

Issue 31
March 2023

We are glad to see the evenings getting lighter and more of the sunshine as spring approaches. It has been a difficult winter for many of us, and our HS families, but the support you have offered has been so valuable and welcomed. Thank you! Keep reading for updates on what's been going on and what we have planned in the coming weeks...

We are currently supporting...

...29 families with 1-2-1 volunteers,

...20 families on the Bump Start Programme,

...14 families with counselling,

...5 families with SALT.

We have 9 families on the waiting list.

End of Year Report

The team have been busy writing our annual report for 2021-2022 and it is now ready to read! Here are some of the highlights...

It also includes our annual accounts and more details about our growth and development throughout the year.

A big thank you to all of you for your continued support – you have done so much in 12 months!

To read the full report, please visit the website:

<https://homestartsouthwarwickshire.org.uk/about-us#annual-reports>

Our work		
86 referrals received	21 parents received 1:1 counselling	95 families received 1:1 home-visiting support
169 individual counselling sessions held	37 families attended our PEEP sessions	483 beneficiaries supported
719 volunteer training hours	36 new volunteers trained	10 families supported through Bump-Start programme
Average 1:1 home-visit lasted 2 hours 45 minutes	13 Mums completed the Freedom Programme	Over 1800 volunteer hours spent supporting families 1:1

Gemma, our Group Coordinator, has been working very hard in developing our Groups Strategy and she has big plans.

As well as supporting and running some of our existing groups, she is also supporting in the set-up and running of other stay and play groups in Meon Vale and Leamington, with more on the horizon.

If you would like to be involved in any of our groups, please contact Gemma to find out more.

Group update

PEEP – our next PEEP group will run for 5 weeks this half term and is fully booked! If your family has a 1.5-2-year-old (or up to 3-year-old with SEND) who would like to come to the next course starting in April, please contact Mel or your Coordinator.

Freedom Programme – the next Freedom Programme group starts this month and will run for 10 weeks. Our next group will be in September.

Lighthorne Heath Stay and Play – this group is growing in popularity and Kate would love to welcome more families. It runs every Wednesday morning 10am-12pm at Lighthorne Heath Village Hall (term-time only) for families to play, learn and have fun.

Heathcote Coffee and Chat – an informal group for parents living in Heathcote. Gemma would love to welcome families every Tuesday from 1.15pm-2.30pm at Bewiched Coffee.

Monkeys Groups – Arty Monkeys and Stretchy Monkeys are termly groups to support children in their fine and gross motor skills development, whilst also providing a time for parents to meet and socialize. These groups are free for Home Start families so contact Gemma for details of how to book on.

Group Volunteer Training Day – Gemma is holding a Group Volunteer training day for anyone interested, or who already volunteers, at our groups. This will take place on Tuesday 7th March at Graham Adams Centre, Southam, from 9.30am – 2.30pm, (lunch inc.). If you would like to attend, please contact Gemma to book your space.



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



Coffee and Chat

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

Starting Tuesday
7th February at
Bewiched Coffee,
Lower Heathcote,
CV34 7AP

Term-time, Tuesdays
1.15pm - 2.30pm

For more information, please contact
Gemma Proctor on 07783 427 145 or
gemma@homestartsouthwarwickshire.org.uk

Our next online Volunteer Group Supervision will be on the evening of Wednesday 29th March for all volunteers.

This will be a chance for you to share stories and support each other.

We will also share our new practice for reviewing families – Outcome Star – and how this might impact how you support your family.

The Zoom details will soon be available on the volunteer resources page of the website:

www.homestartsouthwarwickshire.org.uk/volunteerresources

Dad Matters Update

We continue to spread the word about Dad Matters Warwickshire and are seeing some really positive outcomes:

- Outreach at antenatal classes and Warwick Hospital is going well, and means we are engaging Dads at the start of their journey and providing useful information. We are currently exploring ways to develop this and provide an ongoing support network for new Dads.
- The first Dad Matters volunteer training was delivered in February, so we are starting to have Dad Champions get on board which is brilliant!
- We are starting to get referrals which means we can provide targeted support to Dads who need it.

Ways you can help:

- If you can ‘like’ and ‘share’ the Facebook page that would be very much appreciated.
- Please share our details with any dad you feel may like some support, contact Abi for more information.
- If you know of anyone who might like to volunteer for Dad Matters, please give them Abi’s email address.

Volunteer Training Opportunities

Home Start UK have released the final modules of their Perinatal Mental Health training. These are 4 self-led online training modules that cover perinatal mental health, parent-infant relationships, building brains and stress and resilience.

Moving forward, these training modules will become part of our Volunteer Preparation Course, for all 1-2-1 Family Support Volunteers, and Coordinators will follow up with each volunteer at their supervisions, to see how they are getting on with them.

If you would like to be enrolled to complete this training, please email Lucy who will get you set up!



You may have noticed some changes on Charity Log when completing your Diary Sheets.

We have simplified the different sections and hope this has made the process a bit easier.

If you have any questions or problems with this, please contact Lucy.

The Big Summer Play Date is back for 2023!

12th – 18th June 2023

Our fundraising campaign is back this June, and we are asking communities in South Warwickshire to come together and organise their own 'Play Date'; which could be a get together with friends, a quiz, a board game night, or a fun activity with children.

Do you know any community groups, businesses or individuals that might like to get involved in our campaign to raise vital funds for Home Start South Warwickshire? If so, point them in the direction of our website where we have lots of ideas and support for fundraising:

www.homestartsouthwarwickshire.org.uk/playdate

Event Volunteers Needed

A few of our supporters are organising a black-tie ball on **25th March** at Warwick School in aid of Home Start South Warwickshire.

It's going to be a fabulous night and the committee

are working really hard to raise as much as possible. They do, however, have to recruit some volunteers to help on the night to sell raffle tickets, help with the silent auction and collect donations so we can count and store them safely.

We are still looking for a few volunteers who would be willing to help on the night. If you know anyone who might be happy to help, please do get in touch with Jemma at

jemma@homestartsouthwarwickshire.org.uk.



Don't forget that we have very kindly been given free tickets for families to the **Children's Play Village** in Warwick.

Please contact your Coordinator to get the free code and information on how to book a session.

*Please note, we can't arrange transport for these sessions, so please ensure your family can get there before booking.



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	PEEP, 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