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Jigsaw4u's Autumn Newsletter 2025

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To whom this may concern,

I hope that you are well and that you had a good half-term, Halloween - with hopefully plenty of tasty treats to mark the occasion and a good Bonfire Night!

It's strange to think that we're now firmly in Autumn, which is traditionally a busy time of year for **Jigsaw4u**. Time has been flying by these past couple of months, as we've had the Mayor's Community Weekend at the **Wilson Wellbeing community centre** we manage in Mitcham, match-funded campaigns, Annual Reviews being produced and printed, our AGM and exciting Activities4u events. We're also thinking ahead to the upcoming festive period with all the different ways you may choose to support us.

All this and more in **Jigsaw4u's Autumn Newsletter...**

What's Inside? 📖

- Mayor's Community Weekend Family Funday at the Wilson Wellbeing
- World Mental Health Day 2025
- Women & Girls match-fund campaign with Big Give - 100% reached!
- Read Jigsaw4u's latest Annual Review for 2025
- Jigsaw4u's AGM 2025
- Gibsons First Games Night with Oru Space, Sutton
- October Half-Term Activities4u Wrap-up
- Christmas Giving with Jigsaw4u - Double Donations and Christmas Gifts
- Santa's Sleigh Collections with Local Rotary Clubs in 2025
- Join us at Wilson Wellbeing's Christmas Choir Performance for 2025

The Mayor's Community Weekend Family Fun Day at the Wilson Wellbeing



In September, we hosted the Mayor's Community Weekend event at the Wilson Wellbeing centre managed by Jigsaw4u in Mitcham.

It was amazing to have Merton Councillor and Cabinet Member for Children's Services, **Usaama Kaweesa**, introduce the event and summarise exactly what the day sought to achieve! **To hear what he had to say to open the day, you can do so on our YouTube channel.**

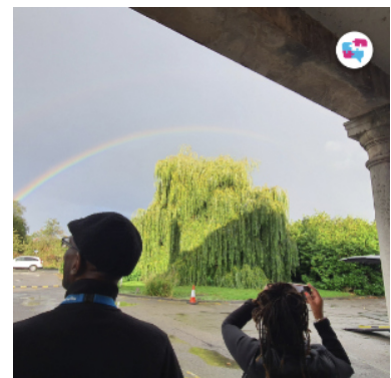


usaamakaweesa Big thank you to the @Jigsaw4u team. It was such a pleasure to be there and open the event. Really grateful for all you do for our young people and families every day 💜

Watch Now

https://youtube.com/shorts/p_1k9-qlrDE

We had a wonderful event offering lots of inclusive and wellbeing-focussed activities including a Reggae Babies session in the morning, art stations, reiki, candle-making, delicious food and more.



Thank you to everyone who got involved and joined us despite the wet weather - we hope you enjoyed the day and the chance to celebrate the local community as much as we did! We also wish to say a thank you to all National Lottery players for funding this day and weekend of community-led activities.

#WorldMentalHealthDay 2025

On World Mental Health Day, which was Friday 10th October, we reflected on mental health tips given to us by students at **Kingston College's** Fresher's Fair last year.

Here's some of the tips they gave to improve their mental health and wellbeing:



Watch Now

<https://youtube.com/shorts/WqyKxf0cJak?si=RR8UREcAy-tmkipg>

Women & Girls campaign achieves 100% of its' target

Thank you to our Business Supporters for doubling the difference for children, adults and families who have experienced domestic abuse.



We're happy to share that thanks to two of **Jigsaw4u**'s long standing business supporters, **Givers Gain** and **Wimbledon Offices Ltd**, that together we have achieved **100% of our £5,000 target in record time** - being 24 hours after the campaign opened.

The funding will be used to supplement the practical and emotional support provided to our service-users who have experienced domestic abuse, giving them opportunities to expand their social networks through events like regular coffee mornings (and even trips to the cinema or seaside). The main aim of these activities is for our adults and children to befriend one another, helping to reduce feelings of isolation and social stigma.

Givers Gain were able to match funds raised during their annual Golf Day in 2025, which they have been supporting us with for several years. **Givers Gain's 12th Annual Golf Day will be supporting Jigsaw4u once again and will be taking place on Thursday 15th May, 2026** - if you like golf (even if you're a complete beginner) you're more than welcome to take part in their fun and welcoming event next year. **More info below and [on their website](#).**



12th Annual Givers Gain Golf Day

Mannings Heath Golf Course

HOLE SPONSORSHIP AVAILABLE,
Minimum contribution from £100 including company branded signage

Date
Thursday, 15th May 2026

Location
Mannings Heath Golf Club,
Hammerpond Road, Mannings Heath,
Horsham, West Sussex, RH13 6PG,
United Kingdom

Schedule
09:00 Arrival & Registration
09:30 Coffee/tea and bacon roll
10:00 Putting Competition
10:30 Shotgun Start
15:30 Lunch Buffet and Prize Giving

Competitions
Nearest the pin
Nearest the pin in 2
Longest drive
Hole in 1 (paid entry with £10,000 prize)
Team prize winner - The waterman cup
Overall winner & Runner up

Other prizes
• Raffle • Auction

For more info contact:
golf@giversgain.uk.com
www.giversgain.uk.com

Team (x4 players)
£390
inc Evening Meal

In association with
Jigsaw4u
helping put the pieces back together

Jigsaw4u is a charity that provides a wide variety of services across six London Boroughs. You may know of us as a result of our bereavement counselling, or maybe you have a Jigsaw4u Home School Links worker in your school. But there's more to us than meets the eye.

Wimbledon Offices Ltd made their donation as part of their CSR donations for 2025, the main way they've been supporting us over the years, which supports **Jigsaw4u** and other chosen charities.

Here's an example of one of the activities supporting our Helping Hands service-users this Summer:



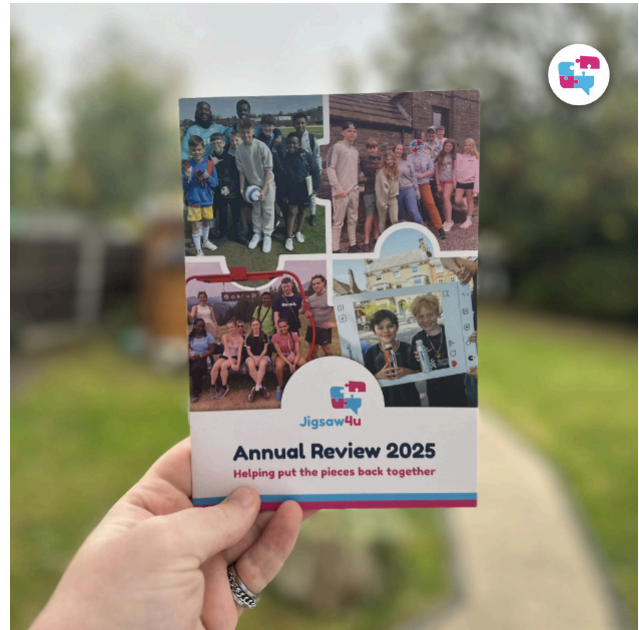
Hampton Court Palace Visit

Read **Jigsaw4u**'s latest Annual Review for 2025

It's hard to believe that it is that time of year already - but our latest Annual Review, for 2025, is out now.

In a nutshell, we have built on last year's growth and development to further expand our support for our local communities across South West London.

This upcoming year will unfortunately present new financial challenges for us. Our hope is that a big part of how we tackle these issues will come from corporate partnerships and fundraising.



Jigsaw4u's Annual Review 2025

“Our wide range of specialist mental health and wellbeing services adapted to the challenges our communities have faced – rising levels of suicide and self-harm, structural inequalities and financial insecurity to name just a few... Thank you to everyone who has donated, fundraised or volunteered to ‘help put the pieces back together’ for the brave and brilliant children, young people and families who access **Jigsaw4u** and inspire us every day.”

Stephen Loizou - **Jigsaw4u**'s CEO (taken from the CEO's Report)

Read Now

<https://tinyurl.com/Jigsaw4uAnnualReview2025>

Jigsaw4u's AGM 2025



From left to right: Fraser Hyland (Trustee and Vice Chair), Tom Storm (Star Volunteer), Sarita Brucciani (Chair of **Jigsaw4u**'s Board of Trustees), Stephen Loizou (**Jigsaw4u**'s CEO), Shuile Syeda (Deputy Mayor of Merton), Caroline Fox (Trustee) and Jeremy Beckwith (**Jigsaw4u**'s Treasurer).

This was our most attended AGM to date, where we shared **Jigsaw4u**'s positive impact for the previous year, which saw us support a record-number of 10,507 individuals across 16,121 one-to-one therapeutic support sessions.

This year we were joined by Deputy Mayor of Merton, **Councillor Shuile Syeda**, and we wish to say many thanks to the Deputy Mayor for her kind words of encouragement for **Jigsaw4u** moving forward.

We also said goodbye to one of our Trustees and Vice Chair, **Fraser Hyland**, who has served as a member of the Board for the maximum term of nine years. Fraser played a big role supervising the **Young People's Panel** close to when it began. And he has also fundraised for **Jigsaw4u** alongside his responsibilities as a Trustee. A massive thank you on behalf of everyone at **Jigsaw4u** to Fraser for his invaluable contribution to our charity throughout his tenure.

We would also like to say a massive congratulations to the Stars of 2025 who received AGM Awards, including two members of the team, Jenny and Laura who have worked with Jigsaw4u for over 20 years. Below are some pictures of the Winners alongside Stephen.



★ Star Volunteer ★
Tom Storm



★ Star School Supporter ★
Greenshaw High School



★ Star Business Supporter ★
Wimbledon Offices Ltd



★ Star Donation-In-Kind Supporter ★
**Wallington & Carshalton
Women's Institute**



★ Star Family ★
The Harris Family



★ Star Fundraiser ★
Oscar Bevis



★ Young Person ★
Emily Nkansah

Well done and thank you to everyone who was there to join us in-person and online via our livestream.

Additionally, we wish to recognise and to say a huge thank you to everyone who supported our children, young people and families to help put the pieces back together this past year.

For those who couldn't attend on the evening, **you can watch the full meeting now on YouTube.**

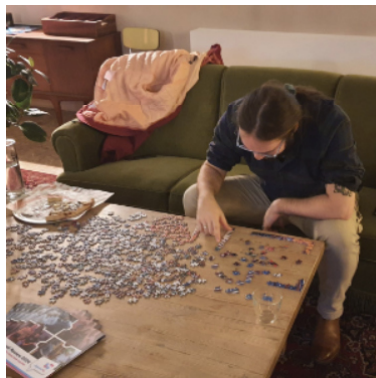
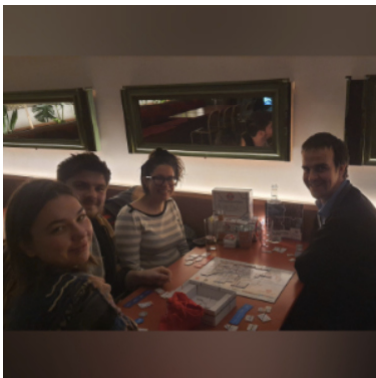
Watch Jigsaw4u's AGM 2025

<https://www.youtube.com/watch?v=JZVDjEbqWa0&t=22s>

Gibsons Games Night at Oru Space in Sutton



Our Business Supporters at **Gibsons Games** recently teamed up with **Oru Space** in Sutton to deliver a games night which also supported **Jigsaw4u**'s services. It was lovely to be there to meet the gamers who came along - there were even some former service-users there, one of which being one of our first **Young People's Panelists** attending the evening with her Mum.



It was a special evening for all involved with some groups even growing in size to play games with other attendees on the night. One member of the Gibsons gang on the night came all the way from Brighton with their partner to help players select some of the best games that Gibsons has to offer, as well as other solid board and card games that other manufacturers have made.

There may be more Gibsons x Oru Games Night events supporting **Jigsaw4u** in the future, so watch this space to learn more. Special thanks again to both Gibsons and Oru Space for making this possible and for raising funds to support our children and families.

Activities4u Wrap-up - October Half-Term



Diwali Helping Hands Party

We had 16 adults and 10 children join us for the Helping Hands Diwali Party! It was a great time with our service-users attending really letting their hair down and busting out some great dance moves.



Kew Gardens Visit

Our Helping Hands service-users and families also got the chance to visit one of the best attractions in our local area - Kew Gardens! We had 8 adults as well as 10 children join us with support from three Volunteers on the day.



Building with Purpose - Overbury and Bancroft Sponsored LEGO Day

Our business supporters at **Overbury**, working on **Unilever's stylish new HQ in Kingston** (as well as their Partners, **Bancroft**, who funded this **Activities4u** event), invited our children to speed-build a lego set intended for adults! **The Daily Bugle**, which has a staggering **3,772 pieces** in total!

Luckily size wasn't too much of a factor, even though it was the largest set many of us in the room had ever seen or built in-person! Fortunately, we had some young master-builders with us who effectively project managed the Construction Project Managers in the room, who were also helping to build the set!

This was all while they were wearing construction PPE - the youngest of our service-users in attendance was wearing steel cap boots 10 sizes too big, which didn't stop her or the group of 11 young people achieving their goal to complete the set before the end of the session.



With 15-minutes left to spare, the four teams came together to complete the gargantuan set. It was a magical moment which left everyone involved feeling very proud of this major achievement. Also, each of the young people attending took their very own sets to take home to remember the day by.

It was a great day which also gave **Jigsaw4u** a donation to support the delivery of 60 one-to-one therapy sessions. Thanks so much to Overbury, Bancroft and everyone else involved in making this incredibly successful event possible.

Sponsoring a similar Activities4u event

With several requests from our young people for further LEGO events in the future, if you might like to sponsor a similar '**Building with Purpose**' LEGO event with **Jigsaw4u**'s children to make this possible, please let me know and we can hopefully get something arranged with you and your team!



Get in touch

Or simply reply to this email



Halloween Party 2025

Jigsaw4u's HQ transformed on Halloween night. We're glad to say that our eerie Children's Halloween Party absolutely rocked!

Our young people had a fantastic time and were asking us when the next party will be. We danced to Thriller, played games, told spooky stories and had lots of laughs together!



Christmas Giving - Double Donations and Christmas Gifts



Gibsons Games and Jigsaw4u team with Christmas gifts donated to our children and families last year

Over the years, **Jigsaw4u** has been very fortunate to receive support from individuals, businesses and other organisations to help our children and families struggling with complex social and emotional difficulties over the festive period. **Excitingly, we have two ways for people, teams or groups to support us this Christmas:**

Double Donations Unlocked through a couple of our upcoming London Marathon Runners - Ashley and Kinsey



Up to £8,000 will be matched

Ashley's Page

<https://2026tclondonmarathon.enthuse.com/pf/ashley-betty>



Up to £2,500 will be matched

Kinsey's Page

<https://2026tclondonmarathon.enthuse.com/pf/kinsey-hogg>

Double the difference for our children and families through donating to Ashley and Kinsey's Enthuse pages, who are running the London Marathon 2026 for **Jigsaw4u**. Their workplaces are kindly matching donations of **up to £8,000 for Ashley** and **up to £2,500 for Kinsey**!

This amazing and much needed support for **Jigsaw4u** means that this Christmas you can double your impact towards supporting our children and families - providing them with the vital specialist support they need to help them to put the pieces back together



Christmas Gifts being donated to our children and families

Some of our supporters might wish to donate Christmas gifts to our children and adults to help brighten their Christmas.

Gifts should be:



New

We can't accept out-of-date or used items



Unopened

We can only accept items that have not been opened



Undamaged

All gifts should be in great condition

Donated gifts could include anything from toys and crafts for kids to luxury gifts for adults, but please ensure they are new and undamaged. **You can learn more about doubling your donation or giving Christmas Gifts to our service-users below.**

Christmas Giving with Jigsaw4u

<https://jigsaw4u.org.uk/get-involved/donate/christmas-giving/>

Santa's Sleigh Collections with local Rotary Clubs

Can you join us, local Rotary Clubs and Santa Claus as a Festive Fundraiser this December?



Hear what some of our previous Festive Fundraisers had to say about collecting with Santa and **Jigsaw4u**

Watch now

With December fast approaching, we are looking to have Festive Fundraisers join us across three dates with local Rotary Clubs, some being existing and new supporters of ours.

Joining the Santa's Sleigh is a great and heartwarming experience, having personally done it myself for the past couple of years.

It's a great way to get in the Christmas mood, listening and singing along with many classic Christmas tunes and to spread festive cheer as you witness lots of excitement from local children and families.

You can also meet other like-minded Festive Fundraisers wishing to support Jigsaw4u's children and families. We would deeply appreciate your support if you might be able to join us as each collector helps us to raise important funds for our service-delivery across SW London.

Jigsaw4u's Santa's Sleigh Collection Details this December:

Carshalton Park Rotary Club

Wednesday 3rd
December **(7pm -
9pm)**

From Onslow Gardens
to Blenheim Gardens in
Wallington.

6 collectors required

Morden Rotary Club

Tuesday 9th December
(5:30pm - 8:15pm)

Wandle Road Area -
more details to be
confirmed.

8 collectors required

Banstead and Sutton Nonsuch Rotary Club

Monday 15th
December **(5:30pm -
8pm)**

Starting at Chetwode
Road joining with
Marland Rise in
Tadworth/Epsom.

6 collectors required



If you can join us for any
of the dates mentioned
above, please let us
know below.

Complete our Survey

<https://forms.office.com/e/4SUT8ivmh>

This form should only take 2 minutes to complete.

Join us at the Wilson Wellbeing Christmas Choir Concert

Friday 12th December 2025 - Doors Open at 6:30pm (Vestry Hall)



We're in the process of organising an excitingly festive Christmas Carol concert on Friday 12th December. We hope to rock around the Christmas tree once more with the local community, following on from the success of last year's concert.

Our Star Volunteer mentioned earlier for this year at our AGM, Tom Storm, is pictured above. Tom has been helping coordinate and plan the Concert with members of the Jigsaw4u team for 2025 - it promises to be a very special event for all involved (including local schools) at Vestry Hall. **We would love to have you join us if you can make it.**

I also believe that the team at the Wilson Wellbeing are still on the lookout for any musicians or singers to join in with the performance. People of any experience are more than welcome to get involved. **The Wilson Wellbeing team** will be able to provide you with more details about taking part or attending via their regular newsletter, reach out and ask to be kept in the loop!

Get in touch

wilsonwellbeing@jigsaw4u.org.uk

Looking for some inspiration in how to support Jigsaw4u this year?

Read on our website: [10 ways to support charities in 2025.](#)

If you might already have an idea of how you might like to support us, please reach out and let us know.

Read Now

<https://ijqsaw4u.org.uk/10-ways-to-support-charities-in-2025/>



Other ways to support us



**Unlock free donations to Jigsaw4u
when you shop online with 8,000+
trusted brands**

Easy Fundraising

<https://tinyurl.com/EasyFundraisingJigsaw4u25>

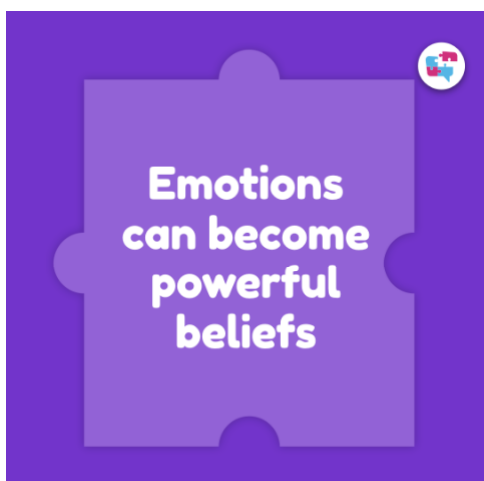
Nominate [Jigsaw4u](#) to give us a chance to receive a charitable donation of £1,000

Nominate Jigsaw4u



<https://tinyurl.com/NominateJigsaw4u25>

A piece of hope before I go...



Regularly check-in with yourself, your emotions and with others so you don't become overwhelmed.

Unchecked emotions can create your reality 🧠

As with everything we've shared in this edition of the newsletter, we would love it if you message back with any thoughts or reflections you might have.

10 Seconds to Calm - Quick and Easy Calming Strategies

10 seconds to calm



Join thousands of others in accessing our **'10 seconds to calm' playlist on YouTube**, for quick and easy strategies to feel the calm with **Jigsaw4u**.

10 Seconds to Calm - YouTube Playlist

<https://tinyurl.com/10-seconds-to-Calm>

Read our latest Annual Review

Our Annual Review acts as an overview of our work, impact and achievements to date. Have a look to learn more about the previous year and the services we provide across SW London.

Read our Annual Review

<https://tinyurl.com/Jigsaw4uAnnualReview2025>



Annual Review 2025

Helping put the pieces back together

Has this email been forwarded to you?

Interested in joining the mailing list to get the latest updates from **Jigsaw4u**? Sign up by clicking the button to the right or by following the link below.

<https://tinyurl.com/Jigsaw4uEmailNewsletter>

Join the List



That's all for this edition of our newsletter - please feel free to send any questions, feedback or thoughts.

I hope that you have a lovely weekend. Take care and speak soon!

Kind regards

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www.jigsaw4u.org.uk



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