

Home-Start Cambridgeshire



Support and friendship
for families

January 2019

We are delighted that our longest serving volunteer, Meg, won the **2018 Cambridge News Community Award in the category of 'Lifetime Achievement'**.



Dear Supporter

Happy New Year!

2019 is a momentous year for Home-Start Cambridgeshire as it marks the 30th anniversary of Home-Start in the county.

We will be working hard to raise the profile of the charity through publicity and events of many varieties. We would be thrilled to have your support in spreading the word about our great successes with families with young children going through difficult times. Word of mouth is a very significant factor in charity profile-raising.

Alongside this, we will be targeting fundraising to enable Home-Start Cambridgeshire to grow and to become more sustainable in the long term. Again, your help would be invaluable.

Do get in touch with the office if you have any ideas, contacts or would just like to talk to someone about Home-Start's development in its 30th year and beyond.

We were sorry to say 'goodbye' to Julie Nicolls who was Finance Administrator for many years. We wish her well in her new fulltime job. We have now welcomed Georgie Standen to the team after a very helpful handover with Julie in November.

We look forward to a great 2019 for our crucial work in supporting young children and their families.

Best wishes, **Jo Studdert, Chair of Trustees**

Welcome to our January Newsletter which is packed full of information about our 30th Anniversary and ways to support us as we celebrate!

30 years ago, in 1989, the Berlin Wall came down, Microsoft released its Office Suite, the Game Boy made its debut, Cher was turning back time, Indiana Jones embarked on his last crusade and Home-Start in Cambridgeshire was born!

It started life as Cambridge and District Home-Start with a grant of £23,560 for the year from the Dept. of Health and Social Security allowing us to start visiting families at home. Three years later we set up our first group in Cambridge and the following year the County Council started to fund our activities. How things have changed! In 2014 the then three Home-Starts based in Cambridge, Ely and St Neots merged to form Home-Start Cambridgeshire. Due to local authority cut backs our statutory funding stopped and the County Council stopped funding Home-Start. This means we are having to diversify our funding streams and be more creative in our fundraising activities. And our 30th anniversary is an ideal time to launch some new initiatives which you will see in this issue.

If you are an adventurous type then you can walk The Great Wall of China to raise money for Home-Start Cambridgeshire. Why not start 2019 with a New Year's Resolution to get fit, travel and support a local worthwhile charity? For the romantics out there we have a Valentines Concert by Le Petit Ensemble at Hughes Hall in Cambridge with arias, duets and songs by Handel, Bizet and Bernstein to name a few. We are also launching our Big 3-0 campaign to try to raise at least £30,000 in our 30th year. You can find out more details in this newsletter.

Sam Nightingale, CEO

The Big 3-0 campaign

This year marks the 30th Anniversary of Home-Start support in Cambridgeshire. To mark this significant milestone we are launching 'The Big 3-0' campaign. We urgently need your help. Please donate as much or as little as you can. Every donation will make a difference to the families with young children that we support. All the money raised will help us to continue to support families, through weekly volunteer home visits, to deal with diverse concerns such as parental mental health issues, isolation, postnatal illness, disability, bereavement, multiple births and parenting skills. We also support families in a group setting currently in Cambridge and Wisbech. Our target to help us continue with this vital work is to receive at least £30,000:

3000 donations of £3

300 donations of £30

30 donations of £300

1 donation of £3000

- **£3** – could contribute towards books and resources needed to improve a child's Readiness for School.
- **£30** – could enable a Family Support Volunteer to provide 1 month of vital support to families across Cambridgeshire
- **£300** – could fully train a Family Support Volunteer to provide emotional support to mums experiencing post-natal depression
- **£3000** – could fund a Family Support Group for families experiencing mental health concerns, isolation and low self-esteem for 6 months

If each person reading this gave what they could and then persuaded one other person to donate it would be a significant step towards reaching our target.

Ways to donate:

- Visit our website (<http://homestartcambridgeshire.co.uk>) to donate at a click of a button.
- Send in a cheque made payable to Home-Start Cambridgeshire (clearly marked with The Big 3-0 campaign) on the back.

Thank you for your support

Volunteer Ambassadors

For our 30th Anniversary we are looking to build up a group of 30 Volunteer Ambassadors who are passionate about the work of Home-Start Cambridgeshire. A Volunteer Ambassador would help with fundraising and with raising our profile across the County by attending arranged events, giving talks to community groups and businesses or arranging their own fundraising events.

We have a lot of ideas for fundraising events; for example, a cake bake, a cheese and wine evening, a craft/art event or a bingo night, but if you would like to do something different and unique that's fine as well.

Could you be one of our Volunteer Ambassadors? This is a very flexible role that could fit around your existing commitments. You could volunteer for as little as an hour a month, or more if you have the time.

If you would like some more information about become a Volunteer Ambassador please give the office a call on 01480 700242 or email office@homestartcambridgeshire.co.uk.

We look forward to hearing from you.

Meg has volunteered with us for 29 years:

"I visited my first family in October 1990. I had seen an article in the Cambridge Evening News about a recruitment drive where the only criteria for being accepted were parenting skills and attending a six week course. The course was excellent and prepared me extremely well for my first family and subsequent families. Having had a son with Down's Syndrome almost half of the families I have visited have had a child with special educational needs; this brings families lots of challenges. If I had had a Home-Start visitor coming each week when mine were young it would have made my life easier."

As part of our 30th anniversary hear more from Meg in our next newsletter.

HOME-START CAMBRIDGESHIRE STAFF CONTACTS

Office Tel. 01480 700242

NAME	ROLE	EMAIL ADDRESS	MOBILE NUMBER
Beccy Impey Tues, Wed, Thurs, Fri	Co-ordinator	beccy.impey@homestartcambridgeshire.co.uk	07377 816325
Caroline Abraham Mon, Tues, Wed, Thurs	Fundraiser	caroline.abraham@homestartcambridgeshire.co.uk	07949 011078
Charlotte Daleworth Tues, Wed, Thurs, Fri	Co-ordinator	charlotte.daleworth@homestartcambridgeshire.co.uk	07496 379252
Emma Sadler Mon, Tues, Wed, Thurs, Fri	Co-ordinator	emma.sadler@homestartcambridgeshire.co.uk	07747 814841
Emma Smith Tues, Wed, Thurs, Fri am	Co-ordinator	emma.smith@homestartcambridgeshire.co.uk	07949 011319
Georgie Standen Tues, Wed	Finance Officer	finance@homestartcambridgeshire.co.uk	
Helen Meredith Thurs	Family Group Leader	group.cambridge@homestartcambridgeshire.co.uk	07807 349080
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Linda Gipp Mon, Tues , Wed	Administrator	linda.gipp@homestartcambridgeshire.co.uk	07522 853770
Marney Connor Mon, Tues, Wed, Fri	Senior Co-ordinator	marney.connor@homestartcambridgeshire.co.uk	07875 108674
Natalie Cook Tues	Family Group Leader	natalie.cook@homestartcambridgeshire.co.uk	07761 601315
Sam Nightingale Mon, Tues, Wed, Thurs, Fri	Chief Executive Officer	sam.nightingale@homestartcambridgeshire.co.uk	07807 266894
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Tash Mitchell Tues, Wed, Thurs	Administrator	tash.mitchell@homestartcambridgeshire.co.uk	07522 854132

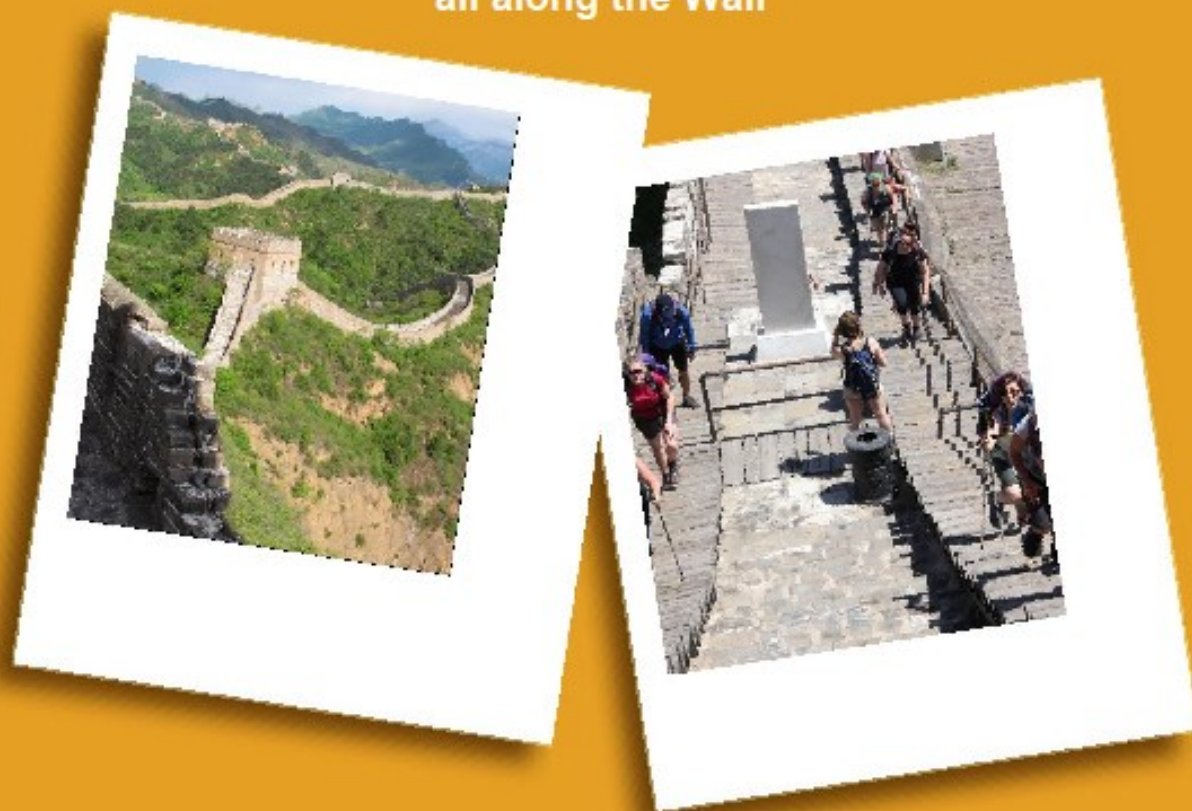
Trek on the awesome Great Wall of China

in aid of

Home-Start Cambridgeshire

Trek along one of the world's most famous historical landmarks and explore Beijing and the culture of China

With steep staircases and crumbling watch towers, this demanding trek is also highly rewarding with its fantastic views all along the Wall



For further information please contact

Samantha Nightingale at Home-Start Cambridgeshire
Registered Charity Number 1106007
on 01480 700242
or sam.nightingale@homestartcambridgeshire.co.uk

Charity Challenge is the concept of, and will be administered by Challenges (Un)Limited

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charity challenge

The charity is acting as an agent for Charity Challenge (ATOL 8546). Please ask Charity Challenge to confirm what protection may apply to your booking. If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see Charity Challenge's booking conditions for information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLCertificate.



Happy New Year!! Is your new year's resolution to get fit? Or is it to travel more? Or perhaps you have decided to give more back to your community? You can do all three in support of Home-Start Cambridgeshire.

As part of our 30th Anniversary Home-Start Cambridgeshire is launching its

Great Wall of China Discovery Trek

14th – 22nd September 2019

Fundraising for us will really make a difference, allowing us to support families with diverse concerns such as parental mental health issues, isolation, postnatal illness, disability, bereavement, multiple births and parenting skills.

Appropriately named one of the “New Wonders of the World” the Great Wall of China is a truly iconic location. Originally constructed to defend China against the nomadic tribes, the Great Wall Discovery is a thrilling challenge of twists, turns, ups and downs.

Beginning four hours north of Beijing, this week-long challenge tackles a series of vigorous climbs totalling over 10,000 uneven steps. The trek will follow the winding path along the Yan Mountains to the Gubeikou Gateway and takes on the famous ‘heavenly staircase’. Exhaustion will quickly be replaced with wonder as you savour the sweeping views of the surrounding mountain ranges. The challenge ends in the vast metropolis of Beijing, with time to explore the cultural highlights of China's historic capital.

You can find out more by emailing sam.nightingale@homestartcambridgeshire.co.uk or phoning 01480 700242.

Sue has volunteered for us for 15 years:

“I joined Home-Start in 2004 after I retired because I had heard from a friend how satisfying she found volunteering with them. In 13 years with Home-Start, I have had 17 families.

Each family has been so interesting and different from the others. I have been lucky enough to volunteer with families as disparate as a Japanese postgrad student single mum, an American military family and a gay couple with twins; to a Bangladeshi taxi driver's family and a family of Syrian refugees. I can honestly say that they have all been wonderful”

As part of our 30th anniversary hear more from Sue in our next newsletter

Home-Start Cambridge volunteer, Meg, wins the 2018 Cambridge News Community Award in the category of 'Lifetime Achievement'.

The award was presented at a ceremony held in the Great Hall at Homerton College, Cambridge.

Meg has been a Home-Start volunteer for 28 years and has supported 23 families during that time.

Meg is a dedicated volunteer, always ready for a challenge, always empathetic and supportive, always reliable and committed to supporting families to her very best ability – which is outstanding.

How wonderful that her contribution has been recognised in this way.



Do you know anyone who can spare a little time to make a huge difference to a family who needs support?

Preparation Courses for new volunteers starting soon!

Make this Valentines special for you, your loved one and local families in need of extra support by attending our Valentines Concert in aid of Home-Start Cambridgeshire. A romantic evening of music in the fantastic setting of Hughes Hall. Please join us, we would love to see you there. Details below:

Love is the Perfect Sum of All Delight

Ute Lepetit- Clare, mezzo-soprano
Jessica Lawrence-Hares, mezzo-soprano
Marie-Noëlle Kendall, piano

Romantic Arias,
Duets & Songs
By
Brahms, Handel,
Schumann, Grieg,
Monteverdi, Fauré,
Offenbach, Bizet,
Saint-Saëns,
Poulenc, Britten,
Weill, Bernstein and more

**LEPETIT
ENSEMBLE**
in aid of
**Home
Start**

Friday 8 February 2019 at 7.30pm
Pavilion Room, Hughes Hall, Cambridge, CB1 2EW
Tickets £20/£15 students Please order from office@homestartcambridgeshire.co.uk

A promotional image for the Valentines Concert. It shows two women in black dresses, one holding a red rose. The background is dark with white text. The Home-Start logo is in the bottom right corner.

We are very grateful to the following companies and organisations for recent donations:

Children in Need – Fenland Project
Comic Relief – Hand In Hand Huntingdonshire
Cambridgeshire County Council – Enjoy & Achieve
Cambridge Lawn Tennis Club
Inner Wheel Club of Ely
iTransact
Pye Foundation
Cambridge Central Aid
Amazon
Four Acre Trust

PLUS INDIVIDUAL AND ANONYMOUS DONATIONS



Could you become a Friend of Home-Start Cambridgeshire?



In our 30th anniversary year could you become a friend of Home-Start Cambridgeshire? Our Friends receive information from us such as newsletters and details of up-coming events in return for a regular monthly donation.

A regular donation helps us to plan support for families. The form is on the back page of the newsletter.

Thank you for your support

Imogen has volunteered with us for 11 years:

"I decided to volunteer with Home-Start after seeing an advert at our local swimming pool. I knew how it felt to be a new mum and how it would be nice for a little bit of help. The families I have gone into have varied from multiple births, domestic abuse, mental health problems, disabilities with parents and children, single parents and large families. Over my time going into families with Home-Start what keeps me wanting to volunteer is the difference it makes"

As part of our 30th anniversary hear more from Imogen in our next newsletter"

All volunteers who have a family with English as a second language might want to signpost to this service.

FREE ENGLISH LESSONS

Chesterton Community College
Gilbert Road, Cambridge

Friday 18th January 2018
9.30am

Daytime and Evening classes
Beginners to Advanced

Contact Sarah Adams to book your free place!

sadams@chesterton.cambs.sch.uk

www.esolcafe.co.uk



I would like to set up a standing order of:

£2 per month

£5 per month

£..... per month (please enter amount)

or £..... annually (please enter amount)

I would like to receive the Home-Start Cambridgeshire newsletter and information about other events for Friends of Home-Start Cambridgeshire. My email address is:

.....

I understand my details will never be passed on to third parties.

PLEASE COMPLETE ALL DETAILS BELOW:

BANK Standing Order

To the Manager of _____ Bank plc

Address: _____ Postcode: _____

Name on the
account: _____ A/c Number: _____

Sort code: _____

Payment details:

On the __/__/__ please pay the sum of £ _____, and thereafter at monthly / annual intervals to **Home-Start Cambridgeshire** until cancelled by myself in writing.

Please quote my name as the reference when making this payment.

Please pay CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ

Sort Code 40-52-40

Account Number: 00089891

Please quote reference: Home-Start Cambridgeshire

Your authorisation

Full name: _____

Address: _____

_____ Postcode: _____

I am/am not a UK taxpayer, eligible for Gift Aid. (*delete as necessary*)

Signed: _____ Date: _____

Please send this form to:

Home-Start Cambridgeshire, F103/F104, Upper Pendrill Court, Ermine Street North, Papworth Everard, Cambs, CB23 3UY

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