the previous tide. Into the distance he could see the long line of starfish stretched out before him, all of them only a few feet from the sea as if stranded. Tantalisingly so near, yet so far from the water.*

*He reached down and picked one up and gently threw it back into the sea. He reached down again and did the same to another, and another and another.*

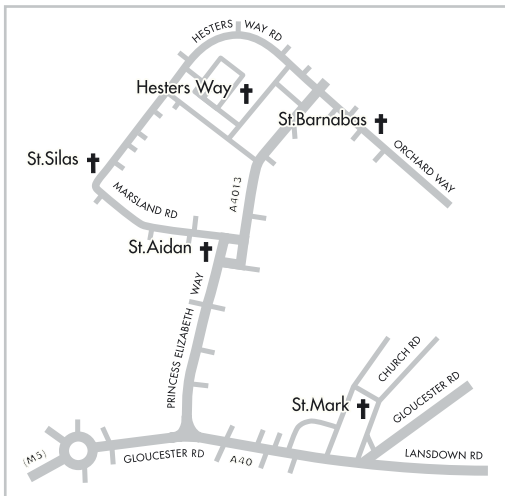
*A second man, walking his dog along the beach saw him and asked 'why are you doing that – surely you can't make a difference to all these starfish – there are too many of them'.*

*Throwing another one back into the sea, the man replied, 'it makes a difference to this one!'*



*'This is the thinking behind much of the activity of Family Space, making a difference to some people's lives.*

*Of course, we can't help anywhere near all the families we would like to... but we can help some.*



### **family space**

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**family space** is a joint venture between Cheltenham YMCA, and four local churches in Cheltenham – St Aidan & St Silas, St Barnabas, Hesters Way Baptist Church, and St Mark.



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