

# SISTERS OF SUPPORT

Monthly Email Newsletter curated by our Directors. Issue 003-08/25



## 3RD EDITION

Please accept our sincerest apologies for the late publication of this edition. This is down to our organisation suffering a bereavement. The loss of one of our members hit everyone hard and it has taken us a moment to resume usual duties. If you have something you think would benefit our publication, and would like it to be considered as an edition, please email [amy@sistersofsupport.co.uk](mailto:amy@sistersofsupport.co.uk)

## AYCLIVE

### A message from Aycliffe Radio

Thank You for Supporting Us at Ayclive!

We had a fantastic day at Ayclive and absolutely loved being part of the festival! A huge thank you to everyone who stopped by our stall, had a chat, and supported us by buying raffle tickets. Your kindness and generosity mean the world to us and help us continue our vital work in the community.

Thanks to your amazing support, we're thrilled to share that we raised £1,639.00! Every penny goes towards supporting women's mental health and wellbeing through our peer support groups and community activities.

We're also excited to announce the winners of our raffle! If your name is listed below, please get in touch with us to arrange collection of your prize.

If you're a winner, please contact us at [info@sistersofsupport.co.uk](mailto:info@sistersofsupport.co.uk) or call 01325 965378.

Thank you once again for all your support – it was wonderful to be part of such a vibrant, community-filled event. We hope to see you again soon!



Photo credit: ColinMeneillie- Saturday Crowd, Ayclive

Photo: Head gardener Clare accepting Gestamp funding

## RAFFLE WINNERS

PRIZE	GIVEN BY	Winner	Ticket Number
2 nights stay northumberland cabin	Hyd CIC	Tracy Hughes - Husqvarna	2260
£100 Tattoo Voucher	Gentleman Jims Tattoolist	Jane Thirkell	1747
£100 Tesco Voucher	Gestamp	Irina Hynes	1766
Free monthly membership for 2	All Out Strength and Conditioning	Heather Turner	1407
1 Free Family Ticket Ayclive 2026	Ayclive	Ion Hope/ Bob -Gestamp plant 1	0483
Merch Hamper	Aycliffe Radio	Margaret	0571
Hamper	Banks Group	Chris Osborne - palram	1088
Hamper	Uvin	M Batchelor	1846
£30 voucher & party box	McDonalds	Simon Hutchens	0617
£30 voucher & party box	McDonalds	Derek Bradley	1194
party box	McDonalds	Lee- Murtek	0199
party box	McDonalds	Pam Bournier	1514
party box	McDonalds	Campbell - gestamp plant 5	0235
Vouchers	PCP	Stu Murray - Murtek	0167
Vouchers	ROF 59	Andy Blackburn - Palram	0078
ptbe hamper	Supportive	Clare M - Gestamp	0306
meal/drink and cake for 2	The Trenches	Amy Hewison	1665
£20 voucher	Walken Butchers	Nick Thompson	1723
Bottle of Gordons Gin	ProTech Pest Control	Supportive	2312
Galexi Nano Vape	Digital Vapers	Kyle Stanger - Husqvarna	2130
Candle	Edward scissorpaws - dog grooming	S Hewitt Gestamp	0256
Voucher - 1 free session and Glow Sticks	clubberrise	Tony Murtek	0177
£20 Voucher	Accention Room	Nick Smith	0153
2 free places at one a guided meditation and sound therapy sessions	Sunshine & Showers Counseling	Donna	1518
2 free places at one a guided meditation and sound therapy sessions	Sunshine & Showers Counseling	Ela - hyd	0111
Gift Bag - smelly/bubbly	Induscope	Karen McNeal - husqvarna	2164
£20 Voucher	Bishop College	Ali Griffiths	0663
pass	Aycliffe Leisure centre	Curtis Trenches	0594
pass	Aycliffe Leisure centre	miss Clark	1844
pass	Aycliffe Leisure centre	steven harrison	1644
pass	Aycliffe Leisure centre	Denise Percival	1612
pass	Aycliffe Leisure centre	Stu Murray - Murtek	0164
pass	Aycliffe Leisure centre	A greenwood - Palram	0059
pass	Aycliffe Leisure centre	Margret - the trenches	0579
pass	Aycliffe Leisure centre	Carol Cheetham	1777
pass	Aycliffe Leisure centre	Stu Moody - husqvarna	2118
pass	Aycliffe Leisure centre	Sean - gestamp	0449



As you know, we had an open space to fill for the Great North Run on September 7<sup>th</sup>. We can now proudly announce that our social media moderator, Poppy Robinson has bravely stepped in to support Amy and her brother, along with Carries brother and long time friend in the efforts to raise funds for our organisation. Poppy said; " As Amy is running (she says running you know but that lass cant even walk so she means crawling lad!) it with all her issues, I decided that I wanted to push my self. I suffer with FND, very little is known about it in the public so i can raise money for sisters and awareness for FND.



Photo: Poppy Robinson

## WANT TO GET INVOLVED?

- Spread the word to friends, family, or colleagues.
- make sure you follow our social media

Let's make a difference – together.



## CONTACT US

info@sistersofsupport.co.uk

Visit: [www.sistersofsupport.co.uk](http://www.sistersofsupport.co.uk)

Call: 01325965378



SCAN ME FOR OUR WEBSITE



# MAKING A DIFFERENCE BBC TEES AWARD FINALISTS



## Amy and Carrie at BBC Tees HQ for their interview



Amy and Carrie were delighted to visit the BBC Tees headquarters to take part in a radio interview celebrating our selection as finalists in the Making a Difference Awards. The interview, hosted by breakfast presenter Amy Oakden, will be broadcast on Tuesday, 10 September.

It was a wonderful opportunity to share the story of Sisters of Support, highlight the impact of our work, and reflect on the journey that has brought us here. Both of us are incredibly proud of what the organisation has achieved, and this recognition is a testament to the dedication, passion, and hard work of our entire volunteer team.

Sisters of Support simply wouldn't be what it is today without you – our volunteers are the heart and soul of everything we do. This nomination belongs to every single one of you who gives your time, energy, and care to make a difference in the lives of others



## DATES/EVENTS

### Events in July:

Business Networking at McIntyre Centre – 10<sup>th</sup>  
Aycliffe Business Park Breakfast Event – 18<sup>th</sup>  
Aycliffe – 26<sup>th</sup> July

### Events coming:

Family day – August 17<sup>th</sup> 11.30-2.30 ( should probably get this in there)  
Sports day – aycliffe town centre – 9<sup>th</sup> august  
Family hub day – 12<sup>th</sup> August

## Group Dates

### Bishop Auckland

10.30-12.30 **Mondays** the 11<sup>th</sup> & 25<sup>th</sup>

### Shildon

10.30 – 12.30 **Mondays** the 4<sup>th</sup> & 18<sup>th</sup>

### Newton Aycliffe Simpastue

7pm-9pm **Tuesdays** the 5<sup>th</sup> & 19<sup>th</sup>

### Newton Aycliffe Gilpin Court

7pm – 9pm **Tuesdays** the 12<sup>th</sup> & 26<sup>th</sup>

# LETTER FROM THE EDITOR

This has been a season of both challenge and change for Sisters of Support. On a personal level, I have been struggling greatly with my health, and there have been days when it has taken every ounce of strength to keep moving forward. Yet, in those moments, the commitment, compassion, and determination of this team have been my constant reminder of why our work matters so deeply.

We also faced the heartbreaking loss of a valued member of our community. The impact has been felt across our entire team and among those we support. While we cannot share details, we hold this person in our hearts, honouring their contribution and the light they brought to our mission.

Despite these challenges, I could not be prouder of our growth and development. We have stayed true to our values, resisting the pull toward corporate-style measures and instead building an organisation rooted in authenticity, compassion, and genuine connection. It is this difference — the human difference — that sets us apart and allows us to truly change lives.

Looking ahead, I am filled with excitement about our new collaboration with the Angel Trust. Together, we will be able to reach and support even more women, extending our message of hope, strength, and solidarity further than ever before. I believe wholeheartedly that charitable organisations working together — not competing — is the key to a better future. When we share resources, ideas, and passion, we amplify our impact far beyond what we could achieve alone.

Thank you, from the bottom of my heart, for standing with us through every high and low. Your support sustains us, inspires us, and ensures that Sisters of Support will continue to be a beacon for those who need it most. "Alone we can do so little; together we can do so much."  
– Helen Keller



## CONTRIBUTIONS BY

Amy Turner, Carrie Howarth, Tina Hynes



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