

December/January Updates from Phase

- **Phase survey:** Phase is developing resources focused on parents, particularly relating to how wellbeing and mental and emotional health are supported earlier in children's development. If you are a parent and would like to take part in our survey let us know what you think about this. Your views will help us tailor the resources and face to face sessions. The survey can be found online at <https://tinyurl.com/y55cbxc8>.
- **Date for your diary and volunteers needed!** Phase has a stall at the 2020 Hitchin Fair in the Square on Saturday 27th June. We are looking for a small team of people to help Lizzie and Amanda organise this. There are loads of things you could help with:
 - Design a poster and marketing to advertise our stall before the event
 - Donate cakes for the bake sale
 - Donate books, CDs and DVDs to be sold
 - Donate items for a raffle
 - Donate items for a tombola
 - Help set up for the day
 - Help pack down after the event
 - Help run craft activities

Even though this event seems like a long time away it comes round quickly! Contact the office office@phase-hitchin.org if you would like to volunteer. We are really grateful for people who support us at these events and they are also lots of fun.

- **Hitchin Fireworks:** these went off with a bang (!) and Phase was absolutely chuffed to bits with the success of the event. Being the charity partner has raised our profile and over £1,000 was raised for Phase. Thanks to everyone who volunteered to help out at the event and we hope you enjoyed it.



With Wishes to You all for a Blessed Christmas and
a Peaceful New Year from the Phase Team.

Lizzie Feltoe, Admin Assistant



Phase is a charity which is dependent on donations. If you would like to make a donation and help us provide support to young people, please:

- *phone the office 01462 422940*
- *visit our website www.phase-hitchin.org and click on 'Join the Cause/Donate' or*
- *speak to your Church Phase Rep (for Hitchin churches)*

Silverbirch Centre, Bedford Road, Hitchin, Herts, SG5 1HF
01462 422940 | office@phase-hitchin.org | www.phase-hitchin.org Registered Charity No. 115436