

Issue 30  
February  
2023

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*We are currently  
supporting...*

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

*...34 families in the  
Bump Start  
Programme,*

*...11 parents with  
counselling,*

*...4 families with  
SALT.*

*We have 5 families  
on our waiting list*

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We can't believe it is February already! This month we will be opening our doors once more to new referrals and have plenty to update you on. Sadly we are also saying farewell to Marie as Sarah steps in.

## Goodbye Marie!

It is with much sadness that this month we say goodbye to one of our amazing founders, Marie. After nearly 4 years of driving this charity forwards and supporting hundreds of parents and children through their most difficult times, Marie has decided to take a step back and hopefully take some time for herself!



We will miss her as part of the team in the office and know that many of you and the families she has supported will miss her too. Marie's compassion, kindness and expertise has been the bedrock of HSSW and is something that we all appreciate and, I know that we in the office, aspire to every day.

But she is not leaving us completely...Marie will join our team of counsellors to offer therapy to parents struggling with their mental health and will also start supporting some of our families with more complex needs as a Family Support Worker.

We are so glad that she will remain involved with HSSW (to be honest, we don't think we could keep her away!).

We know you will join us in wishing Marie all the best for the next step on her journey.

*We will be re-opening our doors for new referrals this month. If you would like to support a second family, please let your Coordinator know.*

## Message from Marie

*Hi everyone,*

*It's time to say goodbye! But before I go, I want to say a HUGE thank you to you all for everything that you've done over the past three years to make Home-Start South Warwickshire the brilliant support to families that it is today.*

*When I first heard about Home-Start whilst working as a Health Visitor and decided it would be great for South Warwickshire families to have this help, I didn't think that in 3 years we would have grown to where we are now – and that is thanks to the many people who have been involved in the developing and running of this necessary charity. But mainly it is thanks to you, the volunteers, for getting in touch, taking the time to do the volunteer training and then providing such amazing help to families; without you, there wouldn't be a Home-Start South Warwickshire.*

*I'm leaving knowing that HSSW has a great group of volunteers, staff and trustees who go out of their way to help parents be the best mums and dads they can be for their children, and that is a very good feeling!*

*Thanks for everything.*

*Marie xx*



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*Please see the attachments to this email for further information about other support for your HS family.*

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## Freedom Programme Wellbeing Morning

We welcomed 8 mums to the Freedom Programme Wellbeing Morning last month, where they were able to catch up with each other whilst also having a facial, acupuncture, massage and relax during a guided meditation. Thank you to the volunteers who gave their time to support this event – it was greatly appreciated by all the mums who came along.

## Lighthorne Heath Stay and Play Group

In January Kate launched our first Stay and Play Group at Lighthorne Heath Village Hall. She has held 3 sessions so far (Wednesday mornings 10am-12pm) and has been overwhelmed with the number of families coming along to play and meet others. If you would like to support Kate in running this group (setting up, making refreshments, playing with the children and speaking to parents and carers), please do get in touch with her to find out more.

## Dad Matters Update

The key aims for Dad Matters is to help dads; **understand** how important they are to their baby's development, **acknowledge** the crucial impact their own mental health has on their baby and **feel confident** and motivated in reaching out for support at the right time and from the right people.

Our approach is underpinned by the concept of peer support: families supporting families, dads supporting dads.

In the past 4 months we have built excellent relationships with George Eliot Hospital where we are attending antenatal classes to talk to dads and are also part of a 'supporting dads in maternity' working group which is looking at improving the holistic experience of dads within the hospital. We have visited SWFT to talk about Dad Matters Warwickshire and we will be starting outreach sessions at Warwick Hospital soon.

We are starting to get volunteers interested in being involved, which is fantastic! More volunteers mean we can offer more outreach, so if you would like to know more, please get in touch with Abi. There will be volunteer training in February for Dad Matter volunteers.

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

*@homestartsouthwarwickshire*

*@dadmatterswarwickshire*

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We are building strong relationships with key people to develop the project and working with a variety of established groups to raise awareness and help develop the support available.

And if you would like to be involved in the project or have any thoughts or suggestions, please email Abi.

## **Coordinator Group Supervisions**

Thank you to those of you who came along to your Group Supervisions these past weeks. Volunteers say they are really helpful to share advice and seek support from each other and your Coordinators. Here are a few points that have been raised:

**If in doubt, shout!** – your Coordinators are here if you have any questions, need advice or for any concerns you have about your HS family. Please message or call them if you are unsure about anything, no matter how small – they are here to support you.

**Boundaries** – HSSW volunteers are befrienders who offer emotional, practical and parenting support for 2-3 hours a week. We are here to ‘do with, not do for’. We are not a free childcare or cleaning service. If you feel like you are doing something you don’t feel comfortable with, speak to your Coordinator.

**Matching** – when you are matched with a family you don’t have to agree. You will be given some background information about the family before you meet them and are able to think about it before agreeing to be matched.

**Volunteering forms** – don’t forget to use the ‘looking after children’ forms if you are occasionally looking after children without parents present, and also our letter to check with your car insurance company if you are transporting families in your own car.

**Volunteer resources** – these pages on the website are updated regularly with information to help you whilst supporting your HS families. You can find helpful signposting information as well as all our forms, training updates and dates of upcoming events and more. Please keep checking in to keep updated:

[www.homestartsouthwarwickshire.org.uk/volunteerresources](http://www.homestartsouthwarwickshire.org.uk/volunteerresources)

## Admin updates

**Fuel expenses** – With effect from 1<sup>st</sup> Feb mileage will be paid at the HMRC rate of 45p – please visit the Volunteer Resources page on the website to download the new form.

**Safeguarding training** – Please look out for emails from Careskills Academy if you are due to renew your annual Safeguarding training in the next few months. Any problems with logging on, please let Lucy or Caroline know.

## 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 table below.

You can also find lots of information on the volunteer resources page of the website. Please visit:  
[www.homestartsouthwarwickshire.org.uk/volunteerresources](http://www.homestartsouthwarwickshire.org.uk/volunteerresources)

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