



Press Release: Community support groups get welcome boost from ExxonMobil Fawley

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Three vital community support groups have been given a welcome boost with a £1,750 contribution from ExxonMobil Fawley. Families Matter is a small charity based at Cornerstone Hythe United Reformed Church offering support to a wide range of people across the Waterside area.

Julia Cross, Project Manager, said: "The funds from ExxonMobil Fawley will help support the Women's Wellbeing Group, Hythe Huddle, and the Memory Group which provide regular support to about 70 households within our local community. Although all our groups are currently closed due to the COVID-19 lockdown, we hope to restart as soon as possible. This contribution from ExxonMobil Fawley will help with the costs of room hire, heating and other costs, and will go a long way to helping us continue our much-valued work. For a small charity like Families Matter, this money means a lot, especially at such a difficult time."

The Women's Wellbeing group provides a weekly opportunity for women with mental health needs to socialise together. Julia said: "As well as a chat over a cup of tea or coffee, members can also learn about healthy activities that will enhance their mental wellbeing. These include arts and crafts, nature walks, volunteering, and outings. The group is led by qualified mental health experts, who support the members by text message and phone calls when the group is unable to meet."

The Memory Group offers a weekly session of Cognitive Stimulation Therapy for people with dementia, which is proven to reduce mental decline and aid wellbeing. Julia said: "This is a small, friendly group of up to six members and their carers. It's very well received, and members say they look forward to coming each week."

The Hythe Huddle is a larger group also catering for people with dementia and their carers. It provides entertainment such as a sing-along, a music group, or a magic show. Julia said: "The founder and previous leader of the Hythe Huddle was Sally Wood, who sadly died last year after a short illness. We want to continue her amazing legacy and will look to start the group up again as soon as we have found a new leader."

Alison Jones, ExxonMobil Fawley's Community Affairs Manager, said: "We are very happy to have been able to give Families Matter a helping hand at a difficult time. The last year has been incredibly challenging for many people, particularly small charities. We hope this contribution from the Fawley site will help the continuation of these vital community services as soon as circumstances allow."

- To find out more about Families Matter and its services, call 02380 207623 and leave a message. Alternatively, email office.fm.hurc@gmail.com.

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Pictured top: Members of Hythe Huddle enjoying a musical performance.

Below: The Memory Group offers a weekly session of Cognitive Stimulation Therapy.

Notes for editors:

- ExxonMobil at Fawley is the collective name given to Esso Petroleum Company Limited and ExxonMobil Chemical Limited which are part of Exxon Mobil Corporation.
- The Fawley refinery is the largest in the UK. Approximately one in six cars in the UK operates on fuel produced at Fawley.
- Over the past six years, ExxonMobil at Fawley has contributed in excess of £1m in community support.

For more information, contact Alison Jones, Community Affairs Manager, ExxonMobil Fawley.

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