

Home START

Support and friendship
for families

Hastings and Rother
2010/11
Annual Report



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What Do We Do?

Home-Start Hastings & Rother supports families living in the local area by providing:-

- One to one support for all family members within their home for around 3 hours per week (providing at least one child in the household is under 5 years of age.) Our volunteer support is friendly, supportive, responsive and reliable; supporting families without an agenda and on their own terms.
- Group support for Post Natal/Perinatal depression (at St Leonards Children's Centre). Activities provided for adult members are designed to be therapeutic and supportive; promoting self-confidence and friendship. Children attend free crèche facilities, encouraging early learning through play and easing them into future nursery attendance and successful transitions into school.
- An extensive 10 week Preparation Course for volunteers leading to optional OCN accreditation and ongoing monthly volunteer training around local provision, family needs and personal development.
- Six newsletters per year to families, volunteers and referrers, detailing local family support, activities, updates and family trips.
- At least two free family trips per year (funding permitting).
- Work with statutory service providers and other local voluntary organisations to signpost families towards additional support as required.

"My volunteer has given me a different outlook on life. Thank you Home-Start"

A Home-Start Hastings & Rother Family



Chairman's Report

The Trustees of Home-Start Hastings & Rother are pleased to report that 2010-2011 has been a year of unprecedented expansion by HSHR.

We have increased our family support to meet the growing needs locally. Our trained volunteers have assisted **224 children** this year, and that is **150%** of the number in 2009-2010. All those children feel more secure, healthy and happy as a result.

"I am still very lonely at the moment, but Home-Start always listen to me. They seem to understand how I feel!"

A Home-Start Hastings & Rother Family


115 families have been helped, rather than the 67 of last year. Full details are in our formal Annual Report, available on our web-site and on the Charity Commission site, but this brochure brings to life, with pictures and quotations, how much difference Home-Start has made to their lives.

We have many generous and hard-working supporters in Hastings, Bexhill and Rye, and we are tremendously grateful to them all. One way to help is to log on to:

www.easyfundraising.org.uk

and register to help Home-Start Hastings & Rother. Then whenever you buy something on-line, by clicking first on this site you can make sure a proportion of your purchase is donated to our charity, at no cost to yourself.

As Chair of HSHR, I thank volunteers, staff, referrers and funders for making sure that this vital work continues.



Jenny Blackburn, Chair

Senior Organiser's Report

Our work with other organisations is a vital part of supporting Home-Start families. A significant part of my role ensures that we work alongside agencies in order for Home-Start families to receive the most relevant type of support, always ensuring that this complements the shorter term support of outside agencies.

Our partnerships with the Children's Centres (in Hastings, St Leonards, Bexhill and Rother) and the PCT assist this aim as they offer an excellent overview of community need; whether it is social isolation, post natal depression or healthy/lifestyle initiatives. The funding they provide ensures that our scheme maintains (and trains) enough volunteers to support local families. By offering us the use of Children's Centres for Preparation courses and family groups, they endorse Home-Start's role in the community.

Most importantly, the Statutory Sector (Children's Centres, Social Services and PCT) value the professionalism of our volunteers and the skills they have already acquired raising their own children. Our Accredited Preparation courses enhance these skills, often leading volunteers towards careers with children and families. We know our service makes a difference when our volunteers support a parent struggling with the stresses of family life, finances, mobility and health issues. Families tell us that they don't feel so 'alone'. Just knowing that a trusted adult can escort them to a 'dreaded' medical appointment is the difference between addressing the problem or just 'dealing with it'.

Additional funding from other Charities, such as Hastings Lions, Bexhill Rotary and local groups and establishments such as Bexhill Harmony and the Mermaid Inn, Rye, enable us to react in a flexible way by providing additional support, such as family trips, or professional training for our volunteers. Those loyal individuals that send us donations, as and when they can, are proof that we must be meeting community need.



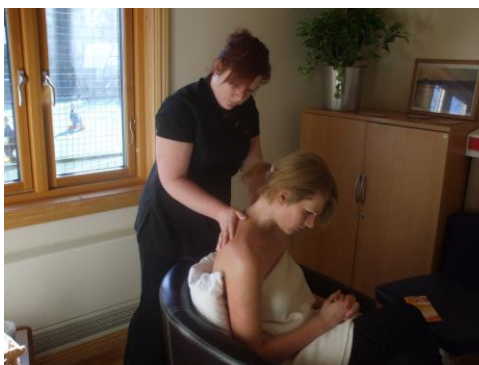
Senior Organiser's Report (contd)

I have really enjoyed the 'fun times this year; our outing to the Tenterden Steam train in February, generously funded by Hastings Lions and the Mermaid Inn (Rye), gave us all a welcomed break from the bleakness of winter.



'Dandelion' (Hastings Lions' mascot) accompanied the trip, fully regaled in his lion costume (which the children absolutely love.) You only have to glance at the photos we captured from the trip to see how much everybody enjoyed themselves!

We also provided two other family outings to Treasure Island and Clambers Play Centre, through other sources of our funding and continue to support adults who have had Post Natal Depression, periods of low mood, or who encounter depressive episodes, at our Family Group in St Leonards. Along with their children who receive crèche facilities (during group time) to support transition into nursery provision or school.



Judy Breen, Senior Organiser

A Family Experience

I am a 29 year old mother of two and I attended the Home-Start Talk Together group in Sidley. I have attended the group since my eldest child was 4. To be honest I can't really remember dates around this time as I have been very ill...

After my first child, life was different but good. Brilliant in fact. I worked full time as a nurse and was having a successful rewarding career. I was confident, happy and in control of my life. I had a few bad things happen to me during my life but never ever let them get me down – I was a career focused strong woman who loved my little family and looked forward to the future.

When I became pregnant with my second child life started changing. I had a tough pregnancy and suffered with a condition called SPD which meant for the end part of my pregnancy, moving around was agony. My Job became virtually impossible and the constant pain dragged me down. To top it off I became ill with a terrible virus that my body couldn't shift. It meant a hospital admission and not being able to work. I thought the birth of my baby would be end of my bad luck and still remained excited and happy about completing my family. On 24 April my beautiful baby was born, weighing 6lb 4oz. I brought her home the same day and the first few weeks of her life were perfect. I coped amazingly well with two children. The house was immaculate, children happy, my partner and I over the moon – life couldn't get any better.

When my baby was 3 weeks and 5 days old she became unwell. She was admitted to hospital and without going into too much gory detail, nearly lost her life several times. She was rushed to the Evelina Children's Hospital in London where doctors saved her and fought to keep her alive. I watched her suffer, every needle, every drug, every tube, every breath the ventilator took, every detail my mind had to process as well as the emotional stress and worry. At the end of the traumatic ordeal my baby was left unscarred. I however, was scarred.

"THE GROUP HAS GIVEN
ME SOME TIME TO
MYSELF TO EXPLORE MY
OWN FEELINGS IN A
SAFE ENVIRONMENT."

A Home-Start Hastings
& Rother Family

A Family Experience (cont'd)

I now know that I suffered post traumatic stress disorder from the events I saw my tiny daughter go through. As this was left untreated for quite some time, I went on to develop severe postnatal depression with psychosis. I have been seriously unwell and don't know how I am still here, but I know that one of the things that carried me through these hard times is the Talk Together group.

Every week - and some them were really bad – not being able to get dressed or take care of my children, delusional – thinking my friends wanted to hurt my family, I would, despite all this torment, look forward to going to the group. The leaders of the group could not have made me feel more welcome. I was spoilt with cups of tea and slices of cake and given a break from being a mum, meaning that I could find 'me' again. I knew my baby was safe in a lovely creche run by the kindest and caring of childminders. Simple things which make a massive difference. The group leaders were the kindest, most non-judgemental professionals. They are so understanding and not only listen to problems or worries we might have, but offer practical suggestions and most importantly, they care. The group has been a consistent reliable source of help for me. I can never thank or repay Home-Start for how much they have helped.

I am now in a better place than all those months ago. I am still not completely better though. I have support from a Home-Start volunteer, who is invaluable and another unique and amazing help for me.

I have been lucky enough to build some friendships through the group and hope to stay in touch. All the girls in the group share my opinion that the group is amazing, the leaders are superb and our lives will not be quite as good when our Tuesday group closes. We'll try and get together and do a 'play date' for the kids, but the whole point of why the Talk Together group works is because it focuses on healing the mother.

I have learnt how to arrange flowers, creative writing, yoga, drumming, to name but a few of the interesting topics we participated in and learnt about.

I am positive that there are many faces behind the scenes that help out in ways I can't imagine, those people I want to thank. My future looks bright and I can see a light at the end of the tunnel. Once again I wish to thank each and every one of you.

A Volunteer's Story

I was looking for a particular area of volunteer work that not only gave me new experiences but enabled me to empower others which is hugely satisfying when you see real progress in families that you help.

I had been through a very difficult time, being a first time mum with no support from friends and family. I could have really done with a Home Start volunteer to help me find my confidence and be part of a community by meeting mums in the local area. I was incredibly isolated and alone even though I live in a busy residential area.

Through my negative experience I wanted to help others in a similar situation. Examples of my helping are: running through budgets with parents, listening to their needs and signposting them accordingly to maybe a children's centre or a GP, aiding them with re-housing by making telephone calls, helping them claim the right benefits for

their circumstances, attending appointments with parents, looking after the children when parents just need a break and many more.

Luckily for me as I love this work, I applied for a similar role with the Family Outreach Workers (East Sussex County Council) which is paid employment. I got an interview straight away and they offered me the job the very next day. So after 17 years of being a civil servant, I can now change careers with the help of my Home-Start experience and continue to make a difference to people's lives.

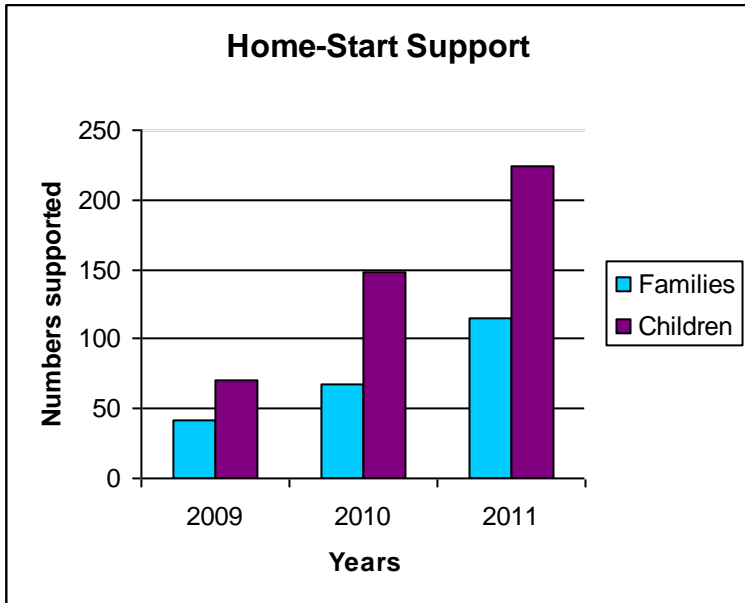
"I think my volunteer often wondered why I actually needed her, but I can truthfully say that helping me talk through the traumas I'd been through helped me more than she'll ever know!"

Jo Finnemore
Home-Start Volunteer from January to August 2011

How Many Families Have Been Supported?

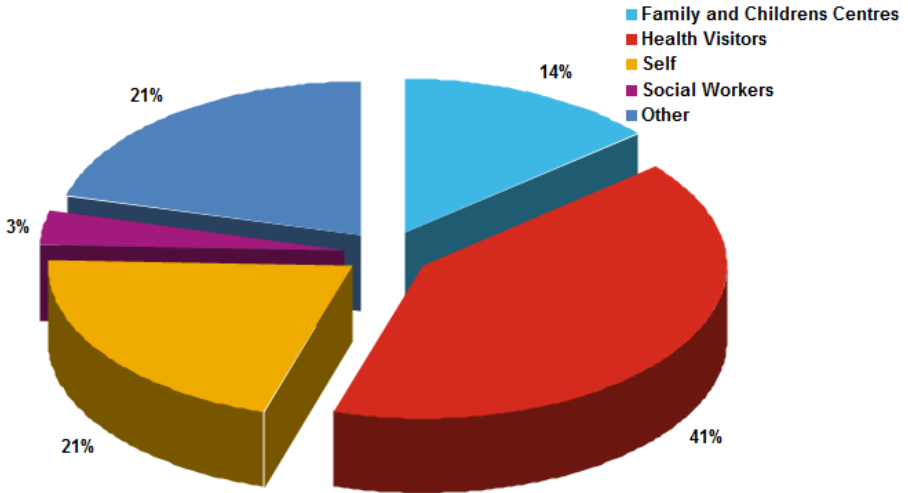
Number of families referred and supported this year April 2010 - March 2011	68
Number of families still supported 31st March last year and carried forward to this year	43
Number of families recorded on last year's form as referred but awaiting support who have been supported this year.	4
Total supported during the year	115

Total Children Supported from 2009-2011



2010/11 Statistics (cont'd)

Referral Sources



Families No Longer Supported: Length Of Support

Up to and including 6 months	16
Over 6 months but under one year	17
Between one and two years	13
Over two years	14
Total	60

Income & Expenditure Account

Income	2011		2010	
	£	£	£	£
Hastings & Rother PCT		31,732		31,731
Health Improvement PCT				2,000
East Sussex County Council - East Hastings		32,518		30,600
OFV		22,000		
Grants		24,212		23,509
Donations and gifts		25,615		2,493
Bank Interest		1,627		9,446
Friends of Home-Start Hastings & Rother		109		132
Sundry Receipts		282		802
		<u>138,095</u>		<u>100,713</u>
Less: Expenditure				
Salaries and Social Security costs	82,599		52,772	
Rent and Services	6,507		6,211	
Insurance	758		721	
Bank charges & General expenses	95		11	
Printing, Stationery and Publicity	3,030		3,547	
Telephone, Website and Postage	2,024		3,506	
Office Equipment and Supplies	1,039		778	
Staff expenses	3,108		1,904	
Staff Training	2,274		1,541	
Staff Recruitment/CRB	1,031		568	
Volunteers' Expenses	1,661		2,045	
Volunteers' Training	5,235		2,675	
Volunteers' Recruitment	1,313		1,242	
Advertising	1,050		---	
Trustees' Expenses	511		267	
Events	510		---	
Family events	15,885		---	
St Leonards Family Group - Taxi Cost	703		---	
Childrens' Parties & Outings	---		3,425	
Project costs	---		2,729	
Accountancy	504		493	
Governance Costs	647		899	
Home-start UK Fee and Insurances	1,840		665	
Management & Professional Fees	35		---	
Miscellaneous Expenses	169		47	
Depreciation	3413		2445	
		<u>135,941</u>		<u>88,491</u>
		<u>2,154</u>		<u>12,222</u>

A full set of the financial accounts for 2010-11 is available on request

What our Families Say

"THE GROUP HAS HELPED MY CHILDREN COMMUNICATE WITH EACH OTHER".

"IT'S ALWAYS EASIER TO WRITE IMPORTANT LETTERS WHEN MY VOLUNTEER HELPS!"

"MY CHILDREN LOVE THE GROUP. THEY HAVE BEGUN TO SOCIALISE, SHARE AND PLAY WITH OTHERS".

"I LOVE THE FACT THAT HOME-START JUST LISTEN, THEY'RE NEVER JUDGEMENTAL".

"MY VOLUNTEER HELPS ME GET ADVICE ABOUT PROBLEMS RELATING TO CHILDREN AND OTHER ISSUES".

"I HAVE DEVELOPED CONFIDENCE TO DEAL WITH MORE PROBLEMS".

"I FEEL SO SPECIAL AND PRIZED AT THE GROUP – THAT'S A RARE FEELING!"

"I HAVE BUILT UP SOME FANTASTIC RELATIONSHIPS WITH OTHERS FROM THE GROUP AND STILL KEEP IN TOUCH".

"IT'S GREAT BEING ABLE TO GET ON WITH THINGS WHEN MY VOLUNTEER TAKES THE KIDS TO THE PARK"

The Home-Start Team

Patron: The Viscountess Brentford, OBE, FCA

Trustees:

Jenny Blackburn – Chair
David Bookless
Michael Brooke
Maurice Burgess

Pene Clarkson – Treasurer
Angela Davis
Desmond McClean
David Wright – Deputy Chair

Staff:

Judy Breen – Senior Organiser/
Company Secretary
Charlotte Cuff – Admin. Assistant
Karen Hughes – Admin. Assistant
Susan Jenner – Group Leader

Dawn Leaney - Group Facilitator
Shirley MacKinnon – Organiser
Christie O'Hara – Organiser
Gwyneth Tyeson - Group Leader

Volunteers:

Julia A
Wendy B
Julie B
Fran B
Katy B
Pat B
Maureen B
Lindsey C
Lesley C
Lucy C
Helen C
Jean C
Fatou C
Dawn C
Andrew C
Carol D
Hannah D
Maria D

Hannah D
Angela E
Jane E
Jo F
Agatha G
Lucy H
Dawn H
Blanka J
Patricia J
Cathy K
Linda L
Claire L
Carol M
Abbie M
Alicia M
Teresa M
Kate O
Janet P

Pauline P
Stella R
Lyn R
Natasha R
Suzanne R
Julie S
Linda S
Lindsey S
Darren S
Julie S
Mandy T
Sue T
Gwyneth T
Stacey W
Zoey W
Jane W
Lea W
Tina Z



Home-Start Hastings & Rother is a charitable company limited by guarantee.
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Company Number 5137227

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