

Welcome to our Newsletter

Autumn 2019



Dear Supporter

I do hope you have had a very enjoyable summer and feel refreshed and ready for whatever challenges the coming months will deliver.

As I am sure you know, HSC has been going through a difficult time. Our senior coordinator, Kathy, was again on sick leave when I last wrote for the newsletter and we were all shocked by the news that she then passed away in May. She is very much missed for her expertise, personality and enthusiasm.

Fundraising is not getting any easier. With insufficient funds having been raised in 2018/19, the trustees took the difficult decision to reduce the size of the HSC operation. We now have fewer staff so cannot support as many families with the 1:1 volunteer home-visiting service as previously. We are very sorry indeed to have said goodbye to Caroline, Charlotte, Sam and Tash and wish them well in the future.

I am very grateful indeed to staff for their professionalism and commitment during these difficult times and to the volunteers for their loyalty to HSC and therefore to the families we support.

Parvin Wynn has committed a huge amount of time and energy to the organisation during her 7 years as a trustee and her contributions will be

much missed in the future following her decision to leave the Board.

Looking ahead, we are undertaking two specific fundraising projects, one to support families where parental mental health is a concern, the other to support families living in the many new communities being built around the county. In addition, we have been fortunate in receiving a significant grant from the Postcode Community Trust to support families who are isolated. Other applications for funding are underway.

Fundraising from various sources continues as a priority and we are always grateful for suggestions or contacts to expand our efforts.

If you have any questions or comments, please do get in touch with me or with the office.

With best wishes

Jo Studdert, Chair of Trustees



Please note our new office opening hours

**Monday—Thursday
9.30 am—2.30 pm
Closed on Fridays**

“30th anniversary fundraising update”

Team China Charity Challenge



‘Team China’, are now trekking the Great Wall of China on their Charity Challenge to raise awareness and funds for Home-Start Cambridgeshire in Home-Start’s 30th anniversary year.

They are trekking for 50 km along the Great Wall of China over 5 days in what is described as a challenging, demanding trek with ‘relentless’ steps!

Their story and the reasons why they are so keen to raise funds for Home-Start are included on their team fundraising page <http://uk.virginmoneygiving.com/team/TeamChina>.

Please take the time to have a read and if you are able to donate you will greatly encourage and support the team in their challenge to raise funds for Home-Start.

Our Big 3-0 campaign is gathering momentum and we really need your support

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

HOME-START CAMBRIDGESHIRE STAFF CONTACTS

Office Hours Monday - Thursday
9.30 am - 2.30 pm
Closed on Fridays

Office Tel. 01480 700242
office@homestartcambridgeshire.co.uk

NAME	ROLE	EMAIL ADDRESS	MOBILE NUMBER
Emma Sadler Mon, Tues, Wed, Thurs	Co-ordinator	emma.sadler@homestartcambridgeshire.co.uk	07747 814841
Emma Smith Tues, Wed, Thurs	Co-ordinator	emma.smith@homestartcambridgeshire.co.uk	07949 011319
Georgie Standen Tues	Finance Officer	finance@homestartcambridgeshire.co.uk	
Helen Meredith Thurs	Family Group Leader	group.cambridge@homestartcambridgeshire.co.uk	07807 349080
Julia Bailey Mon, Tues, Wed, Thurs	Administrator	julia.bailey@homestartcambridgeshire.co.uk	07949 011078
Linda Gipp Tues, Wed	Administrator	linda.gipp@homestartcambridgeshire.co.uk	07522 853770
Marney Connor Mon, Tues, Wed, Thurs	Senior Co-ordinator	marney.connor@homestartcambridgeshire.co.uk	07875 108674
Shelly O'Farrell Mon, Tues	Co-ordinator	shelly.ofarrell@homestartcambridgeshire.co.uk	07496 733079



**A Message from
Marney Connor,
Senior
Co-ordinator**

Home-Start Cambridgeshire has seen quite a few changes over the last few months, but we are still here and working hard to support families like we have done for the last 30 years.

At present, we are not supporting as many families as last year so some of our Volunteers may be waiting a bit longer between families. If you would like to stay busy and support us in a different way you could help at our Groups or by becoming one of our Ambassadors to help with fundraising.

In July we started running a new Trumpington Group on a Tuesday morning. Referrals have started to be received and we already have 5 families signed up to this Group. We have also received funding for a Rural Isolation Project to support 30 families in areas where the population is less than 10,000. Families in new communities are being supported and we are hoping to expand this support into new areas as they are being developed.

One of the positive events we have seen in our team was Beccy having her gorgeous little girl, Ava, in April. We have been able to have many baby cuddles in the office, a lovely distraction from all the paperwork! Due to the Hand in Hand Project coming to an end in July Beccy won't be returning to Home-Start Cambridgeshire. We wish her and her family all the best for the future.

Good luck to Team China this week as they are now trekking along The Great Wall in aid of Home-Start Cambridgeshire.

HOME-START CAMBRIDGESHIRE



**Aiming to give every child the
best possible start in life**

You are warmly invited to our Annual Meeting

**Come along to hear more about how our work improves
the lives of families in Cambridgeshire.**

Date: Monday, 28th October 2019
Time: Refreshments from 17.15, meeting at 18:00
Venue: Doubletree by Hilton Cambridge Belfry,
Back Lane, Cambourne, Cambridge, CB23 6BW

Keynote Speaker:

Susan Cochrane
Infant Mental Health Specialist

‘Family Emotional Health: A Window for Opportunity’

We look forward to welcoming you to the event

**RSVP: office@homestartcambridgeshire.co.uk
by 21st October 2019**

Sue has volunteered for us for 11 years. Here is the final instalment of her story, included as part of our 30th anniversary.

'When I first rang Home-Start to ask if I could join I was told that my application couldn't be considered for six months as I had just missed a training batch. I might have given up at that point but I spent the summer on my allotment and Home-Start contacted me when another training was on offer. So I joined and found it far more interesting than I had expected.

The hardest assignment I have had was supporting one gifted and very successful family with twins where the mother was a high-flying civil servant working in 10 Downing Street for the Prime Minister. We both had experience of working in Africa so had plenty in common.

Five years after my time with this family I was reading a sad story in the Guardian about a young woman who had died suddenly after a late cancer diagnosis. I realised it was the twins' mother.

When my volunteering with this family had come to an end she had given me a mug covered with hand prints made by her one-year old twins which has now become a precious object.'

Feelin' Groovy

Concert in aid of Home-Start Cambridgeshire

Histon Baptist Church, CB24 9NL

Saturday 16 November 2019 at 7.30 pm

Featuring

**Cambridge Harmony Chorus
(Ladies a cappella choir)**

Supported by the band Maisie Blades

Tickets - £10 (£5 children under 16)
to include a glass of wine or soft drink,
available by email: sulmanj@virginmedia.com or
by telephone 01223 721650 or 07913 277553.

Did you know?

We run Family Groups in:

- Cambridge
- Trumpington
- Wisbech

These provide:

- peer support for parents
- an opportunity for children to socialise with other children and adults
- a programme of advice sessions with drop in speakers
- sign posting to access local services and other groups

These offer:

- healthy eating ideas for children
- story telling
- music and singing
- toy swaps
- arts and craft sessions for children which their parent can join in

These encourage:

- families to build up confidence to access other community facilities and activities

Attendance is by referral only



Meg has volunteered for us for 29 years. Here is the final instalment of her story, included as part of our 30th anniversary.

'The Home-Start preparation course was excellent and prepared me extremely well for my first and subsequent families. The two words that have stayed with me over the years are 'confidentiality' and 'non-judgmental' - both very important when visiting families.'

As a visitor to a family home we should never under-estimate the difference we make to families lives and the long term effect this has on the family.'



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Meg recently nominated Martha, a former child she visited, for a Cambridge News Award. Martha received the Liam Fairhurst Most Courageous Child award and her mum and brother accepted it on her behalf at Wolfson College.



### **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**



### **Christmas Cards**



Please support Home-Start Cambridgeshire by sending our Christmas card to your friends and family.

There are no new designs this year but our ever popular Robin card is available at £2 per pack of 10 cards.

Please contact the office to order cards which help to spread the word about our charity.



You can now find Home-Start Cambridgeshire on **The Giving Machine**, a great fundraising site that lets you raise donations for Home-Start Cambridgeshire whenever you shop online.

It's easy to use and doesn't cost you (or us) a penny! The Giving machine is a fundraising charity set up to help other charitable causes raise money online. By signing up and shopping online via **The Giving Machine** you will generate a free cash donation for us. There are over 2,200 of your favourite retailers, including Amazon, Ebay, M & S, Next, Thomas Cook, Sainsbury, John Lewis & Partners and Waitrose & partners.

To start raising free donations go to <https://www.thegivingmachine.co.uk/causes/home-start-cambridgeshire/> and join.

You can also download a free desktop reminder app <https://www.thegivingmachine.co.uk/shop-and-give/login/>

## Charity of the Year

Are you a member of a Club or do you know a company who would consider Home-Start Cambridgeshire as their Charity of the Year for 2020?

If so, please contact Jo Studdert through the office - we'd love to hear from you.



## Important Reminder to our Volunteers

Thank you to all our volunteers for completing the Diary Sheets and Expense forms each month. These are necessary forms required not only for monitoring purposes but also for our records should there be issues around safeguarding children.

**Both the Diary Sheet and the Expense form should be returned by the 7th of each month.  
Please use a separate Diary Sheet and Expense form for each calendar month.**

If you don't want to claim expenses please complete and send in your form but tick the box donating it back to Home-Start. If you are able to gift aid your donation we will receive an additional 25%!

Forms can be downloaded from our website [www.homestartcambridgeshire.co.uk](http://www.homestartcambridgeshire.co.uk) or contact the office so that they can be emailed or posted to you.

**Thank you for your co-operation.**



**Imogen has volunteered for us for 11 years. Here is the final instalment of her story, included as part of our 30th anniversary.**

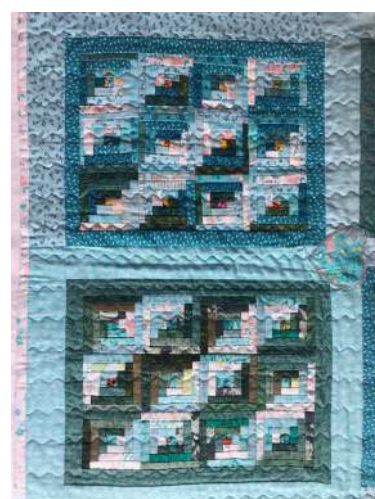
*'Being a volunteer for Home-Start has taught me that I will always be learning, never to take things for granted and to go with the flow when going into a family and hopefully help steer their ship to calm safe waters. We don't always know what these families go on to be and how the children grow up but I come away from each family with the hope that they will be happy.'*

*Volunteering has given me confidence and an understanding that I have the strength to cope with difficult situations. It has also shown my children that helping others is very rewarding and should be part of everyday life.'*



A special thank you to members of the Linus project in Cambridgeshire for a gift of 12 fantastic quilts and 2 knitted blankets to be given to young children in families supported by HSC, where these gifts would be really appreciated as items to be treasured.

See [www.projectlinusuk.org.uk](http://www.projectlinusuk.org.uk) for more details of the project.



## **We are on Facebook!**

Please 'Like' the Home-Start Cambridgeshire fan page by typing into facebook:  
**Homestartcambridgeshire**



**We would like to remind all our volunteers that it is not permitted to become Facebook 'Friends' with the families who you support.**

**This could potentially put both you and the family you support in a vulnerable position.**

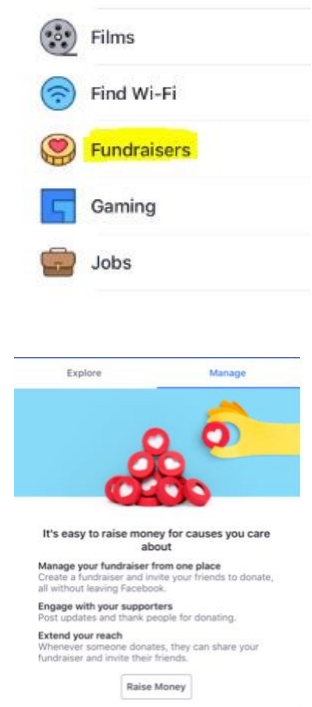
**Please speak to your Co-ordinator if you have any queries.**

## Will you be celebrating a birthday?

Facebook is a great way to connect with friends, family and the wider world. It is also a great fundraising tool.

When your birthday comes around you can set up a birthday fundraiser – it takes less than 5 minutes. If Facebook doesn't ask you automatically two weeks before, you can go to the settings tab (the three lines, bottom right of the app) and find the fundraisers option.

Click on manage, then charity and put Home-Start Cambridgeshire into the search.



There is information pre-loaded but perhaps you could add why you personally want to support us? Set an amount and then the post will share. The money automatically finds its way to us, so all you need to do is thank your family and friends for celebrating your birthday by supporting us.



### Cambridgeshire County Council Lottery for Good Causes

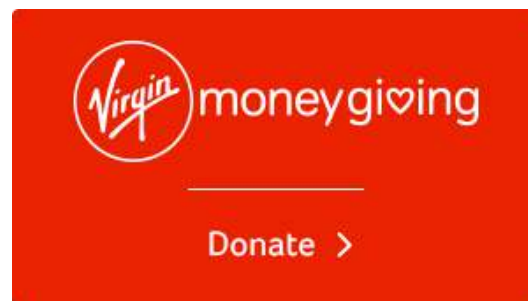
Home-Start Cambridgeshire is taking part in this - more news soon.

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

Cambridgeshire Community Foundation  
Warwick Dominey Fund  
Outlook Fund  
Amazon Smile  
Cambridge Central Aid  
Girton Town Charity  
Benevity  
iTransact  
The Pye Foundation  
Cambridge United Charities  
Cambridge City Council  
Independence at Home  
The Betty Lawes Foundation  
Ely Community Trust  
The Grocers' Charity  
Post Code Community Trust  
Children in Need



PLUS INDIVIDUAL AND ANONYMOUS DONATIONS



We have received support from the  
 CambridgeShire  
Community  
Foundation



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:

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**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**

15/1/2018(8)