

New Hope North East Newsletter 2 Summer Edition

Welcome to our Summer

Newsletter. We have lots of exciting news to share with everyone!

New Hope North East, Who we are and

What we do: we continue to run various inclusive projects, activities and workshops; supporting families with disabled children and young people and children and young people with additional needs, as well as families from BAME communities and we run projects including the wider community as part of our inclusive approach.

Our organization is parent led and child and young people centred; the wellbeing and empowerment of the families that we support is at the heart of everything that we do.

We are now a registered charity!

As from 16th June 2020 by the Charity Commission for England and Wales, New Hope North East is now a Registered Charity.

Our charity number is:

1189962

'Alone we can do so little.

Together we can do so

much.' **Quote from Helen Keller**

27/06/1880 to 01/06/1968, an inspirational American lady, who was a political activist, lecturer and author; she was also the first deaf-blind person to earn a Bachelor of Arts Degree.

A WORD OF APPRECIATION from our NHNE Chairperson, Mr. John Braithwaite



This financial year, regardless of challenging times we are in, we have been blessed with funding, and we acknowledge our special thank you to the following funders for their generosity: -

- The Ballinger Trust
- The National Lottery Community Fund
- Groundwork
- Inspire South Tyneside
- Sir James Knott.
- Terence and Diana Finley
- Sue King
- Family Covenant Church

Also, a special thank you to Elizabeth and all of the dedicated Trustees, Volunteers, Staff, friends and all the families we support. We really appreciate and thank you so much.



Providing Alternative Support During Challenging Times

Due to the current circumstances, we are currently unable to operate any of our projects and activities in the normal manner, therefore, New Hope North East are currently operating most support services and workshops on-line via Zoom.

We have continued to support children and their families in many ways during this difficult period. Some of the ways we have managed to support children and families:

- ✚ Children and Young Peoples Activities and Workshops
- ✚ Support Groups and Parents Forums
- ✚ Information, Advice and Guidance
- ✚ Donations
- ✚ Fare Share and Food Vouchers

Children and Young People's Activities-Summer Program

We have had lots of fun this summer!

Tuesday's: Fig Tree Story Writing Workshops, 3:30pm to 5pm

Wednesday's: Fig Tree Story Writing Workshops, 3:30pm to 5pm

Thursday's: Purple Roses Arts and Crafts Club, 4pm to 5pm

Friday's: Fig Tree Friday Fun Club, 4pm to 5pm

Children and Young Peoples Projects Spring to Summer

Fig Tree Story Writing Project funded by the Ballinger Trust

Children and young people have been given a fantastic opportunity to attend writing workshops supported by a children's author, to write their own stories and poems. The stories, poems and drawings that the children produce will then be published as part of a collective set of children's stories and sold worldwide via Amazon. The profits made from the sales of the books will then be put back into the children's activities fund.



As part of the Fig Tree Story Writing Project, we have also provided families access to **Netflix**, arts and crafts packs and food vouchers in order for children and young people to still participate in children's activities from home and as part of the project.



Fig Tree Friday Fun Club

In place of our usual After School Club, we have ran fun club sessions over the summer, linked with our Fig Tree Story writing project.



Session activities include:

- 😊 Story and poetry reading
- 😊 Drawing, Arts and Crafts
- 😊 Show and Tell
- 😊 5 per day for Health and Happiness Challenge
- 😊 Every Day I'm Juggling
- 😊 What's New with New Hope
- 😊 Guess the Fruit and Veg
- 😊 Children and Young People's Consultation
- 😊 Tongue Twister (New)
- 😊 Songs and Dances
- 😊 Birthday Celebrations
- 😊 And More!

Purple Roses Arts and Crafts

Project funded by Groundwork, 'Carrier for Life'

Children, young people and their parents, have had the wonderful opportunity to participate in our fun and friendly Purple Roses Arts and Crafts Club which has been running though out the summer. Each week children have been directed in various activities and created some beautiful arts and crafts. Arts and Crafts program as follows:

- 😊 Week 1. Photo Frame Designing
- 😊 Week 2. Mug Designing
- 😊 Week 3. Card Designing
- 😊 Week 4. T-Shirt Designing

Reward Packs and Certificates

Children and Young People have received Reward Packs, Certificates and Prizes for participation in our Spring and Summer time activities and workshops.



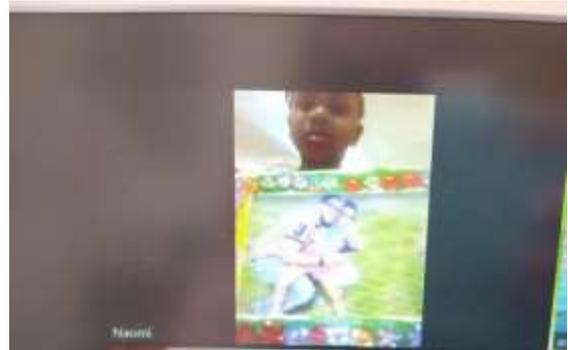


New Hope North East

Valuing Vulnerable People

Purple Roses Arts Project Summer On-line Arts and Crafts Club 2020 Gallery

some of our children and young people's fantastic works of art! More photographs will be posted to our website and Facebook page! 😊😊😊





New Hope North East Youth

Group led by our young person representative and Diana Award holder, Jennifer Igbafen.

Random Acts of Kindness 😊

Children and young people in our New Hope Youth Group have been very kind to each other during these difficult times and have given gifts and donated items to one another. Medina donated books for our writing project, Jessica and her Mum Clare (as seen below) gave gifts for New Hope children and siblings have supported each other in activities and projects. What a fantastic example set by all, by displaying such acts of thoughtfulness and kindness.

Well done everyone! 😊😊😊



Youth Group Challenge Sunflower

Growing! 😊 Children and young people were given sunflower seeds to grow over the summer with some beautiful and successful sunflower results! 😊



Interview with Kudzai, Author of the Mischievous Ralphie Book Series.



Interview Questions by Medina Truong, Junior Youth Group Leader

Question 1. What is your favourite children’s book and why?

Kudzai’s Answer: ‘I have lots of favourite children’s books but Kensuke’s Kingdom is my favourite. It is a great adventure story and I recommended reading it.’

Question 2. What Inspired you to be an author?

Kudzai’s Answer: ‘I seen a documentary when I was about 15 years old , on J.K. Rowling and it showed how she became an successful author and it really inspired me.’

Question 3. What inspired you for your character Mischievous Ralphie?

Kudzai’s Answer: ‘I wanted to create a character that would tell the story of all of the mischievous things that I did as a child and I really liked Peter Rabbit from Beatrix Potter and so that inspired Ralphie’s Character.’

Question 4. Do you have a favourite author?

Kudzai’s answer: ‘Yes, Beatrix Potter, J.K. Rowling and Michael Morpergo,

Question 5. Do you have any top tips for young budding writers?

Kudzai’s Answer: Read as many different stories as you can from different genres of writing and do as much free flow writing as you can, just writing whatever comes in to your mind, getting it down on to the paper, writing passionately from your heart.



Community Gardening Project
as Part of our 'Grow, Cook, Serve'
project sponsored by the National
Lottery Community Fund

One of our projects this year has been a fantastic garden project, supporting families in the community to learn how to grow their own fruit, herbs, vegetables and flowers from at home from seeds, with the support of a professional horticulturist.



Fruit and vegetables are also being grown in our New Hope North East allotment space in South Shields. Thank you to Felistas & family, Shila Lasker, Jane, Justin, Happy & brother Dom and Elizabeth for all of your hard work.



New Hope North East's Parents Forum

At New Hope North East we have parents forum support group that usually meet once per week, however, since lockdown, our parents forum have been meeting weekly via Zoom. We also have a parents forum WhatsApp group, sharing information, advice and giving support. Parents are still being supported to complete their own personal stories and poems to be published, sponsored by 'South Tyneside Inspire' as part of our 'My Health, My Voice and My Wellbeing Project.'

The following article is written by Written by Jane Igbafen, Parents Forum Lead & Fundraising Champion 😊

Since the lockdown occurred, parents of disabled children have been facing various challenges on their own without support. Their day to day routines have become more difficult as they are juggling more commitments, the stress that comes with adapting to these new circumstances has had an impact on their health and wellbeing.

Our New Hope's Parent's Forum, 'Lean On Me', was created with the intention of parents 'leaning' on each other more for support by opening up about their feelings, telling their stories and discussing their challenges with other parents who can relate to their situation and to get guidance from professionals who are invited to give us professional advice and support on key topics, such as mental health and wellbeing, adulthood preparation and behavioural concerns.



Our meetings are engaging, informative and supportive, and helps parents access useful resources and services. The platform provides a great opportunity to meet other parents, reducing alienation barriers and promoting social and educational inclusion to help develop friendship. Meeting other parents/carers in the same position can make us feel less isolated and help parents get a better understanding of our struggles. **The Parent's Forum is a safe, positive and welcoming environment which is a platform for parents with disabled children.**

We are currently applying for funding and sourcing resources to enable to parents to also engaging in fun, relaxing and interactive activities during the parents forum, such as knitting, crocheting, baking and other activities. We will hopefully have a program of activities for parents coming soon. **If you would like to share your skills with our parents, for more information on the parents forum if you would like to attend the sessions or you would like to be a guest speaker, please contact Jane via email at:** janenewhopenortheast@gmail.com

Many vulnerable families have been supported through our New Hope North East food bank.

Due to our current challenging circumstances, families have been unable to attend our weekly food bank and so our fantastic volunteers have been distributing food to families homes. **A Huge Thank You to our dedicated delivery driver Rebecca Matthews for all of your hard work and efforts supporting families during this very difficult time.**



***Star Volunteer: Rebecca Matthews**

Fare Share At New Hope North East, we are part of the 'Fare Share' scheme and we have weekly food hampers from Tesco to share with families in need. Food hampers have included items such as fruit and vegetables, bread and baked items and more. **A huge thank you to Tesco** for their on-going support which is needed now more than ever.



Greggs Donations At New Hope North East we receive weekly donation from Greggs, which include many baked good items; bread, doughnuts, sandwiches, cream cakes and more. **A huge thank you to Greggs** for their on-going support, particularly during these challenging times.



Here at New Hope, we have always prided ourselves on quality of service and having a 'family feel' to our group. During these difficult times, we have become more than a family, we have become a community; working together through these challenging times, pulling together to help one another, we have grown in many ways, we have been able to help more children, more people and more families because of it. Through regularly reaching out and connecting with one another, through phone calls, texts and Zoom chats in place of our usual face-to-face meetings and delivering food, resources and support to people's front door, with the help of our dedicated volunteers.



How You Can Help

Donating At New Hope North East we are deeply grateful of any donations that we are able to sell or raffle in order to raise much needed funds for our children's projects and activities or to support families in need. Some items we keep and use on projects and as part of our After School Club.

We gladly receive all donations, for example: good quality clothes, shoes, coats and bags; books, toys, and games; bric-a-brac and boxed gift sets; CD's and DVD's; stationery and arts and crafts packs; perfumes, soaps and toiletries. We also take furniture items for our office and to support some of our families in need.



Photograph above shows Jane our Fundraising Champion, our parent volunteers and Youth Group members, hard at work raising funds.

Fundraising Ideas, Activities and Donations

Due to our current circumstances, now is a great time to have a good sort out and clear out of any of our unwanted items and donate them to New Hope North East. Try learning how to bake a cake for our next

fundraising bake sale or learn how to knit a scarf or make handmade cards to sell on one of our stalls to help to raise funds. 😊

If you have any items to donate or would like to be involved in our fundraising activities, please contact Jane at: (Fundraising Champion)
janenewhopenortheast@gmail.com

Volunteer Recruitment

Volunteer For Us! 😊

to support New Hope North East Projects and Events. If you would like to volunteer or know someone who would like to volunteer then please contact us.

As a charity, we largely run on the effort of our fantastic volunteers.

We need people to volunteer in many areas; fundraising activities and events; children's activities and projects (including afterschool club); project administration; family trips, food bank and more.

We need people who have experience in these different areas and are able to complete a DBS. You can build upon your experience in a fun and friendly environment and after you have completed a sufficient amount of volunteering with us, we will be able to provide you with a reference. We also provide refreshments, snacks and transports fees where possible.

For volunteering for children's activities please contact Amy at:
amy.newhopenotheast@gmail.com

For all other volunteering please contact Elizabeth for more information at:
elizabeth.newhopenortheast@gmail.com



New Hope North East
Valuing Vulnerable People

A Huge Thank You to: all of our New Hope Staff and Volunteers; all of our parents, carers, children and young people who attend the sessions; all of our committee members and our chairperson; all of our continued supporters and to all of our funders including individuals who have financially supported our organization over the years.

Funding News: We have recently received funding from **RISE NORTH EAST RISE** for family “Physical Activity” to keep fit and healthy during the pandemic crisis.



South Tyneside Council



LOTTERY FUNDED





Thank you for reading our summer newsletter, we hope that you have enjoyed **our Summer Story for 2020!** For more information, please visit our website or Facebook page or contact us.



‘A Flutter of Summer’, Photograph taken by Amy Truong



A Sunflower grown by Medina Truong as part of our Summer Youth Challenge!

Our New Hope Newsletter has been written by Amy and Medina Truong



Thank you again for reading!

Contact Us

Due to current circumstances we are not working from our office, we are working from home.

If you would like to contact us:

Elizabeth Sunduzwayo (Project Coordinator) for project, organisation, funding information and volunteering:
elizabeth.newhopenortheast@gmail.com

Amy Louise Truong (Children’s Activities Lead) for children and young people’s activities, youth group information and volunteering:
amy.newhopenortheast@gmail.com

Jane Igbafen (Parent’s Forum Lead and Fundraising Champion) for parents forum, donation’s and Fare Share:
janenewhopenortheast@gmail.com

New Hope North East

For general enquires:

Phone

Elizabeth Sunduzwayo on: 07985661602

Hours of Operation

Monday - Friday: 9:00 a.m. - 4:00 p.m.
Out-of-Hours Appointments Available Upon Request

Office Address

c/o Trinity House Cafe
134 Laygate
South Shields, NE33 4JD

Service Area

The North East