



JIGSAW Young Volunteers.

The Mini volunteer group (ages 5-10 years) have planned and taken part in a Tombola fundraiser. They raised £65 for JIGSAW activities. The children advertised with a homemade poster, collected prizes, prepared the tickets and did a great job at encouraging customers to their stall. (the Mini group is currently full, however we do have a waiting list).



The Junior Volunteers (ages 11 – 14 years) planned and presented an activity of their choice to teach/show the mini volunteers. We had a practice session first with a wide range of activities

on offer; after giving feedback the Juniors then invited the Mini volunteers to come and try the activities. The activities included Street dance, pebble painting and a Doc Who talk, showing all the skills and interest of the group. The Mini volunteers were inspired and impressed with what the Juniors had prepared. (There are currently a few spaces left in the Junior group)

Both groups have been helping at the JIGSAW lending library. Alongside their mentors the children have been helping to run the café and supported the children who come to the library with the craft area. We are so lucky to have such caring and helpful young volunteers.



Project 5

Supporting Anxiety and Children's Mental Wellbeing

Since September, we have been developing a 6 week support programme for children managing anxiety, stress and emotional ill health. A pilot has been running in schools for Years 5-8 and is proving helpful to the children involved. The programme includes a journal which closely links with the sessions. A parents' workshop made a great impact for both parents and children, increasing their confidence, abilities and strategies to manage and cope with their issues. April saw our first Project 5 Exam Buster Sessions at the Base, for teens facing GCSE and A-Levels! Resilience, planning and management of stress around exams is much needed for children and we hope the sessions are proving useful. In the coming year we will be developing a series of Project 5 programmes and parent workshops/ resources for younger pupils and for those with additional needs. We have hit the ground running and thoroughly enjoyed our first few months at Jigsaw. If you feel you have something to offer, or any workshop ideas you'd like to see organised and developed, please get in touch by emailing Training@JigsawThornbury.org.uk. Artistic talents (young and old), are particularly welcome!

Lindsey Hall, Chrissie Drury, Sara Waterhouse (Training Coordinators).

Bristol firm supports Jigsaw



The management team were delighted to attend a cheque presentation for £5,604 from MBDA, a company in Bristol. The money was raised through several very well supported cake sales and a charity night but mainly from four members of staff doing the Three Peaks Challenge! This was an amazing feat to climb 3 peaks in England, Wales and Scotland within 24 hours! To be their charity of the year was a real privilege and we hope to continue working with MBDA in the future.

The Sensory Bus



The Sensory Bus, neatly parked outside the fire exit at the St Mary's Church Hall in Thornbury, was a success with parents, children and volunteers alike. A little like the Tardis, there seemed to be a lot more going on inside the truck than was physically possible, but the important thing was that the children were enjoying themselves, using investigative skills to figure things out for themselves or sometimes just to sit and enjoy the experiences.

The staff were excellent in their approach and very professional but friendly in their interaction with the children. Jigsaw volunteers were always on hand and each timed session was segregated to ensure that there was no over-crowding and that each group was roughly of the same age. The ball-bath was a huge success, as was the facility to change the colour of the lights by simply throwing a dice. Great fun. Most of the children reviewing this experience afterwards marked it on average 4.5 out of 5.





A message from Ceri Roper, our Inclusion Support Coordinator



Most of my adult career has been spent working with children and their families, initially as a Nursery Nurse and then as a Social Worker. This has included working for Mencap and Children’s Playlink as a play worker for children with additional needs. I am passionate about getting children (and adults) outside and feel that this is the perfect antidote to the stressful, busy modern lives we all live. I am mum to two very busy, active boys, one of whom who is autistic. I am looking forward to joining the Jigsaw team and getting stuck in to my role as Inclusion Support Coordinator. This role involves working with other professionals to identify and support parents who are feeling isolated who’s children are not meeting their developmental milestones. This can include outreach work, meeting parents in the community before supporting them to come to one of Jigsaw’s support groups or access the other support and resources Jigsaw provide. As part of this role I will be devising and running a structured Sensory Play course. This will be open to parents and children on a referral basis and will help them to understand the benefits of sensory play for children.

Jigsaw Grandmothers’ Group

We meet once a month and alternate the days between Wednesday one month for lunch and the next is Friday for coffee.

Wednesday lunch venues:

- Papillio at Heritage
- Wyevale Garden Centre Cafe
- Tortworth Court Farm Shop Cafe
- Cavendish House in Thornbury

Friday coffee morning venues:

- Papillio at Heritage
- Coffee 1
- Costa Coffee
- Cavendish House



Transport

For those who need a lift I am happy to take people to the venues outside Thornbury.

Means of contact

I have two methods of contact, by email and a reminder by text nearer the time. If you would like to join this group or just have a chat with me, please contact me, Sheila Churton, on 01454 851419 or 07775987769 .

Upcoming events

Coffee and cake June 3rd 10am– 12.30pm

June 1st - 7th is **VOLUNTEERS WEEK**, and to say a huge **THANK YOU** to all of our amazing volunteers we are having a cake and coffee morning on **MONDAY 3rd JUNE** between 10am-12.30pm. We really hope that **ALL VOLUNTEERS AND STAFF** will come along to celebrate the amazing work done by this organisation, which couldn't be done without our wonderful **VOLUNTEERS**.

Come to the Ball!



Friday 7th June

7pm

The Aztec Hotel

Bristol

Project 5 conference in October

Our Project 5 Conference in October will feature great speakers and a market place of services and resources around mental health issues in childhood. Anyone can book places via this link: <https://www.jigsawthornbury.org.uk/event/project-5-conference>. Please share this with professionals and other parents too.

Can you help us?

We really need more adult volunteers to help at our holiday activities. If you have any friends/aunties/uncles/ grandparents who would be interested, please get them to call the base or email us on admin@jigsawthornbury.org.uk. Without volunteers we can't run our events, so please ask around.

