

THE DOOR NEWSLETTER

THE HODGSON'S STORY

For some, family life can be pretty chaotic. The Hodgsons were no exception. Home life was challenging, not just for them but for their neighbours too. Following a complaint about noise, the family reached out to The Door for help.

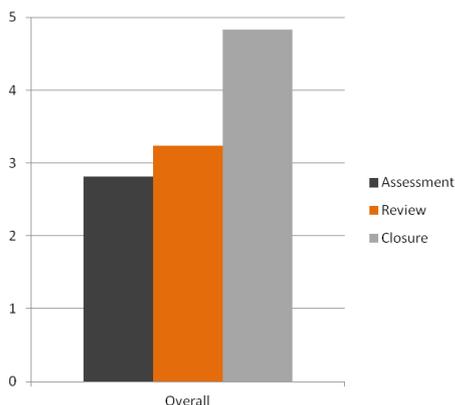
The Family Support team quickly established weekly family meetings, enabling all family members to express their views and opinions somewhere other than at home. Alongside this, each person had valuable one-to-one time with mentors and support workers giving them space to talk about their frustrations and dreams, and about what was happening inside and outside the family. Both parents also attended the 'Triple P' Programme.



This combination has had a radical effect on the whole family – progress is being made in big and small ways, from spending more time together without arguing, to going out for coffee together, and one of the children turning things around at school. All round every family member is happier, achieving more, and the noise level has reduced too.

“We really thought it would be impossible to turn things around in our household but we've learnt a way, thanks to The Door”

It costs just £10 for The Door to start working with a family and to give them this potentially life changing support. Donate today at thedoor.org.uk/donate and start helping families help themselves to put their lives back on track or give us a call and request a form by post - 01453 756745



When we start supporting a parent or family at The Door we ask them a few questions to help us understand where they are at in the lives, this includes how happy they are at home, how good their support network is and how well equipped they feel as a parent. Then throughout the support process at reviews and when we close relationships we ask them the same questions again. All the questions are ranked 1-5. As you can see from this graph **on average 100% of parents receiving support see improvement** in these across the board. With many even rating themselves at 5/5!

To find out about support options for parents of teens call: 01453 756745

UNLOCKING POTENTIAL... OPENING OPPORTUNITY...

CONNER HAS 'THE SPIRIT OF THE DOOR'



Conner and his 'Spirit of The Door' Golden Hinge Award

11 year old Conner Roberts was applauded for showing The Spirit of The Door at our Celebration and Awards Night at the end of November.

Conner's recognition came at the end of an award-strewn evening which celebrated the best of The Door, recognising the achievements of young people and their parents, acknowledging the work of staff and volunteers, and commending the work of community partners.

Victoria Robson; Director of Service Delivery presented Conner with his award and described him as "a young person who stands out as a confident, shining example to all who know him. I have been very humbled to see him grow from a shy unassuming person with little self-confidence and self-esteem to an often cheeky young man, always keen to help and ready to take on the world."

Over 120 people packed out the prestigious Stonehouse Court Hotel to help Conner and others celebrate with clergy, police officers, mayors and other dignitaries rubbing shoulders with young people and their families from across the district.

A full list of winners and photos can be found at thedor.org.uk/news



Making Pizzas at Dursley Youth with Kathleen

AWESOME YOUTH CLUB ACTIVITIES

In Avening young people have enjoyed games of dodgeball as well as creating outfits to make themselves look like their favourite fruit or vegetable. They also held a Bush Tucker trial evening with lots of yummy (and not so yummy!) foods to try from all around the world. They have also been getting to grips with new flavours in Dursley with a Pizza Night at The Vibe. Down the road in Cam, young people enjoyed a game of hockey in the yard as well as an uno tournament. And finally over in Stroud they have been getting creative with bracelet making and design your own puzzles.

For full details of upcoming activities visit thedor.org.uk and find your local centre



'Miss Potato' at Avening Youth Club

CHRISTMAS CHALLENGE SMASHES TARGET!

This year's Christmas Challenge raised over £5000 thanks to a £2500 'match-pot' donated by local businesses, friends of The Door and the Four Acre Trust, which was unlocked by donations from the public during a week long online campaign.

The funds raised will cover the cost of training and supervision for 24 new volunteer mentors. Volunteers that give an hour or two each week, at a time and place convenient to them and their mentee and provide sometimes life changing support to the young people they meet. Volunteers must be over 18, and are welcomed from all backgrounds, no previous experience is required.

Current volunteer, Charlotte, knows all too well the benefits of having a mentor:

"I first came to The Door when I was 17 – I was struggling with an anxiety disorder and I was unable to control and understand my feelings. My mentor helped me learn how to trust my own guidance and opinion, I had somebody that listened to me."

"Having a mentor also challenged me to think about giving something back. By becoming a mentor myself means I can give someone else the support that I received when I needed it the most. I want to be that encouragement for someone else!"

To apply to volunteer today, contact Bev: bev@thedor.org.uk / 01453 756745



Volunteer Mentor, Charlotte