

Issue 29  
**January**  
**2023**

Happy New Year! We hope you all enjoyed a happy and restful holiday and are looking forward to 2023. We are ready to hit the ground running at HSSW HQ!

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*We are currently supporting...*

*... 32 families with 1-2-1 volunteers*

*... 10 parents with counselling,*

*...27 families on the Bump Start programme.*

*We have 5 families on our waiting list and are opening our doors to new referrals this month.*

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### **Christmas Party Celebration!**

Thank you to all the volunteers, counsellors, trustees, and staff who came along to our Christmas Party at Boston Tea Party in December. A fun night was had by all, and it was great to see you and celebrate the year. We had a rather tricky (but fun!) quiz for you (attached to this email for those of you who couldn't make it) so congratulations to those who guessed correctly! And thank you to Boston Tea Party for letting us use their lovely venue!



We also celebrated our volunteers who have been with us for 1, 2 and 3 years! Thank you to all of you for your passion and commitment.

If your name is below, and you couldn't receive your certificate on the night, please contact the office to arrange a time when we can present it to you.

**Thank you for your long service!**

**3-year long service**

Annamarie Heelis

Vivien Roley

Sally Shipsey

**1-year long service**

Rachel Baylis

Patrice Kerby

Saby Kang

Claire Divers

Jane Borutan

Gemma Proctor

Soni Chana

Holly Webster

Debbie Sidwell

Issy McMurdo

Linda Buswell

Sian Sayers

Nicola Sinclair

**2-year long service**

Angela Irwin Mills

Janine Bennett

Claire Field

Amanda Bee

Yvette Harris

Mary Hutchings

Lyn Lucas

Sue Saunders

Linda Levison

Fiona Blake

Helen Leeson

Su Search

Sarah Kaiper-Holmes

Liz Steel

**Thank  
You** 

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*Our next Volunteer  
Prep course starts  
on Wednesday 11<sup>th</sup>  
January.*

*This will be an  
online evening  
course and will run  
every Wednesday  
evening until 8<sup>th</sup>  
March.*

*If you know  
someone who  
would like to  
volunteer, there is  
still time for them  
to sign up!*

*Please put them in  
touch with Emma  
to find out more.*

## Welcome Sarah!

We would like to welcome Sarah Kaiper-Holmes to our team as our new Perinatal Coordinator. Sarah will work alongside Marie with Bump-Start and develop our future perinatal support.

Sarah says “Having been a volunteer with HSSW for 2 years now, I am thrilled to be joining the team as Perinatal Coordinator. As well as having 5 children of my own, I have over 20 years’ experience of working with, advocating for, and teaching parents and children of all ages. I have a background in science and psychology teaching and homeopathy, as a doula, parent supporter and educator. I am looking forward to continuing and building upon the amazing work that Marie has done is establishing our Bump Start Programme and working more closely with many of our fabulous volunteers.”



Welcome to the team, Sarah!

## Wellbeing for Freedom Programme Mums

Plans are going well for our wellbeing morning for Mums from the Freedom Programme. It is taking place at St Peter’s Church Centre on Friday 20<sup>th</sup> January, 10am-12pm.

We have a variety of treatments and activities for the Mums but still need helpers in the creche and a small team doing refreshments. If you can help with this, please contact Ros to find out more.

## Lighthorne Heath Stay and Play Group

Kate will be launching our newest Stay and Play group in Lighthorne Heath Village Hall on Wednesday 18<sup>th</sup> January. This is for Mums, Dads, carers and their babies, toddlers and pre-schoolers. If you know a family in the area who would like to come along, please let them know about it!

**HOME START**  
South  
Warwickshire

**Lighthorne Heath  
Baby and Toddler  
Stay and Play**

**FREE to attend!**

Wednesday mornings  
10-12 at Lighthorne  
Heath Village Hall  
(Term Time only)

A friendly place to meet  
other parents, babies and  
toddlers!

Starting 18th January 2023!

For more information contact Kate on 07719 731098  
kate@homestartsouthwarwickshire.org.uk  
www.homestartsouthwarwickshire.org.uk



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*Fancy fundraising  
for Home Start  
South  
Warwickshire this  
year?*

*If you are  
considering a fun  
run, a sponsored  
event or just a whip  
round at your  
workplace, do get  
in touch with  
Jemma who can  
help you get it  
organised.*

*Thank you in  
advance!*

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## Foundation House Community Café Take Over

On Friday 27<sup>th</sup> January HSSW is taking over the Community Café at Foundation House giving us the opportunity to speak to families, supporters, and potential volunteers about what we do. If you would like to join us for tea and cake, or know anyone who might like to come along, please pop in and see us between 10am and 11.30am at Foundation House, Masons Road, Stratford, CV37 9BU.

## Group Supervision dates for your diary

These group sessions are a chance for you to get together with your Coordinator and other volunteers to share experiences, tips, and cake! Please see upcoming sessions below (venues and times to be confirmed but your Coordinator will be in touch very soon!).

Kate's Group – Wednesday 25<sup>th</sup> January

Ros' Group – Tuesday 31<sup>st</sup> January

Emma's Group – Friday 3<sup>rd</sup> February

If you can't make it to your Coordinator's session, you are more than welcome at another. Just let the Coordinator know.

We will also be holding an online session for all volunteers in March. Details coming soon...



*Dad Matters is looking for Dads to join us as Dad Champions to provide support to new Dads.*

*More information can be found on the leaflet attached to this email.*

*Please contact Abi if you have any questions!*

## Free Suicide Awareness Training

There is some free suicide awareness training for volunteers and other frontline workers in January. Please use the details below to book a space if you would like to attend. Let us know too, so we can update your records.



### Creating suicide-safer communities together.

Suicide prevention is everyone's business.

Gain confidence in talking about suicide, and the knowledge and understanding to support people thinking of suicide.

**Fully funded by the Police & Crime Commissioner for Warwickshire's Grants Scheme.**

Open to all Frontline Workers in the community, including blue light workers, teachers, religious leaders, community leaders, and those working across health and social care.



Spaces are also available to informal Frontline Workers, including hairdressers and barbers and taxi drivers.

### During the half-day workshop, you will learn to:

- Understand the prevalence and impact of suicide in your local community and beyond.
- Understand the wider the attitudes, myths and stigma that surround suicide.
- Explore how to talk about suicide and the impact of language.
- Understand how we might recognise that someone is thinking about suicide.
- Develop confidence in creating safety plans.
- Build awareness of local and national support.

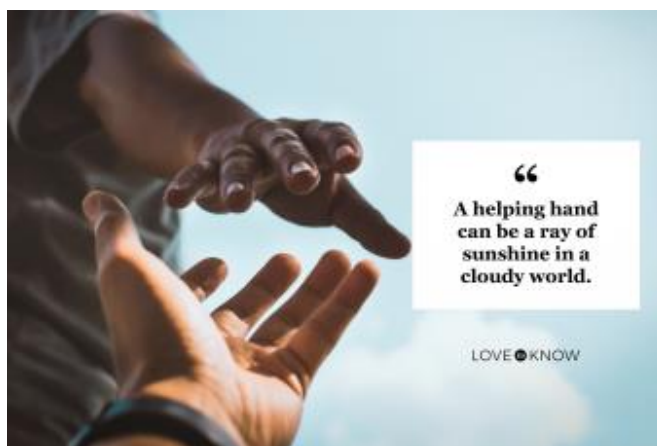
### Training will take place on:

- **Wednesday 11 January - 14:00-17:00**  
Via Zoom
- **Thursday 12 January - 10:00-13:00**  
Via Zoom
- **Monday 16 January - 09:00-13:00**  
The Newtown Centre, Nuneaton, Warwickshire, CV11 4HG
- **Tuesday 17 January - 09:30-12:30**  
Graham Adams Centre, St James Road, Southam, Warwickshire, CV47 0LY
- **Monday 23 January - 09:00-13:00**  
Brunswick Hub Community Hall, 98-100 Shrubland Street, Leamington Spa, CV31 3BD
- **Tuesday 24 January - 09:00-13:00**  
MBK Group, Millennium House, High St, Studley, B80 7HJ
- **Wednesday 25 January - 14:00-17:00**  
Via Zoom
- **Monday 30 January - 09:30 - 13:00**  
Chase Meadow Community Centre, Warwick, CV34 6BT
- **Tuesday 31 January - 13:00 - 17:00**  
Foundation House, Warwickshire, CV37 9BU

**To book your free place, or for more information contact us on:**

Business.Support@kaleidoscopeplus.org.uk or 0121 565 5605

**Minimum numbers apply.**  
Please share with your networks.



## Contact us

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

Your Family 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
Ted Tuthill, Operations Manager	<a href="mailto:ted@hometstartsouthwarwickshire.org.uk">ted@hometstartsouthwarwickshire.org.uk</a> 07564 543 806 (office number)	HSSW, Safeguarding	Mon, Weds, Fri
Emma Gurdag, Family Support Manager	<a href="mailto:emma@hometstartsouthwarwickshire.org.uk">emma@hometstartsouthwarwickshire.org.uk</a> 07907 616 922	General volunteering, family support, Safeguarding	Mon – Fri
Ros Bishop, Family Coordinator	<a href="mailto:ros@hometstartsouthwarwickshire.org.uk">ros@hometstartsouthwarwickshire.org.uk</a> 07857 041 578	General volunteering, Freedom Programme	Tues – Thurs
Kate Smith, Family Coordinator	<a href="mailto:kate@hometstartsouthwarwickshire.org.uk">kate@hometstartsouthwarwickshire.org.uk</a> 07719 731 098	General volunteering, family support	Mon, Weds, Fri
Marie Ashford, Bump Start Lead	<a href="mailto:marie@hometstartsouthwarwickshire.org.uk">marie@hometstartsouthwarwickshire.org.uk</a> 07906 143 611	Bump Start	Mon – Thurs
Gemma Proctor, Group Coordinator	<a href="mailto:gemma@hometstartsouthwarwickshire.org.uk">gemma@hometstartsouthwarwickshire.org.uk</a> 07783 427 145	PEEP, Stay and Play groups	Mon, Tues, Thurs am, Weds - all day
Mel Pritchard, Speech and Language Therapist	<a href="mailto:mel@hometstartsouthwarwickshire.org.uk">mel@hometstartsouthwarwickshire.org.uk</a> 07927 130 969	Speech and Language support, PEEP	Varies
Abi Hall, Dad Matters Coordinator	<a href="mailto:abi@hometstartsouthwarwickshire.org.uk">abi@hometstartsouthwarwickshire.org.uk</a> 07783 426 359	Dad Matters	Mon – Fri
Caroline Pepperell, Finance and Admin Manager	<a href="mailto:caroline@hometstartsouthwarwickshire.org.uk">caroline@hometstartsouthwarwickshire.org.uk</a>	Charity Log, Expenses	Mon - Weds
Lucy Ashley, Administrator	<a href="mailto:lucy@hometstartsouthwarwickshire.org.uk">lucy@hometstartsouthwarwickshire.org.uk</a>	Charity Log	Mon, Weds, Thurs
Jemma Bonner, Fundraising	<a href="mailto:jemma@hometstartsouthwarwickshire.org.uk">jemma@hometstartsouthwarwickshire.org.uk</a>	Fundraising	Varies