

## RAF Honington Family Group: Enhancing Friendships for Families.

**In partnership with RAF Honington Community Support and the Station Chaplaincy, Home-Start launched its family group in Honington in November 2016. The group has been busy building up a friendly atmosphere to welcome all families with young children in the Honington area ever since.**

**One Mum shared her experience of joining and attending;**  
*"When I heard of the family group I had not long moved to the area. I didn't know anyone around but felt the children would benefit from a local group. I arrived at the Home-Start group and was greeted by a friendly face, the room was full of toys and activities, my children were happy to go and play. The group volunteer came to say hello and introduced me to some other parents, little did I know they too were in a similar position to me. It wasn't long before we all got chatting. Week by week I would arrive at group and be greeted by my new group of friends, as new parents came they joined us in a chat and our children played side by side. It wasn't long before we swapped phone numbers and made friends on Facebook. One week in the summer a few of us decided to meet up outside of the group at the local park, this became a regular thing throughout the summer. At the end of the summer I had a BBQ and invited a few of the Mums along with their children, our friendship has blossomed from then. We still attend group week in week out and we remember what it was like to walk through those doors the first time, now we can greet others and help them feel welcome. This group has helped my confidence and I now have a best friend who can share any problems with, we all need someone to*

*talk to once in a while and that's what group has done for me."*

The group is open to anyone and is a fantastic place to make new friends, meet up with your existing friends and allow your children to enjoy playing with others, with fun opportunities for all ages to enjoy. There's messy play, sensory play, craft activities, a newly developing outside area and different activities are provided weekly. Plans are based around the Early Years Foundation Stage (EYFS) which is used in schools and nurseries across the U.K, this will help children's development and promote school readiness.

Future focus sessions will be tailored for a specific audience and age. They plan to run treasure basket, story sack, journey to school, cookery, craft and gardening sessions so that you will be able to learn some new skills and use these at home with your children. These will be in addition to the regular family group.

The group is always welcoming new families, so just pop along and join the fun on Wednesday morning 10-12 at St Edmunds Station Church. If you would like to know more about the group then please feel free to contact Honor, Group Worker, on 07415 689087 or [honor@homestartmidssuffolk.org.uk](mailto:honor@homestartmidssuffolk.org.uk)

If you would like to know more about RAF Honington Community Support projects for families and children contact the Community Development Officer, Diana Saunders on 07717697335

**Home  
Start**  
Support and friendship  
for families

**ROYAL  
AIR FORCE  
COMMUNITY  
SUPPORT**

