

NEWSLETTER



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“MHF councillors are friendly, professional and help scaffold out Pastoral support. We could not do it without them”


“The students involved have enjoyed their sessions and we feel they have benefitted from them and grown in confidence”

WELCOME!

Hello, and welcome to The Matthew Hackney Foundation's first monthly newsletter dedicated to you guys, the schools that we work with. We want to keep you up to date with all the fantastic things that our charity is currently doing to support children and young people.



HOW TO CONTACT US

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Our Story



The Matthew Hackney Foundation was set up in 2010 by my parents, Penny and Richard Hackney, after the unexpected loss of my brother Matthew the day before his thirteenth birthday. Matthew was an amazing brother. He was funny, kind, and sporty (and extremely competitive). He touched the hearts of everyone he knew, and his loss was devastating for our community. The charity was formed to commemorate Matthew and to provide counselling to children and young people in Surrey who do not have the means to access it. After my parents struggled to find adequate counselling for me, they realised that this must be a wider issue for many people in Surrey. The counselling that I received was expensive and, in my opinion, pretty rubbish. Due to this, my parents started a mission to provide adequate and affordable counselling to as many children and young people in Surrey that they could.

What we do

Our counsellors provide the tools to help children and young people with their mental health, both now and in the future. They work tirelessly to give children and young people access to the best possible counselling and support. In addition to this, our counsellors signpost children, young people, and their carers to relevant services that can support them if we are unable to help directly. Our dream is to help as many people as we can, giving them the best possible chances to be the strong, resilient, independent, and thriving adults that they and our society deserves.

Meet Our Counsellors!



Debbie Pell



Clare Hale



Leila Hallows



Bisi Olaye



Gemma Murphy



Elisabeth Bale



Erica Hamilton



Lisa Jones



Lindsay Gomes



Samantha Arnold



Kate Smith



Mariamah Mount



Katalin Horvath



Helen Shepard



Lindsey Evans



Sally Finch

Who we support

We support 35 Surrey schools, by providing a counsellor for at least 2 hours per week for two terms per year, in return for a fundraiser to be carried out (however small) to raise awareness and help pay for the service we offer.

Thank you to the following schools who have done recent fundraising!

- Byfleet Primary School
- Westfield Primary School
- St Charles Borromeo Primary School
- St Pauls Primary School
- Pyrford Primary School
- Holy Family

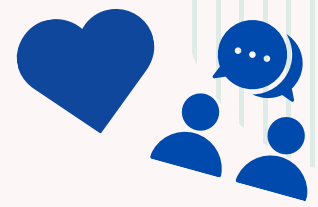
Who am I?

My name is Elizabeth, and I am Matthew's sister. I am 21 and currently studying English with Creative Writing at Loughborough University. Matthew passed away when I was 8 years old, which seems like a long time ago, but it feels like only yesterday he was challenging me to Lightsabre battles or penalty shootouts in the garden. Time has moved fast since his passing. It has been extremely busy for me and my family. My parents setting up the charity was a momentous change in our lives, and I am so proud of how far they have come. There have been ups and downs, laughter and tears, but most importantly, a lot of love and hard work.

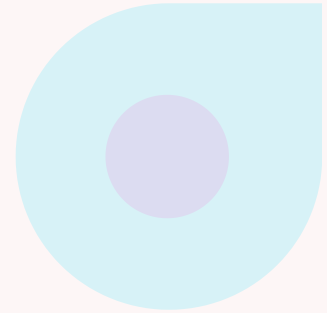
The Matthew Hackney Foundation is a brilliant cause, and it has a very special place in my heart. I am very proud to be involved in the charity and I hope that the content that I create in Matthew's name helps to shed light on the incredible work that we do.



Why we are needed



Children's mental health has long been overshadowed by societal preconceptions that children are bound to feel sad or emotional due to their age. Children are perceived to have less control over their emotions, and therefore it is 'expected' that they either lash out or shy away whenever they feel emotive. However, it is what triggers these emotions that is more important, especially to the work that we do at The Matthew Hackney Foundation.



The effect of trauma on children is life changing. Ultimately, it will linger over them their whole life. The Matthew Hackney Foundation wants to children come to terms with what they are going through early on in life so that they have the skill set to cope with their trauma in the future. Speaking from first-hand experience, The Matthew Hackney Foundation's counsellors do a spectacular job. I had counselling with the charity from January to August of this year and it has changed my life forever. Although counselling isn't for everyone and it doesn't 'fix' what someone has been through, it does provide a sense of comfort and support in a confidential manner.

More often than not, children and young people don't talk to family or friends about their emotional wellbeing. There are many reasons for this. In my case, I didn't want to upset anyone around me. For a child, talking to an adult can be daunting, especially in a counselling capacity. Counselling may not be for everyone, but it certainly helps, especially for a child who feels unable to open up at home. Our counsellors are personable and approachable people who do a brilliant job of trying to build a professional and trustworthy bond with their clients (the children in your schools).

Getting in touch



An email has been sent out about getting in touch with us regarding feedback and we would love to hear back from the schools that we support. Thank you to everyone who has already gotten back to us. This will make a huge difference to the children and young people that we support and help our services to grow and further benefit those who engage with our counselling services in the future.

What kind of feedback we're looking for:



Counsellor specific



Child/young person specific and how counselling has benefitted them (we don't need names or ages)



The overall benefit that our charity has had on your school

THANK YOU!

Thank you for reading The Matthew Hackney Foundation's first monthly newsletter! I hope this has been an insightful and enjoyable read.

If you need to get in contact with us please visit the first page of this newsletter where our email address, phone number, and website feature.



Where to find us!



RAISING FUNDS FOR
The Matthew Hackney 
Foundation

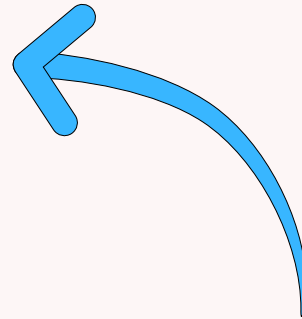
Pretty & Preloved

Shop for *of Byfleet*
PRELOVED CLOTHING, ACCESSORIES
AND CURIOSITIES

RE-USE, RE-CYCLE, RE-LOVE

MONDAYS TO SATURDAYS
21 HIGH ROAD, BYFLEET
10AM - 4PM

WWW.PRETTYANDPRELOVED.CO.UK
TEL 07869211804
HELLO@
PRETTYANDPRELOVED.CO.UK



Our wonderful charity shop based in Byfleet has a multitude of cheap and cheerful clothes and items. Pop by if you can!

Social media



@thematthewhackneyfoundation