

Issue 36
August 2023

*We are currently
supporting ...*

*...33 families with
1-2-1 family
support,*

*...10 families in
our perinatal
groups,*

*...12 parents with
counselling,*

*...8 families with
SALT.*

*We have 15
families on our
waiting list.*

This month we have a few ‘goodbyes’ and ‘hellos’ to say, and lots of information that might be helpful to your families. If there is anything you would like to see included in an upcoming newsletter, please contact us – we would love to hear your ideas.

Farewell Ted!

It is with great sadness that, this month, we will say goodbye to Ted, our Operations Manager of 18 months. On behalf of all the team we would like to thank Ted for all he has done for the charity in this short time – helping us to grow and develop and taking us to the next level so we can better support the families that need it. We would like to wish him and his family all the best as they start their new chapter in the USA and will always be happy to see him whenever he’s back for a visit! Goodbye Ted and thanks for everything!





Ted talks

“As you will know I am leaving Home Start South Warwickshire and the UK in August. Both feel very much like home to me but as the old adage goes, ‘Home is where the heart is’, and given the American elements in my family, we have taken the decision to move back to Philadelphia to spend more time with our US grandparents. As you can tell, family is an incredibly important factor in my life and a key driver in the majority of my decisions. It doesn’t take much to see why I was drawn to Home Start South Warwickshire and the intrinsically important work you do.

I want to take a moment to express my sincere gratitude and appreciation for the work you do and the families that you support, believe in and inspire. I spent the majority of my time at HSSW writing proposals, fiddling with spreadsheets and trying to figure out Charity Log and was somewhat removed from the daily interactions between volunteer and family. But what I was privy to, were the various ups and downs that come with supporting 100 plus families a year. Every one of these was different because every single family is unique. There is no ‘one size fits all’ approach. Instead, there is you, someone giving up precious time to listen, empathise and support with whatever might be needed. The wisdom, grace and decades of parenting life experience that you bring to bear I have found truly life affirming. The prevailing socio-economic conditions leave us open to being buffeted by increasing cynicism, isolation and distrust. But I can hand on heart show that in South Warwickshire those attitudes are being actively negated by pointing to the work you do every day (plus I have the Charity Log data to prove it!).

I would also like to thank the HSSW team for their support, guidance and commitment. Their professionalism, compassion and tireless efforts have been truly inspiring. It’s been an honour to work alongside such dedicated individuals who consistently go above and beyond to make a difference.

I am delighted that Marie is returning to HSSW as Operations Manager. I don’t believe there is anyone in Warwickshire who understands the challenges parents face better than Marie, or better placed to lead the organisation into its next phase. I would like to thank her for firstly setting up HSSW and for supporting me over the last 18 months.





Deirdre, Chair of the Board of Trustees and the Board, bid Ted farewell. Deirdre wished him well with his relocation to USA and commended him on his ability to successfully juggle his numerous roles with HSSW.

I have no doubt that HSSW will continue to make a difference in the lives of children under the age of 5 and make considerable impact in our community. Thank you all for the incredible experiences and the friendships.

With sincere appreciation,

Ted”

Welcome back, Marie!...

As Ted has said, we are delighted to announce that, following an open recruitment process, Marie Ashford has been appointed as Head of Operations for Home Start South Warwickshire. Many of you know Marie and will be aware of the unparalleled experience, knowledge and energy that she brings to the role. It’s hard to think of anyone better placed to lead the organisation and strengthen it as it enters its next chapter.

Marie will be taking over officially on 28th July, and I know that you will join us in welcoming her back into the organisation that would not exist without her vision and passion.

Welcome home, Marie!

...And congratulations, Caroline!

Caroline has also been appointed Finance and Income Generation Manager, and so in addition to her existing financial duties will take on the income generation responsibilities from Ted’s role. Caroline has been with the charity since the beginning and is a key member of our team, providing the much needed perspective and voice of reason to keep us all in check! We can’t think of a safer pair of hands to look after our finances! Congratulations, Caroline!

From Marie and Caroline

“We are both thrilled to be taking over the helm from Ted and are really looking forward to both re-kindling old relationships and making new connections with our wonderful volunteering team. Marie will be concentrating her time on the family support side of the charity, whilst Caroline looks at the fundraising and all things financial. Please do get in contact with us with any ideas you may have on how we can further support you and ensure the ongoing sustainability of our valuable charity. Marie and Caroline”

We would like to thank our newest Trustee, Larry Pontefract, for his desire to help us recruit more volunteers. We will be seeing more of him!

We have our next volunteer preparation course starting in October, so if you know anyone who may be interested, please ask them to contact the office for an informal chat.

Goodbye Lin, our Safeguarding Trustee!

On behalf of all of us at HSSW, we would like to send our heartfelt goodbyes and best wishes to Lin Griffiths, our safeguarding Trustee who is leaving the Board after 3 years, to spend more time with her growing family. Thank you, Lin, for all you have done in setting up and keeping HSSW on track, and assisting us in our commitment to safeguarding the families we support. We wish you lots of joy and fun with your family!



Summer social

A big thank you to all of you who were able to come to our summer social last month. It was lovely to see so many of you and also to hear from Andrea from Refuge about all the work they do to support families experiencing domestic abuse. The link to the PowerPoint presentation will be added to the volunteer resources page of the website in due course, if you weren't able to make it or want to refer to it in the future.

Our next small-group meet-ups will be in September – this is for volunteers to meet with their Coordinators to catch up with each other and discuss any areas for advice with your families. Please see the volunteer resources page for more information and your Coordinator will be in touch with you soon too. Don't forget, if you can't make it to your Coordinator's group, you would be most welcome at any of the others. Just let us know!

Diary Sheets

Just a reminder to ask you to complete your diary sheets as soon as possible after your visit with a family. This not only helps us keep a record of how many volunteer hours you wonderful people are giving to your families, but it is also an important record in the case of any safeguarding concerns that may come up with the families too. If you are having trouble accessing Charity Log, please contact Lucy in the office who can help you or arrange a time to come in and get some face-to-face help. Thank you in advance.

If you are on Facebook, please like the HSSW Facebook page and share our posts with your friends. This really helps with fundraising, finding volunteers and promoting our services.

Thank you!

Safeguarding training update

Every year it is a requirement for all our volunteers to undertake safeguarding training. In September there is an online Child Protection Awareness Training session being delivered by Heidi Saunders, Education Safeguarding Training Lead from Warwickshire County Council. It will be on Wednesday 13th September from 1pm-3pm on Microsoft Teams. If you are due an update in training (Lucy will have been in touch with you if you are), please can you let us know if you are able to make this session, and if not, we can send you the self-directed module you can do in your own time. If you have any problems or questions about this, please let us know.

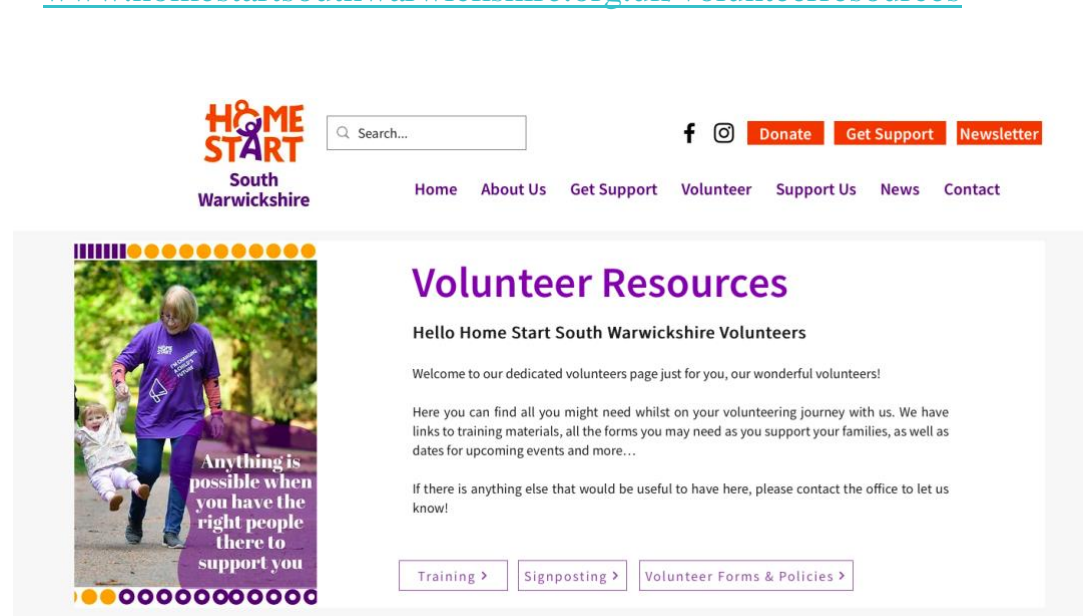
Request for group volunteers

If you would like to help out at our postnatal group starting at Naturally Baby in Warwick in September, please contact Sarah to find out more information.

Volunteer Resources pages

Don't forget you can use the Volunteer Resources pages of the website to keep updated with upcoming HSSW events and groups, find signposting information for your family and all the forms and policies you will need while you volunteer with us. You can find them on this link:

www.homestartsouthwarwickshire.org.uk/volunteerresources



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Volunteer Resources

Hello Home Start South Warwickshire Volunteers

Welcome to our dedicated volunteers page just for you, our wonderful volunteers!

Here you can find all you might need whilst on your volunteering journey with us. We have links to training materials, all the forms you may need as you support your families, as well as dates for upcoming events and more...

If there is anything else that would be useful to have here, please contact the office to let us know!

Training > Signposting > Volunteer Forms & Policies >

Anything is possible when you have the right people there to support you

Playday 

**HOME
START**
South
Warwickshire

 **The
GRAHAM
ADAMS**
centre
the heart of Southam

Family Picnic

Monday 7th August

1-3pm

Bring your own picnic and join in the fun

- ~ Soft Play ~
- ~ Ball Pit ~
- ~ Sensory Room ~
- ~ Crafts ~
- ~ Activities ~



Information about local
services and support

**FREE
Entry**

To find out more and to join in the fun,
please visit:

playday.org.uk

The new Safe Haven Coventry and Warwickshire service will provide community-based, non-clinical support for those who have feelings of mental health and emotional distress.

Designed for residents age 16+ years across Coventry and Warwickshire, and for those times when life challenges start to overwhelm and impair daily living, the service will provide open access drop-in support and will supplement existing NHS mental health crisis or emergency care by increasing the ways in which local residents can access mental health support. It will also help relieve pressure on other mental health services by allowing for earlier interventions.

The service will help provide crisis de-escalation, emotional support and help with planning, face-to-face, one-to-one support, peer-led support, accessible activities, light refreshments, information and signposting.

Safe Havens can provide a more suitable alternative to A&E for many people experiencing mental health crisis – usually for people whose needs are escalating to crisis point but who do not necessarily have medical needs that require A&E admission.

The Safe Haven Coventry and Warwickshire service, in brief:

- Available from 6pm–11pm, seven-days-a-week, all through the year.
- A dedicated local-dial telephone phone number (024) 7601 7200
- A dedicated website www.cwsafehaven.org.uk
- Emailing support@cwsafehaven.org.uk
- Updates and service news on Facebook, Twitter, and LinkedIn – search for @cwsafehaven

Face-to-face, open-access drop-in venues, offering one-to-one and peer group opportunities:

- Starting on Saturday 1st July at The Retreat, Bond Street, Nuneaton, available seven evenings a week.
- By the end of July 2023, at Wellington Gardens, Windsor Street, Coventry, available seven evenings a week.
- Due October 2023, further venues in Rugby (two evenings a week) and Coleshill (one evening a week).
- Due in November 2023, venues in Stratford-upon-Avon (two evenings a week) and Warwick (two evenings a week).

Support for water bills

Bill Cap Scheme – WaterSure

Help if your income is low and you use a lot of water.

The Bill Cap Scheme – WaterSure runs for 12 months. To get help through the scheme you must be a Severn Trent customer, have a water meter and receive eligible benefits. You must also have either:

- a) Three or more children under 19 living with you, or
- b) A medical condition requiring the extra use of water

To find out more information, visit: <https://www.stwater.co.uk/my-account/help-when-you-need-it/help-with-paying-your-bill/watersure-scheme/>

Help with savings if you are receiving certain benefits

Help to Save

Help to Save is a type of savings account. It allows certain people entitled to Working Tax Credit or receiving Universal Credit to get a bonus of 50p for every £1 they save over 4 years. It is backed by the government so all the savings in the scheme are secure.

You can save between £1 and £50 each calendar month, but you don't have to pay money in every month. At the end of the second and fourth years you will receive a bonus which is based on the amount you have saved.

You can withdraw money or close your account at any time and the account will automatically close after 4 years, when you will be able to withdraw all the money you have saved in it.

To find out more visit: <https://www.gov.uk/get-help-savings-low-income>

NCT Warwickshire Central is pleased to announce a further 12 months funding of Baby Bundles which are emergency packs of toiletries, clothes and equipment given to expectant and new parents who find themselves in difficult situations.

Items our Baby Bundles can supply:

- *Care packages for parents unexpectedly admitted to the labour ward*
- *Bundles for a parent arriving at a women's refuge*
- *Postnatal grab bags containing maternity towels, breast pads & toiletries*
- *Small care packages to give out at services like children's centres*
- *Vouchers for a parent to spend at NCT Warwickshire Central [Nearly New Sale](#)*
- *More oversized items like a Moses basket, sling or pushchair*
- *Disposable nappies & wipes*
- *Baby Clothes, Blankets & Muslins*
- *Maternity clothes*
- *Grab bags for expectant or new parents with an older child containing a small toy & book*

If you are working with parents who would like a Baby Bundles referral, please fill in our referral form: <https://forms.office.com/e/N37hciFXp3>



Contact us

Home Start South Warwickshire
St Peter's Church Centre, Church St, Wellesbourne, Warwick, CV35 9LS

Your Family Support Coordinator will be able to help you with questions or advice about your HS family.
For any other questions, please see below:

Staff member and job role	Email and phone number	For questions about...	Working days
Marie Ashford Operations Manager	marie@homestartsouthwarwickshire.org.uk 07564 543 806 (also office number)	HSSW, Safeguarding	Mon, Weds, Thurs
Emma Gurdag Family Support Manager	emma@homestartsouthwarwickshire.org.uk 07907 616 922	General volunteering, Safeguarding	Mon - Fri
Ros Bishop Family Support Coordinator	ros@homestartsouthwarwickshire.org.uk 07857 041 578	General volunteering	Tues - Thurs
Kate Smith Family Support Coordinator	kate@homestartsouthwarwickshire.org.uk 07719 731 098	General volunteering	Mon, Weds, Fri
Gemma Proctor Group Coordinator	gemma@homestartsouthwarwickshire.org.uk 07783 427 145	Groups	Mon, Tues, Weds, Thurs
Mel Pritchard Speech and Language Therapist	mel@homestartsouthwarwickshire.org.uk 07927 130 969	Speech and Language support and PEEP	Varies
Sarah Kaiper-Holmes Perinatal Coordinator	sarah@homestartsouthwarwickshire.org.uk 07906 143 611	Bump Start Programme and Freedom Programme	Mon - Thurs
Abi Hall Dad Matters Coordinator	abi@homestartsouthwarwickshire.org.uk 07783 426 359	Dad Matters	Mon-Fri
Caroline Pepperell Finance and Income Generation Manager	caroline@homestartsouthwarwickshire.org.uk	Financial, funding	Mon-Weds
Lucy Ashley Admin Assistant	lucy@homestartsouthwarwickshire.org.uk	Charity Log, Expenses	Mon, Weds, Thurs
Jemma Bonner Community Partnerships Manager	fundraising@homestartsouthwarwickshire.org.uk	Fundraising	Varies