



## Hale Community Centre

### Space2breathe

A partnership across Farnham between Hale Community Centre, space2grow and the Parish of Badshot Lea and Hale,

### Aim

To respond to the growing mental health pressures faced by local families during lockdown by providing some respite for parents struggling with working from home while trying to home-school several children and look after pre-schoolers

### Objectives

- offering respite and support for families for up to an hour at any one session.
- To provide an opportunity for both parents and children to share a space other than home; to give children the freedom to run round and play in a safe space, engage with another adult, go for a walk or get some support with home schooling and to give parents the opportunity to talk to another adult.
- To reduce isolation and anxiety created by home schooling; to support the children with their school work and/or to play with them
- To provide the parents with an opportunity to share any concerns, issues, anxieties they may have; to offer support without judgement or advice, respecting confidentiality and operating within national safeguarding guidelines.
- To treat everyone with respect, patience, understanding and kindness.

Has involved a lot of work, in particular for Cathy, but the partnership is working well and feedback from those coming along to the centres is terrific:

- Mum said was wonderful being able to talk to another adult and apologised for offloading so much as she hasn't had a proper conversation with another adult for ages. And even more interestingly she said one of the best things was for her older daughter to have some 1:1 time with another adult as well as she has not had anyone to talk to except her mum! They listened to music, did a bit of dancing in the space and just chatted for 1.5 hours.
- just popped up to Hale CC and the feedback from this afternoon was 'Great' and the family wants to book again. The volunteers really enjoyed the session too and were excellent.
- Yes yes yes sign me up!!!!
- Fantastic
- Awesome - I am going a bit stir crazy being at home on my own
- I'm up for that, I'm going to be grey or bald after this home schooling

Facilitators and a volunteer co-ordinator have been recruited via the Farnham Connects database - Jocelyn Close – and she is absolutely fantastic.

# Space2Breathe

Do you and your family need  
a break from home?

Space for children to play or have a walk in  
the fresh air, space for catching up with  
school work with an extra adult on hand?

Do you need someone else to talk to?

We have three spaces available in Farnham  
where you can book an hour for you and  
your family:

**Hale Community Centre, space2grow  
and St George's Church, Badshot Lea**

Morning and afternoon sessions available.  
Email [space2breathefarnham@gmail.com](mailto:space2breathefarnham@gmail.com)  
to book a place.