

Together

Spring 2026

"SIMPLY-THANK YOU! YOUR SUPPORT MAKES THIS WORK POSSIBLE."

"SPURGEONS WRAPPED THEIR ARMS AROUND THE SCHOOL AND PROVIDED OUR STAFF AND STUDENTS WITH THE SUPPORT WE REALLY NEEDED."

BE A PART OF SOMETHING BIGGER.
BE A PART OF SPURGEONS.

ASK SPURGEONS ANYTHING



A message from our Fundraising and Engagement Team

Spring has arrived! After the long winter, gardens are bursting into colour, trees are blooming, and everything feels full of new life. It's a lovely reminder that brighter days really do come, even after hard seasons.

At Spurgeons, we see this same sense of hope every day as we journey alongside children and families during some of their toughest moments. In this issue, we're sharing a few of the ways we support families when life feels overwhelming – helping them face challenges, strengthen relationships and grow together.



On page 4, you'll read about how Spurgeons supported a school community after the heartbreaking loss of two students. Teacher Lee summed it up beautifully when he said, "*Spurgeons wrapped their arms around the school.*" It's a powerful picture of Christian love in action.

We're committed to being there for parents when things get hard, which is why we're so pleased to introduce Ask Spurgeons Anything. On page 8, you can find out how this free text-based service offers one-to-one support for parents navigating the ups and downs of the teenage years.

With updates from Dad's Together at HMP Winchester and our Dyson Garden Family Hub, we hope you'll see how hope is springing up through Spurgeons in communities across the country.

Thank you for standing with us and helping make this life-changing work possible.

Fundraising and Engagement Team

Spurgeons



Being a teenager is a lot. Supporting them through it shouldn't be.

Between mental health crises increasing, waiting lists for vital support stretching endlessly, schools buckling under pressure, the threat of online exploitation lurking behind every screen and self-image, peer pressure and relentless academic demands piling on daily...being a teenager is a lot.

At Spurgeons, we believe that the first line of defence is strong, supported parents and carers. When families have the tools and guidance they need, teenagers

stand a chance against the overwhelming pressures.

How does Spurgeons support families?

Whether it's free resources via our Digital Family Hub, or personalised sessions with our Family Support Team and counsellors, we ensure that families have the tools, guidance and support they need to flourish.

We're here to support every family, every step of the way.

Thanks to the generosity of supporters like you, last year we supported over 27,500 children and families. Sadly, the need for our services is rising. But the good news is the more supporters who help us, the more we can do! Please consider how you can help: by praying, giving, sharing our story with someone new, or all of the above!

Your support helps us be there for the families who need us.



Meet Lee 'Running for Spurgeons'

What has inspired you to run the London Marathon for Spurgeons?

Last year our school community experienced the unexpected deaths of two of our students. This deeply affected many of our staff and students, and the whole school experienced a difficult time of collective grief as we sought to come to terms with the loss. Spurgeons wrapped their arms around the school and provided our staff and students with the support we really needed. As a school, we are so grateful for the help and care Spurgeons gave to us, and we would really like to say thank you by fundraising for them so that they can continue to do their brilliant work. We have decided therefore to 'Run for Spurgeons' as a school because running is inclusive and accessible, and there is a huge amount of research that shows it is really good for our mental health.

How are you feeling about the Marathon?

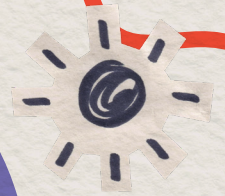
I'm looking forward to it, actually. I've been pretty disciplined with the training (running in Alps in mid-February when I was skiing with the school – anything to the miles done!) and I'm going to really enjoy the day.

What impact has Spurgeons had on the school?

Spurgeons has supported our school community in many ways. They have offered direct support for students but also helped our school to better understand mental health, and helped us to meet the needs of our staff, students and families. Spurgeons and Bennett share a strong Christian ethos, and so their work resonates with our whole school.

What does running mean to you?

I have responsibility for behaviour and welfare at Bennett, and this can be difficult at times. Every day, I work with students and families who are really struggling, and sometimes it's a lot to manage, emotionally speaking. Running helps me decompress and clear my head, and I think it's one of the best things you can do to help with good mental health.



What would you say to anyone who is thinking of taking on a fundraiser?

Do it! It's a great way to bring any sort of community together, and everyone benefits from it. It's also not as hard to organise as you might think, and Spurgeons have been really supportive with a lot of that.



What's one message you would share with your students to inspire them?

Just one?! I think it would be the same message I always give them; acts of kindness and selflessness have a strange economy to them. Yes, the recipient always benefits directly, of course, but the act itself goes beyond that. The person being kind or selfless feels great, and other people who see the act are lifted too. Kindness has that ripple effect, and the good our students will do by 'Running for Spurgeons' will go beyond just the money they raise.



Want to take on your own fundraising challenge for Spurgeons? Get in touch with Reilly and let us help you turn what you love into hope for others.

✉ supportercare@spurgeons.org

Donate to support Lee



Meet the Team

"Simply - thank you!
Your support makes this
work possible."



Meet
Vicky

What is your role at Spurgeons?

I'm Head of Spurgeons Connect at Spurgeons and lead a new national initiative that works alongside churches to help them develop volunteer-led Church Family Hubs. My role is about equipping churches to support children and families well, in partnership with local services and communities.

If you could describe your typical workday using only three words, what would they be and why?

Relational, because my work is all about people - building trusted relationships with churches, partners, volunteers, and colleagues. Strategic, because we're focused on long-term, sustainable impact. And varied, because no two days ever look the same.

Outside of the office, what's a passion project of yours?

I'm deeply involved in community leadership, including being a trustee with Action Hampshire, supporting voluntary and community organisations across the county. I'm passionate about strengthening communities and helping local organisations thrive.

I also spent 14 years with Spurgeons developing the Prison Family Hub at HMP Winchester, and as a result I now hold the Families specialist seat (in a voluntary capacity) for the Clinks Reducing Reoffending Third-Sector group.

What's your favourite part about your role?

Seeing churches grow in confidence. It's incredibly rewarding to walk alongside churches as they move from feeling unsure about how they can support families effectively, to running safe, welcoming spaces that genuinely make a difference in their communities - and to see the positive impact that has on families' lives.

If you could say anything to our supporters directly, what would it be?

Simply - thank you! Your support makes this work possible. You're helping us reach more families by coming alongside churches and communities in practical, meaningful ways, unlocking the strengths that already exist and creating lasting impact for children and families.

Are you from a local church, interested in partnering with Spurgeons Connect? We'd love to explore how we can work together to support families. Reach out to our team to start the conversation.

✉ spurgeonsconnect@spurgeons.org



Ask Spurgeons *Anything*

The teenage years can feel overwhelming for both young people and for parents and carers. Whether you are navigating tricky behaviour, worried about well-being or just not sure where to turn, you don't have to do it alone.

From 11th- 14th May we will be offering free text-based chat with a Family Support Worker for parents or carers of a teenager. This is a chance to ask the questions you need answers to and get practical, compassionate guidance for our team who really understand.

What can we help with?

Our Family Support Workers can work with you on a range of parenting challenges, including:

- bullying
- online safety
- exam stress
- behaviour
- family relationships
- puberty
- neurodiversity
- family separation.

Spurgeons
**Digital
Family Hub**

How it works

The sessions run from 12:15-1:30pm on 11th-14th May 2026.

Sessions can be booked online at:
www.spurgeons.org/ask-spurgeons-anything

All sessions are completely free.



Update across services

Dad's Together at HMP Winchester

At HMP Winchester, our Dad's Together group is helping fathers come together, support one another and talk honestly about being a dad while in prison. The sessions provide a safe space to share experiences, build connections, and learn from each other.

IT'S NOT EASY BEING A DAD
INSIDE PRISON WALLS, BUT
MEETING THE OTHER DADS IN
THE GROUP HAS REALLY HELPED

Easter at Dyson Garden Family Hub

We welcomed 30 families with children from babies up to 8 years old - and what a fantastic day it was! The children had so much fun, and the energy from the team was incredible.



Parenting tips **Teenage behaviour**

Does your teenager sometimes drive you up the wall? You're not alone. Parenting teens can feel stressful, confusing and exhausting, but much of what you're seeing is a normal part of growing up. Hormonal shifts and rapid brain development play a huge role in their everyday behaviour, from moodiness to wanting more independence.

There are ways to support your teen through this stage. Start by asking about the physical sensations behind their emotions and acknowledge what they're feeling: *"I can see you're angry, how can I help?"* Offer yourself as someone they can always come to, and try to listen without judgement. If they're overwhelmed, help them break problems down and make a simple plan of action. Feeling heard makes it easier for them to manage big emotions.

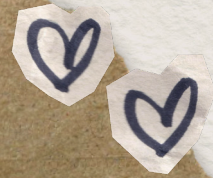
- Teens also benefit from regular one-to-one time with you. This doesn't need to be formal - chatting at home, grabbing a coffee or talking in the car can all help. Show interest in their world, their worries and their opinions.
- You'll likely notice changes in their behaviour as they grow. They may become more private, less affectionate or more easily irritated. Try to remember that these shifts are part of their development, not a reflection of your relationship. Mood swings usually ease between 18 and the early twenties.
- *Looking after yourself matters too.* Make time to relax, talk to other parents and remind yourself that these challenges are common.

A few top tips: set clear rules and stick to them, keep consequences fair, accept that mistakes are part of learning, keep communication open and tackle important topics sensitively. And remember—wanting more space is part of becoming their own person.

Did you find this article helpful? We consulted our experts across Spurgeons on a number of parenting topics. Head to our Family Support Library for a range of free resources.



Be part of something bigger. Be part of Spurgeons.



We couldn't do the life-changing work we do supporting children and families through the toughest of times if it wasn't for the kindness of our amazing community of supporters. Your donations offer families vital support today and the hope of a brighter future tomorrow.

Our vision is to that every child has the opportunity to thrive. Could you donate regularly to help us provide children and families with the ongoing love and support they need? Your monthly donation to Spurgeons will transform the lives of children, families and their communities.

Thank you!

We want to take a moment to say a big thank you to everyone in Spurgeons community - colleagues, supporters, volunteers and families for all you do. Thanks to your involvement by supporting families, praying, giving, and spreading the word, together we are helping children and families to flourish.

Connect with us





Finished with this issue? Why not pass it on to a friend and help us grow.