



Home-Start Stroud District Annual Report 2017/18

Charity no. 1107019 Company no. 05282509

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MEET THE TEAM

Trustees 2017/18:

Elizabeth Ewart-James	Chairman
Heather Cunild	Treasurer
Gervase Hamilton	Vice-Chairman
Diana Lapping	
Sheila McGrath	
Sheila Marsh	
Malcolm Swait	
Harriet Walker	
Sandra Lampard	
Andrew Lane (Quedgeley & Governance)	Acting Trustee

Advisors to the Committee 2017/18:

Cllr Sue Reed - Stroud District Council Representative
Janette Wallace - HR Consultant
Bill Walker - GDPR Advisor

Patron: Nell Gifford

President: Judith Coney-Jones

Staff 2017/18:

Alex Corgier	Scheme Manager
Angela Lovegrove	Family and Volunteer Coordinator
Jenny Kempson	Family and Volunteer Coordinator
Michelle Smith	Family and Volunteer Coordinator
Diane Williams	Office & Finance Coordinator
Connie Rachael	Clerical Assistant
Shelley James	Group-Start Office Coordinator
Rhiannon Byron	Group-Start Lead Coordinator
Vanessa Reyes Rieger	Mothers in Mind Group Coordinator
Deborah Hannam	Bump-Start Group Coordinator
Sue Tuckwell	Arkell Group Worker
Nia Archer	Arkell Group Worker

Volunteers 2017/18:

Jannette, Patricia, Jane, Charlotte, Deborah, Alison, Gill, Sue, Steve, Roberta, Sarah, Ella, Lucy, Jan, Bridget, Elizabeth, Hilary, Magda, Rosey, Jane, Sam, Corrine, Lynn, Julie, Derrick, Kathy, Judy, Mary, Monique, Sarah, Anne, Daphne, Val, Becca, Melanie, Teresa, Amanda, Andrea, Helen, Harriet, Andrea, Nia, Alison, Anne, Chris, Son, Jo, Jo, Sally, Barbara, Vicky, Vanessa, Bryan, Charlotte, Ine, Julie, Kate, Sarah, Lucy, Abi, Robina, Elena, Tracey, Gwen, Sue, Helen, Ingrid, Julie, Jan, Rhonwen, Corrine.

Thank you and best wishes to our retiring trustees and volunteers:

Gervase, Jane, Jodi, Trish, Miranda, Kaisa, Anna, Karen, Courtnie, Stevie, Clare, Ilaria, Pam, Paula, Ella.

WHAT WE DO AND WHY IT MATTERS

***“With the help of a Home-Start volunteer,
the impossible becomes possible.”***

Many children in the community that we serve have a difficult start in life because their families are under pressure. Home-Start believes that every child deserves to be loved, to play, to learn, and to grow in confidence. Our intervention has been proved to support families to achieve this and our monitoring systems are able to chart this journey of change with both our home visiting and group support.

Home-Start recognises the impact of intergenerational patterns and the effect this has on family life.

Home-Start wants to see a society in which every parent has the support they need to give their children the best possible start in life.

WE BELIEVE:-

That parents play the key role in ensuring that children have a happy and secure childhood.

That to help give children the best possible start in life many parents need support as they grow in confidence, strengthen their relationships with their children and widen their links with the local community.

HOW DO WE WORK TO MEET THE FAMILY OUTCOMES?

Outcomes are agreed mutually with the families.

We recruit and train volunteers who all have parenting experience.

We monitor through regular review meetings with volunteers and families, and use volunteer diary sheets.

Additionally, we use a universal monitoring database, within the Home-Start UK network.

Regular supervision of our volunteers.

OUR VOLUNTEERS

Our committed and caring volunteers offer friendship and informal support to parents with young children under five

Our volunteers, who are usually parents themselves, come from all backgrounds. All have an enhanced check with the Disclosure & Barring Service and attend a course of preparation of 40 hours.

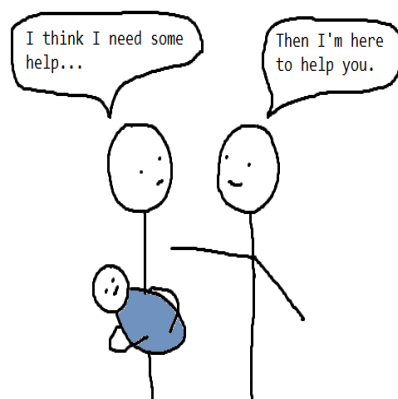
They are friendly, approachable people who are relied on and trusted by parents to listen without being judgemental and to respect the needs of each individual family. They are given opportunities for their own self development, confidence building as well as assistance with furthering their own career opportunities.

Volunteering roles include; Family Support, being a Trustee, fundraising, helping at Groups.

A number of families supported go on to become volunteers for us.

“Home-Start is a very impressive organisation as it supports parents, which has a huge impact on their children. Home-Start support interaction between parents and children, which aids child development and increases children’s self-esteem. I want to congratulate Home-Start for all it is doing especially in nurturing children who are our future”

PROFESSOR LORD ROBERT WINSTON



CHAIRMAN'S REPORT

 WESTONBIRT
CHARITIES FAIR



 WESTONBIRT
CHARITIES FAIR

Our scheme continues to expand and develop. We are now offering services in the form of groups to mothers with mental health problems, mothers experiencing pregnancy, and fledgling mums and dads as well as visiting families in the home. Given the reduction of both health and social services this is very welcome in the community, so much so that we are being encouraged to help develop Home-Start across Gloucestershire. The Clinical Commissioning Group and the Peter Lang Trust are funding a development officer for a year in order to expand Home-Start support across Gloucestershire. We are pleased to have Emma Desjardins join us for this project.

We had a second very successful fundraising fair at Westonbirt and this year we are working in collaboration with a number of other local charities – in fact the original two days is developing into a local charity festival week with a number of other events taking place. This provides a very welcome injection of money to our scheme and the other worthwhile charities.

My thanks as ever go to our wonderful and hardworking staff. We said goodbye in April to Diane Williams our administrator for 17 years who will be sorely missed and we wish her well for the future.

Alex Corgier, Scheme Manager, along with our coordinators and now ably assisted by our new Office and Finance Coordinator Shelley James, continue to inject enthusiasm and hard work into running the scheme. We also welcomed in this financial year four new group workers headed by Rhiannon Byron with her team of Debs Hannam, Vanessa Reyes Rieger and Corrine Marks. Our Arkell Family Fun group continues to run at The Arkell Community Centre by Sue Tuckwell and Nia Archer. We have an energetic group of trustees and were joined this year by Andrew Lane who brings valuable experience of social care services. Dr Gervase Hamilton resigned after many years providing, in particular, help with the inevitable bureaucracy and my thanks go to him.

Our funders, in particular the Peter Lang Trust, continue to support us to do this valuable work.

None of this work could happen without our band of volunteers who provide so much support to so many families – so my final thanks to them.

Elizabeth Ewart-James, Chairman

Scheme Manager's Report



It's been another fascinating, fantastic and frenetic year for our scheme due to the enormous commitment and hard work of our Trustees, volunteers and staff. The scheme took on six new members of staff to expand our family support to provide group-support to enhance and work alongside our core offer of home visiting.

Perhaps, unsurprisingly, requests for our support continues to increase as cuts impact on the statutory services and their ability to offer early intervention support. We are in the main still able to meet the need of all families referred to us although we are hoping to find funding for additional coordinator hours to provide further support in the towns and environs of Stroud and Stonehouse.

In this year we hosted a **National Safeguarding Conference** held in Gloucestershire on the 23rd of June 2017. The conference explored fundamental questions around our current safeguarding system. Preventative versus reactive? Does the media and defensive social practice have a part to play? Do the cutbacks in Local Authority funding affect the ability of supportive community services to enable families to remain together? In view of the costs of a child remaining in care and the considerable costs of the court process – is it time to reconsider the safeguarding services?

Elizabeth Ewart-James, Chair of Home-Start Stroud District, and a recently retired family court advisor for CAFCASS, spoke at the conference saying: “Recent research has indicated that there is a rising number of children coming into care, many through the court process. It appears that this is particularly prevalent in areas of deprivation and there may be a link between these numbers and poor community support service.”

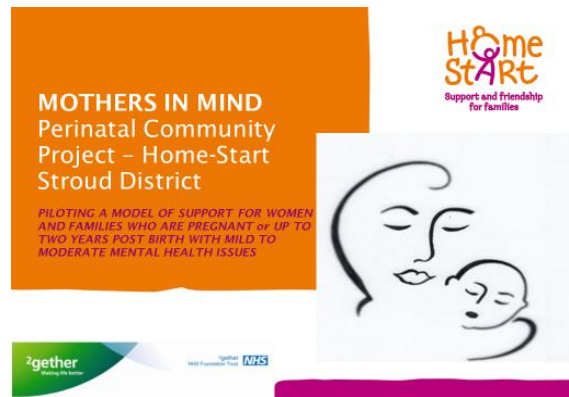
“It is a fact that the care system is a poor parent and although adoption is frequently a positive solution for very young children, most children do best growing up in their own families. As a society we believe it is the right of every child to be brought up in their own family wherever possible.”

Chaired by senior Judge Stephen Wildblood QC in the Bristol and Gloucester courts, speakers included Anthony Douglas CBE, CEO of Cafcass, Joanna Nicolas a child protection consultant and trainer, Dr Freda Gardner Consultant Clinical Psychologist and Professor Kate Morris head of social work at Sheffield University who has been involved in recent and very topical research regarding the number of children coming into care.



“I’M A VERY BIG HOME-START FAN AND HAVE BEEN FOR MANY YEARS...”
Prof Kate Morris, Head of social work Sheffield University

A huge thank you to Declan Smith who very kindly filmed the conference and edited clips of the presentations which can be accessed via our website at www.homestartsd.org.



The last year has seen the Scheme working hard to promote the role of the community and voluntary sector in better supporting families affected by poor mental health in the ante and post-natal period. **Our Mothers in Mind report published in this financial year** clearly set out a model for how statutory and community support can work in a holistic manner to breakdown stigma, improve understanding and knowledge in all staff working with families and provide services that are accessible and timely to families that are struggling with issues of low self-esteem and poor mental health.

It was a huge privilege to work with some of the woman with lived- experience who gave us their time and their stories in order to help support future family provision so that parents can feel better supported, understood and less judged because of their challenge with perinatal mental health issues. Particular thanks go to Tracey, Sue, Emma and Anthea. Also to Alison Coates who collated research for this project.

Our evaluation clearly showed that our family support model of combining home visiting and specialist groups is highly effective and should be seen as a crucial component of any model of community early years support. It ensures non-time limited non-stigmatised intervention for vulnerable families. Providing both practical and emotional support in the family home.

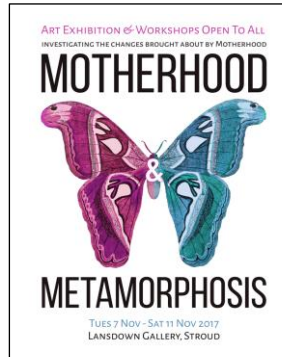
“The flexibility, patience & understanding of the Home-Start service helped immeasurably.”

Throughout the report women cited the flexibility, non-judgemental, practical and empathic side of Home-Start support as aspects of support that make it so useful. Having someone to talk to and a listening ear were also re-occurring themes.

Through the project we have formed an excellent working relationship with the Clinical Commissioning Group and look forward to looking at ways to further increase our support of families across the county.

The full Mothers in Mind report can be downloaded from our website www.homestartsd.org

Jill MacKeith curated the **Motherhood and Metamorphosis** exhibition in Stroud and we were able to exhibit a series of masks created by mothers and staff attending our newly developed Mothers in Mind Drop-in Groups.



I just wanted to say a huge well done for this fantastic evaluation of the work that we do.

We are currently Lottery funded to support parents with poor mental health, and I believe that it will underpin the majority of the work that we will be doing for a very long time.

I thought the report was honest, heartfelt and a genuine study of the work that we do. You deserve all the praise that will be coming your way. Bren Butler, Manager Home-Start Erewash

GROUP-START

Home-Start Group Work

Group-Start began in April 2017 and has 3 group co-ordinators, running group sessions across the Stroud District and Quedgeley, and an office co-ordinator. All our group sessions are informal, welcoming and non-judgemental, giving parents the opportunity to meet in a safe, friendly and supportive environment. Our groups provide encouragement and information on what to expect at different stages of parenthood. The groups include:



Bump-Start is a 6 week antenatal programme for parents expecting a baby at any gestation, providing extra support and reassurance on their pregnancy journey so that they feel listened to and prepared for their new baby.

Groups started in September 2017 and to date sessions have run in Cashes Green, Kingsway x 2, Cam and Stroud, with 24 mums and 5 dads attending in total. Parents are all offered the opportunity to get together as a group for a session to 'welcome baby' following their baby's birth. Close links have been formed with Stroud maternity unit and their community midwives, and the majority of referrals for the group come from them. Attendance has steadily increased as news of the group has spread amongst parents and professionals.



Best-Start postnatal group is our 6 week programme supporting parents and their new born babies to make friends and get up-to-date parenting information and support whilst learning about their baby's development.

Groups started in April 2017 and to date sessions have run in Stroud x 2, Quedgeley x 2, Dursley x 2, Minchinhampton and Forest Green with 84 mums, 21 dads and 86 babies attending. We have seen a rise in the number of self-referrals this year, due mainly to word of mouth recommendations from one parent to another, as well as social media.

Quedgeley has been a new area for the group this year and the group has been very well-received by the health visiting team there in particular, who provide most of the referrals. Community Nursery Nurses in Gloucester have supported group sessions on weaning and sleep, and Stroud CNNs have also been very supportive.



Mothers in Mind drop-in group. This group offers mums a place to find comfort, advice and support while experiencing anxiety, depression, low mood, OCD or loneliness around the time of pregnancy or after birth. We welcome babies and children up to pre-school age to our 8 week programme, as well as pregnant mums.

Groups started in September 2017 and to date sessions have run in Randwick x 2, Forest Green and Kingsway with 33 mums, 5 volunteers and 35 children attending. This group offers the flexibility of mums bringing their children with them and taking part in shared activities together, therefore no crèche is needed. The group focuses mainly on art and craft activities and helping mums to develop a toolkit of strategies and resources they can use when they are feeling low.

Groups have formed partnerships with other professional agencies and have therefore benefited from support, as well as Home-Start volunteers offering their skills and hobbies within a group. The groups now provide a pathway for parents, giving them the opportunity to move on from Bump-Start, to Best-Start and also potentially MIMs at any stage. This has meant a large number of internal referrals between groups and, in addition, to Home-Start for home visiting.

The future plans for groups may include running groups from the same locations and venues each quarter, to establish a more consistent pattern for each group, so that referrers know that there will regular groups running in the same place. The popularity of requests for places at Best-Start has increased rapidly, due to direct referrals coming from the Bump-Start group, and we may look to offer more Best-Start programmes each year.



The Arkell Family Fun group runs twice a week at The Arkell Community Centre in Forest Green. It is supported by Nailsworth Town Council to provide family support for families with pre-school children.

The group provides families with a place to come and play in a safe and friendly environment with their children (under pre-school age).

QUEDGELEY NEWS

Home-Start has been supporting vulnerable families in the Quedgeley area for approximately 2 years now. We continue to build upon our success, at a steady pace, to enable us to help families through what can be challenging times.

We have formed the Quedgeley Steering Group who meet regularly to discuss the way forward with funding opportunities, ways of promoting our scheme and, very importantly, recruiting volunteers for home visiting, group helpers, trustees and advisors.

We are looking for people to join our steering group to help in these areas, at an exciting time to be involved with planning now and in the future.

What strikes me as coordinator for the area is how often I hear families struggling with the fear of being judged and how difficult that can make going out into the community. For families that feel isolated, going out into the community and building these relationships is crucial.

I have made many referrals to our support groups running in the area; Mothers in Mind is proving to be well subscribed as is the Best Start, postnatal group. The Bump Start Group has also run in the area and was very well received. Having these groups to refer a family to has been incredibly beneficial for families as well as myself as a coordinator. Knowing a family will be welcomed and supported in a non-judgemental way in the safe hands of our Home-Start facilitators is reassuring.

The Gloucester Foodbank, Gloucestershire Bundles and the FLUCK Convalescent Fund have also been very helpful to families we are supporting and for that I am grateful.

Two 10 week volunteer preparation courses have taken place over the past year. Our courses are CERTA affiliated and those volunteers wishing to add a qualification to their skills are able to add this to their CV. All trained volunteers are now supporting families with weekly visits.

We have a calendar of training workshops throughout the year to include healthy eating, safeguarding, first aid, ante-natal support, substance misuse and mental health awareness. As well as social events to bring volunteers together to celebrate their valuable work, such as picnics, skittle evenings, coffee, cake and catch up mornings.

Our volunteers also have regular supervision meetings with their coordinators to provide continued support in their roles.

As family coordinator I have regular review visits with families and provide additional support when necessary. This additional support includes attending Case conferences, CIN and TAC meetings, CORE Groups and supporting families with meetings at school, speech and language, hearing tests. I am also known to scan recycling websites to find household items for families and probably more importantly transport those said items so a family can actually benefit. A few tip runs have also taken place!

I meet with other agencies to network and promote our work in the area, these include; the Know Your Patch event, Gloucestershire Gateway Trust, Nelson Trust, Barnardos, Gloucester Early Help event, Community midwives, The link children Centre, APT, Tesco Retirement Group and recently we had our Queen of Hearts on the Kingsway Royal Trail event! Our future plans are to continue to promote and grow our support in the local area and possibly further afield

Michelle Smith, Family Coordinator



IN THIS YEAR:

Last year we supported: 246 families



We received 273 referrals

Through home-visiting and group work

In this year we trained 24 new volunteers and 68 volunteers continued to give their gift of time



Bump-Start groups have supported 24 mums to be, 5 dads and 25 unborn babies



Best-Start groups have supported 84 mums, 21 dads and 86 babies



Mothers in Mind groups have supported 41 mums, 43 children and 1 pregnant mum



Unit cost for supporting a family for one year:

We assist families in a number of different ways relevant to their needs. Home-Start helps family via Home-Visiting (HV), regular group sessions (Group) and employed support officers (Paid Workers) to give families the most appropriate support for their needs.

Below is a breakdown number crunching cost of how much our model of support actually costs to support a family for one year:

To support a family for one year through the monitored home visiting of a fully trained and supervised volunteer costs approximately £1400 p.a

That's £120 per month

Which is £30 per week

Which is £10 per hour (That's a total cost of £10 per hour face to face support)

52% of families had Mental Health Challenges



15% were experiencing Domestic Abuse

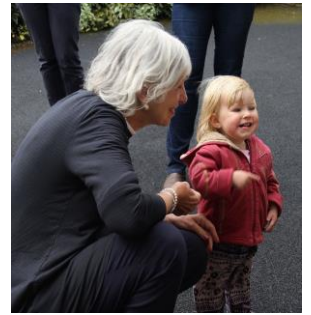


28 Children were subject to Child Protection, Child in Need or Single Assessment Plans



WHAT FAMILIES SAY:

"It has gave me confidence in myself as an individual and as a mum. Something I struggled with before the input of my Home-Start volunteer"



"I never felt like I was being judged, I only ever felt supported"

"I wanted to thank Home-Start, as I feel the volunteer visits are making a positive difference to the family, enabling them to enjoy some of their time together and forgetting their worries for a little while"



"As a family with no family or close friends nearby, the help we have received from Home-Start has been invaluable"

"The non judgemental approach has been hugely appreciated"

SNAP SHOTS OF 2017-18



THANK YOU SUPPORTERS!

Our sincere thanks go to all those who have supported us during the last financial year

To our major funders for their loyal and continuing support:

The Peter Lang Children's Trust
Gloucestershire Clinical Commissioning Group
Stroud District Council
Stroud Town Council
The David Thomas Trust
The Gyde Trust

To those who have given us grants this year:

Gloucestershire Community Foundation
Freemasons Grant Programme
The ACT Foundation
The Henry Smith Trust
Nailsworth Town Council
Ecclesiastical Charitable Trust
The Charles Irving Trust

To our local sponsors, groups and individual supporters:

Stroud Rotary Club
Minchinhampton Parish Council
Persimmon Homes
Renishaws
Westonbirt Charities Fair
The James Tysoe Trust
L James
S Marsh
J Penn
Fluke
Gloucestershire Bundles
Coco Confectionary
Horsley Shop
Leonard Stanley Church
Lloyds Bank
Project Linus
Key Intelligence
Bottlegreen
Beaudesert School
David Drew
Dursley United Charity
Family Information Service
Katie Kirby of Hurrah for Gin
Flo Atkins

Cathy Blofield
Quakers in Nailsworth
W H Smiths
Christian Corgier
Tesco's in Quedgeley
Foodbank & Kids Stuff
Matt Hughs (pcprop)
Beresford Group
Declan Smith
GRCC
Young Gloucestershire
Slimbridge Wildfowl & Wetlands Trust
Longfields
Dursley Lights Festival
Quedgeley Show
Bond's Mill Café
Jill MacKeith Motherhood and Metamorphosis exhibition in Stroud
PATA
Alison Coates
Brush Up UK
Daisy First Aid
Tina Phipps Sleep Consultant



TREASURERS REPORT

The expansion of the scheme in 2017-2018 inevitably saw a substantial increase in expenditure, rising by 32% to £188,530 for the year. We were fortunate to be able to rent a small but adequate office for the new group workers in the same building as our existing office. We were also able to buy second hand furniture and equipment from the Hill, Valley and Vale Children's Centre which was being dismantled so saving us expenditure on getting the new group working project off the ground.

Fortunately, the Group project came fully funded with a substantial grant from The Peter Lang Trust to run the Best start and Bump start groups. Gloucestershire Clinical Commissioning Group gave towards the cost of the Mother's in Mind groups whilst grants from ACT and Nailsworth Town council enabled the Family groups run at the Arkell Centre in Nailsworth to continue. Further funding was received from the Gyde Trust. We are very grateful to these organisations for giving us the financial confidence to take on this new work.

Sincere thanks must also go to the array of loyal funders who continue to support us over the years enabling our core work of helping families across the area. They are fully named elsewhere in this report. Donations from individuals, businesses and social groups are very important to us and provide that extra security in making ends meet. We continue to run a major fundraising event – the Westonbirt Charities Fair – which last year netted nearly £30,000. This involves much hard work and organisation but is a great fund raiser and good for PR.

Heather Cunild, Treasurer

MONEY MATTERS!

In the year 2017-2018 - Income: £166,826
Expenditure: £188,530
Net loss for the year: £21,704
Balance brought forward from 2016-2017:
£108,481
Of which Reserves: £60,000
General funds brought forward to 2018-2019:
£26,777

Reserves

The Trustees of Home-Start Stroud and Dursley have set a reserves policy which requires that £60,000 of funds are to be held in reserve to meet the costs of redundancy, and 3 months running costs should the scheme need to be closed down. The reserves may also be used to cover for any temporary shortfall in funding but must be re-instated as soon as replacement funds are received.

Review of Risk

The treasurer reports to the board at its regular meetings relating actual income and expenditure to the approved start of year budget. Risk is assessed and future expenditure reviewed.

A full set of accounts is available from Home-Start Stroud District. We are very grateful to our accountant Claire Owen of Owen Accountants, Patch Cottage, High Beech Road, The Pludds, Ruardean, GL17 9UD for preparing these accounts.

Heather Cunild, Treasurer