

Welcome Spaces offering new hope

Community venues used by charity to give support

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A charity has launched a new community initiative that aims to provide a safe and relaxed space where support and advice can be offered to anyone in need of help.

Launched in mid-February by REACH Community Projects in Haverhill, Welcome Spaces has been created with the aim of enabling people to swap 'helplessness for hope'.

The charity said it has launched Welcome Spaces on the back of 20 years' experience of counselling people through the feeling of absolute helplessness that comes, not only through uncertainty, but directly from the daily struggle of trying to make ends meet and keep their family together.

Speaking at the end of another difficult week of global current affairs, Henry Wilson, REACH chief executive, said: "We are already very aware of the difficulties facing a growing number of families at this time and the added anxiety delivered by what is in the media just now is unbelievably worrying for many."

"Their thoughts include things like 'how is this going to affect my job' or

'will the cost of living skyrocket?'. "At REACH, we cannot affect the global situation but we do already help mitigate the effects of uncertainty, regardless of cause."

Taking place between 2pm and 4pm each day from Monday to Friday and held at different venues in town, they are open to everyone.

If anyone wants to know more, including where to find that day's location, they can visit www.reachhaverhill.org.uk/welcome-spaces.

Whether someone would like to pop in and speak to the advice team, pick up emergency food or simply drop by for a cuppa and a chat, REACH wants everyone to feel welcome and comfortable asking for help.

Henry added: "At our Welcome Spaces, our aim is to exchange helplessness for hope and anxiety for action and to remove, at least some, of the uncertainty from people's lives."

"At REACH, we urge those in need to make contact with us as soon as they have concerns about the future. We have help to offer in so many ways. Come along to one of our Welcome Spaces and find out what we can do for you."

■ For more news about REACH, see page one.



The Welcome Spaces team at REACH Community Projects in Haverhill

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