

Issue 33
May 2023

May is here! And it brings with it some sunshine and warmth (hopefully!) and lots of Bank Holidays! But also a chance to meet with other volunteers, welcome new volunteers and much more. Read on to find out more...

We are currently supporting...

... 25 families with 1-2-1 support,

...25 families on the Bump Start Programme,

...11 parents with counselling,

...and an average of 30 families at our groups each week!

We have 15 families on our waiting list.

Volunteer Group Meet-ups

This month you will have a chance to meet with your Coordinator and other volunteers in a small group meet-up. Please see details below and your Coordinator will be in touch with more information as and when. Please save the dates of upcoming get-togethers too as we love to see you and give you the opportunity to meet and share experiences with each other.



HOME START
South Warwickshire

Volunteer Group Supervisions *Save the Date*
A chance to meet each other, share stories and advice and have extra training

Venues to be confirmed unless otherwise stated. Keep updated on WhatsApp & the newsletter.

Big Group Meet-ups
For all our volunteers and team members
Weds 12th July - 12-2pm - St Peter's Church Centre
Thurs 14th Dec - 7-9pm - venue tbc

Small Group Meet-ups
To meet with your Coordinator and other volunteers in small groups

Emma's Group Tues 16th May 12-2pm Fri 6th Oct 7-8pm online	Kate's Group Fri 12th May 11.30am-1.30pm Mon 11th Sept 3-4pm online	Ros's Group Thurs 11th May 1-3pm Tues 26th Sept 9.30-11.30am	Sarah's Group Tues 16th May 10.30am-12.30pm Tues 19th Sept 10.30am-12.30pm
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We begin our next Volunteer Training Course this month to train and welcome a new cohort of volunteers to the team.

We always need more volunteers! Our next training course will be in October.

If you know anyone who might be interested in becoming a volunteer, please put them in touch with us.

Charity Log update

We have been informed that Charity Log will be getting a new look soon. It shouldn't change how you log in or complete your diary entries, but it might look different when you log in. If you have any problems, just let us know.

And don't forget to update your diaries as soon as you can after every visit with a family. It is really important for us to have an up-to-date record of what support you are providing to families, not only for reporting but also in case of any safeguarding issues.

If you have any troubles or questions about Charity Log, please do get in touch with your Coordinator or Lucy in the office who will be able to help.

Website

Visit the new Stay and Play Groups page on our website to find out more about our current groups available to all families – not just Home Start South Warwickshire Families - all families are welcome. Play is for everyone!

www.homestartsouthwarwickshire.org.uk/get-support

HOME START
South Warwickshire

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Stay and Play Groups

Our Stay and Play groups offer a chance for local families to come together, build friendships with each other and provide stimulating and supportive environments for parents and their children.

Find a group >

'Stay and Play Group', 'Mother and Baby Group', 'Toddler Group', 'Play Group'...whatever you call them, there are numerous benefits to attending one with your children.

Whilst the thought of coming to a new group of families with organised activities might fill you with dread, we would encourage you to give one a go. They can provide:

- **Plenty of chances to learn and develop** - groups offer new toys, activities, people and surroundings which are rich for a child's learning and development. Whether it's engaging with a new toy or trying a new activity, interacting with other children of differing ages or exploring a new space, the opportunities to enhance learning and development are huge. These experiences can help with speech and language, fine and gross motor development, social interactions, emotional regulation and much more.
- **Ideas for home** - at a group you may find inspiration in the games and activities on offer that you can try together at home, and maybe with older children.
- **The opportunity to try new things** - without having to spend money on new equipment or having to deal

Don't forget to check-in on the Volunteer Resources page too, to get up to date information on meet-ups, help for families, HSSW team contact details, signposting support, expenses forms and much more. If there is anything you would like to see on these pages, just let us know!

www.homestartsouthwarwickshire.org.uk/volunteerresources.

“What you (HSSW) do can be life changing. It’s amazing. I would love to pay it back and be a volunteer one day.”

A quote from a HSSW Mum who we have just finished 1-2-1 support with. Thank you for your life changing support!

Event support

This time of year marks the beginning of event season, with lots of events coming up to help us raise much needed funds and awareness about the wonderful things that you amazing volunteers do for us.

Below are the details of a few that we are going to be part of. If you are able to help out at any of them, please do let the relevant person know as soon as you can. Thank you in advance for your continued support!

Lodders Dog Walk and Family Fun Day – 21st May – 9am – 3pm – Henley-in-Arden

If you are able to help us with manning a stall selling glitter tattoos and raising awareness about volunteering, we would love to see you! No need to stay for the whole day – any help would be much appreciated. Please contact Jemma for more information. More details can also be found here: <https://www.lodders.co.uk/family-fun-day-and-dog-show/>.

Coventry & Warwickshire Perinatal Mental Health Awareness Walk – 11th June – 11am – 4pm – Ryton Pools Country Park

By Your Side, our partners in the Dad Matter’s Project, is hosting their annual perinatal mental health awareness walk and invited us to have a stall. If you are able to join us for any part of the day to help raise awareness, please let Sarah know.

Illmington Village Show – 28th August – Illmington – times tbc

If you are available to help out on this Bank Holiday Monday, please contact Jemma. We regularly received funds from this show and have been invited to take part this year.

Our Big Summer Play Date is back!

Between 12th – 18th June we are asking families, friends and colleagues to get together to have some fun and raise money for HSSW at the same time.

Why not arrange a coffee morning at home, a quiz night, a catch up at a local café or a picnic in the park.

Visit our webpage for more information on fundraising ideas and if you need any further support, please speak to Jemma.

<https://www.homestartsouthwarwickshire.org.uk/playdate>

Make some moves at Compton Verney

Compton Verney are hosting a free ‘Making Movement’ workshop for children aged 8-12 over May half term and would like to invite any families to attend. This is a fully funded 2-day workshop (Thurs 1st-Fri 2nd June, 10am – 4pm), including lunch each day. Parents can drop their children off and collect them at the end of the day. On the Friday there will be a final performance for parents to watch, and they will also receive free entry to the site.

This is open to all families, including HSSW families. Please share this with your family if they have children aged 8-12 and can get to Compton Verney on the workshop dates.

They/you can find out more and sign up here:

<https://www.comptonverney.org.uk/event/making-movement/>

Our local Foodbank needs help!

You may have seen in the news recently just how many food parcels the Trussell Trust Foodbanks are distributing at the moment. Our local Foodbanks are in desperate need for food and monetary donations. If you are able to help, please visit the website below for an up-to-date list of the items required and how else you can help.

<https://stratforduponavon.foodbank.org.uk>.

If you, your HSSW family or someone you know need support from the Foodbank, please do get in touch and we can issue a voucher.





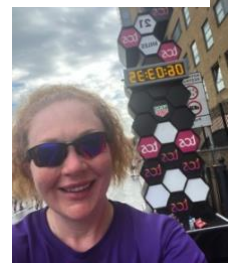
Thank you, **Sian** for running the London Marathon for HSUK! You're braver than us! Hope you are enjoying a well-earned rest now!



"Well, my London Marathon experience was amazing! I arrived at the start in good time and stood in the pouring rain wondering what I earth I was doing!!! But before I knew it the rain clouds disappeared, and it was time to set off!



I stuck to my training plan until about 15 miles sticking to a good pace but frustratingly a niggle in my foot came back to bite me. But I carried on Jeffing (run/walking) until the end. The crowds were amazing, and I had an amazing time. I'm still struggling with stairs though!!!" Sian



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	ted@homestartsouthwarwickshire.org.uk 07564 543 806 (office number)	HSSW, Safeguarding	Mon, Weds, Fri
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	General volunteering, Freedom Programme	Tues – Thurs am
Kate Smith, Family Coordinator	kate@homestartsouthwarwickshire.org.uk 07719 731 098	General Volunteering	Mon, Weds, Fri
Sarah Kaiper-Holmes, Perinatal Coordinator	sarah@homestartsouthwarwickshire.org.uk 07516 680 649	Bump Start, Freedom Programme	Mon – Thurs
Gemma Proctor, Group Coordinator	gemma@homestartsouthwarwickshire.org.uk 07783 427 145	Stay and Play groups	Varies
Mel Pritchard, Speech and Language Therapist	mel@homestartsouthwarwickshire.org.uk 07927 130 969	Speech and Language support, PEEP	Weds
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	Charity Log, Expenses	Mon, Tues am, Weds
Lucy Ashley, Administrator	lucy@homestartsouthwarwickshire.org.uk	Charity Log, Expenses	Mon, Weds, Thurs
Jemma Bonner, Fundraising	jemma@homestartsouthwarwickshire.org.uk	Fundraising	Varies