

**SPRING NEWSLETTER
APRIL 2009**



***“Improving the lives
of mothers and
families affected by
Pre and Post Natal
Depression”***

www.acacia.org.uk

Registered charity number 1122831



HAPPY BIRTHDAY ACACIA - A FIVE YEAR CELEBRATION



On the 21st January, at the Trinity Centre in Sutton Coldfield Acacia Family Support hosted an event that celebrated 5 years success! The event which brought together service users, health professionals, GPs, volunteers, funders, staff and trustees. Acacia organised the celebration in order to:

- Launch their new film aimed at supporting mums with post natal depression.
- Raise awareness of Acacia's service amongst health professionals and GP's.

The event was thoroughly enjoyed by all who attended and some excellent new links were made with health professionals who will start to refer women to the service.



We aim to:

- Provide high quality, community-based support services to those affected by PND
- Raise awareness of PND amongst health professionals and members of the communities we work in
- Recruit and train local people to provide volunteer-led support services

ACACIA CENTRE UPDATES

WALMLEY

Hello! I'm taking this opportunity to introduce myself (Alison Hammond - Walmley Centre Manager) and the team to share a little of what has been happening here. My part-time role is based around our Thursday sessions which are becoming increasingly busy. Since the beginning of the year we have averaged 8 families accessing the service each week. I am supported by a fabulously committed group of volunteers. This includes our Crèche Manager (Jayne O'Sullivan) who has formalised our 'booking in' procedures, making entry into crèche smoother for volunteers, mums and children alike. Jen Butterfield is now providing monthly individual baby bonding sessions. She continues with the pampering service during the remaining weeks and is in high demand.

We are privileged to meet so many wonderful families and are amazed at their ability to take giant strides forward in their recovery. Families have valued their supply of refreshments, use of the crèche, befriending time and pampering service. We have received positive feedback many times over. A real tribute to the charity and the team. We are looking forward to welcoming and training a new batch of volunteers very soon as this will allow us to give an even better service to users.

February half- term's fun day provided much needed entertainment for 30 families who joined us in a variety of craft activities, face painting etc. Much fun was had by all. We have also met with Sally Ellis and Debbie Holford from SE Fitness who explained to volunteers the benefits of regular exercise, both physically and mentally,

Volunteers will be looking forward to a good rest over Easter after a very busy term!

Our Walmley Drop in Centre runs every Thursday (term time only) from 10-12am at St. John's Church, 4 Walmley Road, Sutton Coldfield, West Midlands B76 1QN

ACACIA CENTRE UPDATES

KINGSTANDING

Acacia now has a new team of volunteers working in the Kingstanding and surrounding area raising the awareness of pre and postnatal depression. We have recently opened our new centre which is based in The Clancy & Guild Rooms of Christ the King Church, Warren Farm Road, Kingstanding

We have been up and running in Kingstanding since January and are pleased to say that we are supporting many families already. As well as befriending services, we offer complimentary aromatherapy treatments, and at each session a crèche is provided for children of mums coming to us, refreshments are also provided throughout the session. Our Kingstanding Drop in runs every Monday 1130-130pm (Term time only)

WASHWOOD HEATH

The East is becoming very exiting. Emma, Vicky and Rachel have been to a few meetings this year, some with mums and one with Health professionals.

The mums seem to enjoy our sessions. We have been showing the Acacia DVD and chatting about family issues in groups. The majority of the women we have seen are South Asian, we wondered if the differences in our cultures and Ethnicity would be a barrier, but this is not the case we are being embraced by the girls. We have supported a few of the girls via the telephone listening service. The health professionals have also welcomed us and provided positive feedback about our service and they look forward to hearing what our plans are for the future.

We are meeting a Community Development Worker from the East at our Walmley Centre in the next few weeks and one of her key objectives is to look at PND in the East as there is a huge gap in the services currently being delivered. She is very exited about meeting us and she is hoping we will be an answer to her prayers in addressing PND in the East of Birmingham.

INFORMATION

Check out our new
website
www.acacia.org.uk
for the latest news and
information

Our new helpline number
is 07944 900499

PASTORAL SESSIONS

We offer pastoral sessions for our
volunteers The next session is
arranged for

**Monday June 22, 2009
at 730pm. Venue TBC**

This session is a counselling
awareness event. More info from
Emma on 07944 900499

!!NEW AT ACACIA!! BABY BONDING SESSIONS

Bonding with your baby is a complex, personal experience
that takes time and there are many factors that will affect
how you build a bond of love with your baby.

Set in a calm and private environment, Acacia are now
running individual baby bonding sessions with a qualified
infant massage teacher that aim to help you deepen your
bond and connect emotionally with your baby.

These sessions will be held on the first Thursday of every
month from 10.00 am – 12.00pm at St Johns Church, 4,
Walmley Road, Sutton Coldfield, West Midlands, B76 1QN.

For further information or to book a session, please call

ACACIA TRAINING

Our next befriender training is on Tuesday 12th May
930-3pm and Tuesday 19th May 930-3pm Contact
Rachel Gregory at rachelacacia@aol.com to enrol

A FEW WORDS FROM THE CHAIR.....

I suppose if this newsletter was filled with bad news you would not want to read it and would throw it away. Yet when it comes to selling news it seems, from reading the papers and listening and watching TV / radio, that only bad news sells. Strange isn't it?

Thank goodness for charitable organisations who bring good news to our society. News of people who care and love so much that they work tirelessly, most of them voluntarily, to improve the lives of others. News of people who give money, resources and time in support of these projects.

And yet we may never hear of the names of these volunteers, workers and supporters. They don't do it to bring attention to themselves, they do it because they care, and they love. Many of you reading this newsletter will be doing voluntary work yourselves, others due to circumstances may at the moment be in a supporting role. Please never underestimate your value. The news media may paint a pretty sorry picture of the world, but you and your good works are a shining light in that darkness. Without volunteers and supporters the light would go out. With more volunteers and supporters the light, the caring and loving, will begin to eclipse the dark

Thank you for the light you bring to our community, and our world.

Peter Long
Chair of Acacia Family Support

TRUSTEES

Peter Long, Chair

Claire Roberts

Lisa Miner

Geraldine Long

Georgina Dean

Mike Smith

Emma Borg

Rachel Gregory

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Emma Borg
Operations Manager

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CONTACT DETAILS:

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Business Line: 07869 100499

Email us: Help@acacia.org.uk

Website: www.acacia.org.uk

The work and ethos of Acacia is rooted in the Christian Faith. For those who feel able we value your continuing prayer support.

Registered Charity number 1122831