

Issue 37
September
2023

We hope you have made the most of the rather dismal summer and are enjoying this heatwave right when the schools go back! A new term, means lots of work for us and getting back into the swing of things. Read on to find out what we've got on...

We have:

*... 32 families with
a 1-2-1 volunteer,*

*... 4 families ready
for our new PEEP
course,*

*... 7 families ready
for our new
Freedom
Programme,*

*... 10 parents
receiving
counselling,*

*... 18 families on
the waiting list.*

Goodbye, Deirdre!

Our Chair of Trustees, Deirdre Edwards, is leaving the Board at the end of August. Deirdre was instrumental in helping set up HSSW and has been such an amazing support to staff over the past four years, especially during Covid. We are so sad to see her go, though we know she will always be part of the Home-Start family, and is just a telephone call away if we need advice. We'd like to wish Deirdre a very happy future spending time with her family and friends. We are having a lunch to celebrate Deirdre on Thursday 5th October. If anyone would like to come along, please let Marie know by Friday 22nd September.

Thank you, Deirdre!



Don't forget to keep up to date on all things volunteering by visiting our Volunteer Resources page on the website.

This has everything you will need in your volunteering journey, including expenses forms, car insurance letter, training materials, signposting information for families and much more.

If there is anything you would find helpful on these pages, please let Emma know.

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

Volunteer Preparation Course starting soon

Our next Volunteer Preparation Course is due to start in October. We are looking for more volunteers to join our wonderful team so we can support more families going through challenging times.

Please speak to your friends, family, colleagues and neighbours about what you do (maintaining confidentiality, of course!) and ask anyone interested in volunteering, to get in touch with us to find out more. You can also share our social media posts – please like and follow us if you are on socials.

Details of the next course are below:

Venue: St Peter's Church Centre, Wellesbourne, CV35 9LS
Dates (all Wednesdays): 4th, 11th, 18th, 25th October
Times: 9.30am-2.30pm

C.A.K.E events

To drum up some interest in our volunteering opportunities, we will be attending these events in Stratford and Alcester. Please share the details with your networks – the more people who know about them the better! If you would also like to come along, it would be great to see you!



ALCESTER
COMMUNITY FAIR

Saturday 16th September
11am - 2pm

ERIC PAYNE COMMUNITY CENTRE B49 6AG

FREE ENTRY

EVERYONE WELCOME
Come and find out about the wide range of clubs, groups and organisations in your community.
Calling all local groups – come along and promote what you do and grab a piece of C.A.K.E.
Connect. Action. Knowledge. Exchange

For details and to book a display table contact Wendy Sherwood, info@alcester-tc.gov.uk or 01789 766084



Free entry! Free cake!

C.A.K.E

CONNECT - ACTION - KNOWLEDGE - EXCHANGE

Want to find out what's happening in your community?
Come along to our community event to find out about different groups and organisations and how you can get involved

Tuesday 12th September
10am-1pm

Venture House, Avenue Farm industrial estate, Birmingham Road, CV37 0hr

For more information please contact Emma at emma@homestartsouthwarwickshire.org.uk

Organised by
HOME START
South Warwickshire

We are hoping to create a Fundraising Committee to help us raise funds from events and local giving to enable us to keep our services going.

If you, or someone you know, would like to help us with fundraising, please contact Jemma.

Perinatal Support

We have some fantastic groups running to support parents in the perinatal period. We would really appreciate your support with these by letting people know about them and sharing them on social media, keep an eye on the HSSW Facebook page for updates.

If you would be interested in being involved, we would love to hear from you! To find out more contact:

Sarah: 07516 680 649 or email sarah@homestartsouthwarwickshire.org.uk.

Abi: 07783 426 359 or email abi@homestartsouthwarwickshire.org.uk.

Support and Socialise Group for Parents-to-Be

Starting in September we will be running a ‘Support and Socialise’ group for expectant parents who are around 20+ weeks pregnant. These informal, supportive groups will be a chance to meet other people who are at a similar point in their pregnancy journey. It will be a chance for new mums and dads to discuss their thoughts and concerns.

There will be 2 different groups:

Stratford-upon-Avon – Prospero Lounge, CV37 6AD - every 2 weeks on a Tuesday from 12th September 7pm-8.30pm

Warwick – The Racehorse, 34 Stratford Road, CV34 6AS - every 2 weeks on a Tuesday from 19th September 7pm-8.30pm.

Postnatal Groups

There are many different and varied groups that focus on engaging and stimulating babies. Our postnatal groups offer 90 minutes of focus on mums. Connecting with other new mums, sharing stories and advice, support and nurturing each other and making friends. Time is spent focusing on mum’s healing and their personal experiences of the ‘Fourth Trimester’ and, at the end of the session, we learn and sing action songs with our babies.

Mums are welcome to attend with their babies from birth until they become mobile. We have a perinatal facilitator and volunteers on hand to listen, offer support or signpost to other services when

Please remember to complete your Diary Sheets in a timely manner.

It is important that your records are up to date so we can support you if you need it and we are keeping in-line with our responsibilities.

If you are having any trouble with Charity Log or completing your Sheets, do get in touch with your Coordinator or Lucy.

needed. Groups are kept small and toys for babies and refreshments for mums are provided.

Currently, we have 3 groups running and offering support to local new mums:

Leamington Spa –
Lillington Children and Family Centre,
CV32 7QE -
Mondays 1-2.30pm

Stratford-upon-Avon – The Village,
Sanctus Road, CV37 6DH -
Tuesdays 1pm-2.30pm

Warwick – Naturally Baby (Sensory Room), Tachbrook Park, CV34 6YA -
Wednesdays 1pm-2.30pm.



Please share this information with any families you know, and if you would like to support any of these groups, do get in touch.

Charity Log

Family Support Volunteers may have noticed that your diary sheets on Charity Log look a bit different. We have added a couple of new fields (perinatal and time taken), and reduced the signposting fields that require completion. There are help prompts available by clicking the ‘?’ next to the section, but if you need any help, or have any questions, please contact Lucy via email on lucy@homestartsouthwarwickshire.org.uk.

'If I hadn't of got some help from Home-Start I wouldn't have made some lifelong friends and I would be a lot more isolated and lonely.

Home-Start has changed my life. I really don't know where I'd be without them.'

Quote from a HS family.

Thank you for all you do to help parents and making such a huge difference.

Small group supervisions

We have our next round of small group supervisions coming up, giving you a chance to meet up with your Coordinator and other volunteers to talk through any experiences you've had whilst volunteering and support each other. Please see below for the different times and dates. Do get in touch with your Coordinator to let them know if you are able to attend.

Kate's group – Wednesday 20th September, 3pm-4pm

Sarah's group – Tuesday 19th September, 10.30am-12.30pm

Ros's group – Tuesday 26th September, 9.30am-11.30am

First Aid

Thank you to everyone who has replied regarding the First Aid training. This will take place on the date below. Unfortunately, we didn't have enough people available on Saturday, so if you are able to come along on this date instead, please let us know.

Wednesday 13th September 10am-12.30pm at St Peter's Church Centre, Wellesbourne, CV35 9LS

Group Update

It has been a year since Gemma Proctor, our Group Coordinator joined the team, and we thought it would be nice to share with you some of the feedback from the groups she has supported.

Groups we have provided include: PEEP, Freedom Programme, Stretchy and Arty Monkeys, Lighthorne Heath Stay and Play, Heathcote Coffee and Chat.

In total we have delivered **141 group sessions**, and had **735 attendees**.

Over 60% of attendees reported feeling less isolated as a result of being part of a group. Some groups had 100% reporting this.

Over 70% of attendees reported their mental health/well-being improved as a result of being part of a group. Some groups had 100% reporting this.

This is great feedback, and we would like to thank all of you who have supported our groups this past year. **Thank you!**

If you know of any other services in South Warwickshire that it would be helpful for the volunteer team to know about, please share with the group either on the WhatsApp group or through your Coordinator.

Brunswick Hub - Leamington

Brunswick Hub in Leamington provides many support services to people in Warwick District and Orbit residents.

Return to work service

For people looking to return to work and need a bit of help to update their skills, gain confidence, look for flexible working roles and family-friendly employers.

If a parent is looking for support with returning to work, they can text their name to 07874 865 617 or email employmentprogramme@brunswickhlc.org.uk to register their interest.

Employment Club

Their employment team can give individual support and friendly advice in searching for jobs, including CV help, interview preparation, benefit calculations and job applications. Job seekers can attend the Employment Club every Thursday from 10am-12.30pm with access to a free computer and on-hand support. 1-2-1 appointments are also available.

Contact the team on 01926 422 123 or employmentprogramme@brunswickhlc.org.uk.

BHLC SEND Support

1-2-1 support and advice, support groups and Facebook support for individuals and families of children and adults with SEND needs and/or neurodivergence.

For more information, please contact Hannah on 01926 422 123 or Hannah.stear@brunswickhlc.org.uk.

We will be reducing the frequency of these newsletters to volunteers to once a term.

Please keep your eyes peeled for these dropping into your inbox and we will also update you on the WhatsApp group and Volunteer Resources page on the website.

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
Marie Ashford, Head of Operations	marie@homestartsouthwarwickshire.org.uk 07564 543 806 (office number)	HSSW, Safeguarding	Mon, Weds, Thurs
Emma Gurdag, Family Support Manager	emma@homestartsouthwarwickshire.org.uk 07907 616 922	General volunteering, family support, Safeguarding	Mon – Fri
Ros Bishop, Family Coordinator	ros@homestartsouthwarwickshire.org.uk 07857 041 578	1-2-1 volunteering	Tues – Thurs am
Kate Smith, Family Coordinator	kate@homestartsouthwarwickshire.org.uk 07719 731 098	1-2-1 volunteering	Mon, Weds, Fri
Sarah Kaiper-Holmes, Perinatal Coordinator	sarah@homestartsouthwarwickshire.org.uk 07516 680 649	Perinatal support, 1-2-1 volunteering, Freedom Programme	Mon – Thurs
Gemma Proctor, Group Coordinator	gemma@homestartsouthwarwickshire.org.uk 07783 427 145	Support Groups, PEEP	Varies
Mel Pritchard, Speech and Language Therapist	mel@homestartsouthwarwickshire.org.uk 07927 130 969	Speech and Language support, PEEP	Varies
Abi Hall, Dad Matters Coordinator	abi@homestartsouthwarwickshire.org.uk 07783 426 359	Dad Matters Project	Mon - Fri
Caroline Pepperell, Finance and Admin Manager	caroline@homestartsouthwarwickshire.org.uk	Expenses, Funding	Mon, Tues, Weds
Lucy Ashley, Administrator	lucy@homestartsouthwarwickshire.org.uk	Charity Log, Training, Expenses	Mon, Weds, Thurs
Jemma Bonner, Fundraising	jemma@homestartsouthwarwickshire.org.uk	Fundraising	Varies