

Home StART

Support and friendship
for families

Home-Start Kirklees

ANNUAL
REPORT AND
ACCOUNTS
2015/16



The Home-Start Story...

Home-Start UK has been offering support to national Home-Start schemes for forty three years. Home-Start Kirklees has eighteen years of experience in offering volunteer and family support throughout Kirklees. Our national and local intelligence, gained over these years, is an extremely important factor in the success of our approach and support.

Sadly, in August 2015 Home-Start founder and long term patron Margaret Harrison (OBE, CBE) passed away. Margaret was named several times in the Independent on Sunday's 'Happy List' of 100 people who make Britain a better place to live.

Margaret Harrison
CBE, OBE (1938 – 2016)



Margaret recognised the need for Home-Start on a day when she was volunteering in a family centre. Margaret witnessed a young boy, around three years old and naked, running across a busy road whilst carrying a knife. The young boy ran into the family centre and was quickly attended to by the adults working there. What no one noticed was his distraught mother who was following closely behind. Margaret, however, did notice - she took the mother to one side, calmed her and comforted her and then listened to her story. The mother told Margaret how she was struggling emotionally, financially and physically whilst raising her young children on her own. Margaret agreed to meet with this mother, to listen, offer advice and help on a weekly basis and on that day the concept behind Home-Start family support was born.

From small beginnings Home-Start has grown to 269 schemes in the UK, supporting more than 33,000 families and 70,000 children annually, plus schemes in 22 other countries.



Core Beliefs

Home-Start believes that children need a happy and secure childhood, and that parents/carers play the key role in giving their children a good start in life in order to help them achieve their full potential.

Our Vision

Home-Start wants to see a society in which every parent/carer has the support they need to give their children the best possible start in life.

Home-Start helps families with at least one pre-school child across Kirklees by:

- recruiting, training and supporting volunteers who go on to offer tailored and flexible emotional support and practical help to families in their own homes
- working with young parents in a group setting where they can get peer support and increase their confidence in their parenting
- helping families identify their problems and how they want to sort them out
- encouraging families to widen their social networks of friends and support by going with them to children's centres, libraries and toddler groups
- helping parents attend to their own health needs as well as their children's by accompanying them to GP, hospital and dentist appointments
- signposting and assisting parents to use other vital services in the community, such as CAB, mental health services and housing associations
- helping parents work more effectively with other agencies, such as children's social care

Chair's Report

This is my first report as Chair of Trustees and looking back over previous reports there seems to be a recurring theme - shortage of funding to meet an ever increasing demand for support. Regretfully there has been no change to this trend.

It is, however, pleasing to report that even with the current constraints on monies going to Local Government and extreme budget scrutiny in the Health Sector we have managed to maintain our two main sources of funding – Kirklees Council and the Clinical Commissioning Groups (CCGs).

There has been continued diligent monitoring of our monies by our Treasurer, Alastair Cridland, who after 15 years of service to Home-Start Kirklees, will be retiring after our AGM. Alastair, you will be missed for your hard work, professionalism, knowledge and business acumen.

We are entering uncharted waters; our contract with Kirklees Council and the CCGs has been extended for another year to March 2017. We are working hard alongside other Health and Social care providers to secure future core funding via the Local Authority's 0-19 Healthy Child Programme commissioning initiative. The unique way in which we support families has been recognised as an integral part of the 0-19 HCP commission.

Let's hope that Home-Start Kirklees can be included as a service provider within the commission, in order that our work throughout Kirklees can continue and expand.

Last year Donna Craven joined us as Scheme Leader however, owing to personal reasons, she left us in February 2016. Due to the uncertainty of our funding the Trustees decided not to re-appoint a Scheme Leader. This monetary saving, together with a successful funding bid to Lloyds Bank Foundation has enabled us to strengthen our staffing levels to enhance our work in 2016-2017.

We have a difficult journey ahead, but our staff team along with 99 volunteers, who together always 'go that extra mile', have enabled us to support 121 families this year. I speak for all Trustees when I say we are proud to have such a dedicated group of staff and volunteers.

As Chair I would like to thank my fellow Trustees for the commitment and dedication they have shown during this turbulent year. We have recently recruited 3 new Trustees and we will do all we can to ensure the continuance of this excellent Charity whose work is highly respected and well received by professionals and families alike.

Alan Hedgecox

Senior Co-ordinator's Report

There are many challenges but also real pleasures in the role of a Home-Start Co-ordinator. The ability to give families a choice about using Home-Start is pivotal in securing their engagement with our service. The genuine 'support from the heart' of our volunteers, who prove time and time again that they really do care about the families they work with, shines throughout all our work and provides the chemistry that is needed for families to trust us, work alongside us and take on our advice to make improvements for themselves and for their children.

In utilising volunteers, our service has the luxury of being able to spend up to three hours a week with a family. The duration of our support is not restricted. This is another asset in our unique offer of tailor-made family support. We approach and assist families in a friendly, non-judgemental and non-prescriptive way. We offer support towards families being able to function better, encouraging them to improve their parenting skills and gain confidence, thus strengthening their resilience and independence.

Our experienced team of Co-ordinators give regular supervision and guidance to our volunteers. They

help to affirm, protect, and encourage the volunteer's support and offer advice to overcome obstacles around the issues many of our families face.

Once again this year, despite the ever decreasing availability of sources of funding, we have risen to the challenge of supporting 121 families, using the skills of 99 volunteers.

Our work throughout Kirklees could not be achieved without the support from our core funders. Thank you to our commissioners Kirklees Council and the CCGs for their continued support. Thank you also to our dedicated, innovative and hardworking staff team and our highly skilled volunteer Trustees. All of them work with dogged determination to keep us in business, ensuring that the organisation is run efficiently and effectively.

Finally, a big thank you to 'the heart of our business' - our volunteers who continue to be amazing... Without you all, there would be no Home-Start Kirklees.

Michelle Steadman



Our Volunteers

Our home-visiting volunteers visit parents once a week and what they actually do really depends on the needs of the individual family. Support ranges from lending a sympathetic ear for a stressed parent to offering practical help at home to a family with multiple children. Our volunteers provide an extra pair of hands to help people with everyday parenting, or activities like reading stories. Very often, they will also be helping families reduce their isolation and get out into the community to access services and build their own support networks.

Our group volunteers help our group co-ordinator to create a warm and welcoming environment for young mothers and their children every week, and play a vital part in enabling the group activities to take place.

Families really value the fact that someone is willing to give up their time to help them and over the year our volunteers gave over 5,600 hours.

We ran three prep courses over the last year, training 30 new volunteers, although we 'lost' 24 volunteers who left the scheme so we had a modest gain overall. Often volunteers join us to gain some work experience to help them into further education or a new career path and we are pleased to report that 25% of the 24 who left moved on into new challenges where their

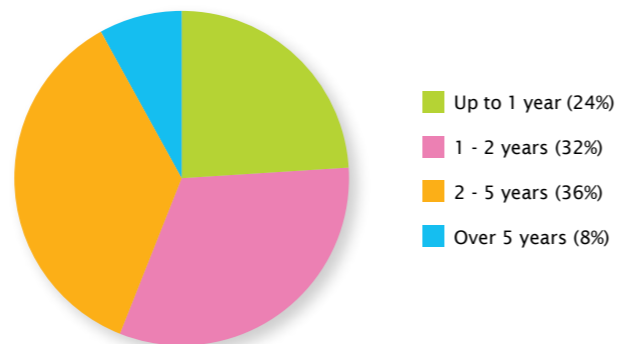
volunteering had provided a good stepping stone enabling them to do this.

Feedback shows overwhelmingly that volunteers feel enthused and fully prepared to support a family after the training course.

"The prep course has given me confidence, reassurance and knowledge to support a family"

"The course benefitted me a lot; some of the things I learned I am using with my own family"

Something we are very proud of is the way we support our volunteers and the amount of satisfaction volunteers get from their work with us - the length of time they tend to stay with us is testimony to this.



Nurturing Parents

The first 1001 days of a baby's life, from conception to the age of two, are proven to be an important period which will have a major impact and influence on the rest of the baby's life. We want to make sure that the children in every Home-Start supported family have the best possible start.

Pregnancy, birth and the first 24 months of a baby's life can be tough for many mothers and fathers. Some parents may find it hard to provide the care and attention their baby needs. The Nurturing Parents programme aims to develop safe, healthy and empowered children and young people by increasing support to parents and parents-to-be. Assisting parents to understand their child's development and encouraging them to build close and loving relationships with them, through communication, touch, play, stories and confidence building is key to this.

Throughout 2015-2016, thanks to a funding initiative from Kirklees public health, Home-Start Kirklees took part in a Nurturing Parents pilot. We have trained 50 of our volunteers in the Nurturing Parents approach covering baby brains development, baby states, five to thrive and the book start programme.

The Nurturing Parent training will continue to be embedded in our volunteer training package for all of our future volunteer preparation courses.



Home-Start volunteers are working with families to:

- help them create a LOVING relationship
- help families to PREPARE for and WELCOME a new baby
- ensure that there is effective COMMUNICATION at all levels
- maintain PHYSICAL CLOSENESS once the baby is born
- be RESPONSIVE
- have FUN and PLAY with their baby/child

Supporting Families

During the year 2015-2016 Home-Start Kirklees supported a total of 121 families – this equates to 180 parents and 235 children. We received 184 referrals for support.

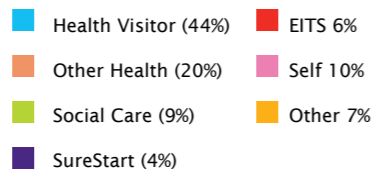
Our service is flexible and tailored to a family's specific needs, which helps to ensure that parents engage with us and achieve the best possible outcomes for them and their children.

2 families had a combination of group & home visiting support

83 home visiting support only

36 group & Peer Educator support only

Referrals come from a wide range of agencies with whom we work closely to ensure the most appropriate type of support is in place.



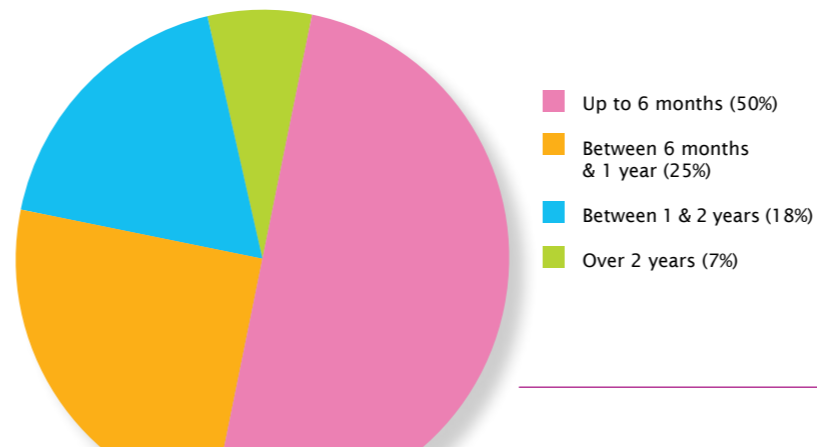
At the initial visit families often identify needs which make life difficult to cope with. Over the last 12 months we found that:

- 57% of parents were suffering low self-esteem
- 67% of parents felt lonely & isolated
- 50% of parents had poor mental health
- 41% of parents had poor physical health
- 33% had concerns around their children's emotional health
- 50% of parents wanted support with their children's development

We work with families throughout the whole of Kirklees and our support is not time limited.

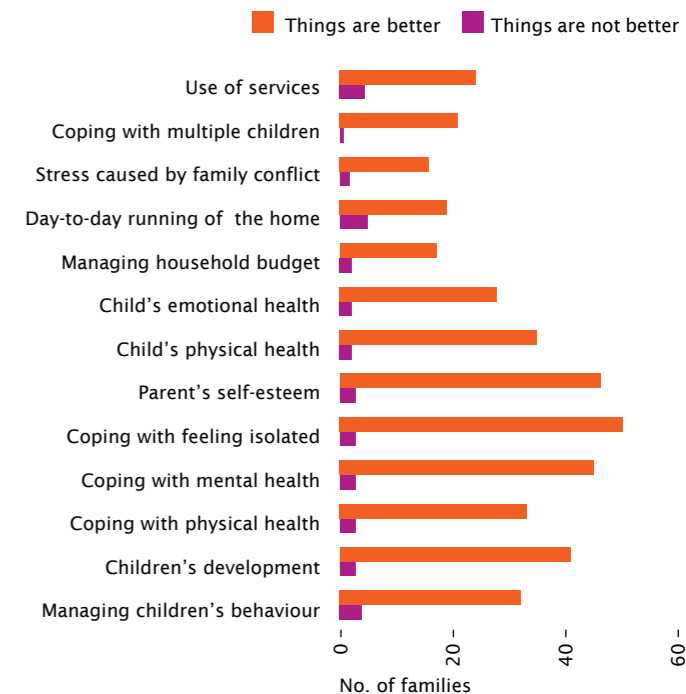


Length of support for 44 home visited families for whom support ended this year:



Support is reviewed regularly with families and a final visit is carried out to assess how families feel their needs have been met at the end of Home-Start visiting.

Final reviews over the last year show positive outcomes in all areas of needs identified.



Support for Young Parents

We are very proud of the continued work we do with young parents through our groups and the peer educator support. Angie, our group co-ordinator, plans sessions around the needs of the young parents who attend to ensure that they are relevant, informative and fun, and last year 38 young families benefitted from this support.

Sessions cover a wide range of issues including healthy eating & cooking, self-esteem, healthy relationships, Protect & Respect, sexual health and financial literacy. Parents are also encouraged to look to the future to consider their long term goals and explore training or educational courses. The Nurturing Parents principles are also incorporated into sessions, so we cover developmental stages, weaning, managing children's behaviour, bonding & play activities alongside general parenting advice.

Ensuring that young parents are accessing other relevant services is an important strand of our support; young parents often tell us that they feel stigmatised and



“Messy play is a good session for kids. My daughter loved it with all the different textures”

are less likely to access services and we work closely with a range of other organisations to help overcome this. A number of outside agencies regularly come in to offer support in specialist areas, such as C & K careers, Horton Housing, The Base (drug & alcohol awareness) and Pennine Domestic Violence Group.

Activities are often linked in with national awareness campaigns such as Child Safety Week, Safety in the Sun, National Bookstart week, “Check your Chaps” and National No Smoking Day.

There is also lots of emphasis on having fun with children and this year there have been trips to playgyms, Ponderosa, Flamingo Land and Shibden Hall alongside lots of creative play ideas, messy play and seasonal craft activities.

Our peer educator support runs alongside this to give extra help on a one-to-one basis both in and outside the group sessions. They listen, befriend and share their own experiences and signpost or accompany young women onto appropriate services and other

sources of help. Additionally, they have been involved with delivering sexual health information to college students. As well as being enormously beneficial to young parents, this provides an opportunity for the peer educators themselves to increase their confidence and develop their skills to move on to college, university or employment.

Our work with young parents is highly regarded and over the last year some of our peer educators have taken part in research studying the benefits of non-academic learning by Professors Roy & Pamela Fisher at the Universities of Huddersfield and Leeds. We also took part in research for a final year dissertation looking at “What are teenage mothers’ perspectives of pregnancy and support services available during pregnancy?”

We were recently successful with a bid to Lloyds Bank Foundation for funding to continue as well as expand the group support so we look forward to seeing more young parents benefit from our service.

What do young parents think?

“We did lots of stuff with our children, but we have also learned about healthy eating, the effects of drugs and alcohol, healthy relationships and I’ve received first aid and food hygiene qualifications”

“The child safety session was very helpful”

“The group helped me to get out of the house & socialise with other mums & their kids”

“It was good for my child to learn about the concept of sharing and playing with other kids”



“Love the fruit at meal time – it gives my son a chance to try new things”



Friends of Home-Start fundraising

Once again our fundraising group have excelled themselves with their creative efforts. They worked tirelessly to organise a series of events which have raised over £5,000 to supplement our core funding.

This year's events have included:

- Concert with New Mill Male Voice Choir and Holmfirth High School
- Prize draw
- Rotary Club Fair
- Fashion Show
- Folk concert
- Tapas evening
- Greetings Card sales

Our thanks go to the fundraising group as well as Nicola Logue, Roger Logue, Ruth Beamond, Harry Jevons, Jacqui Smith and Judith Wink.

Many other organisations have supported our work over the last year either by monetary donations, prizes for our raffle or helping out with their time and expertise and we are very grateful to them:

Wakefield & District Health and Community Support, New Mill Male Voice Choir, Holmfirth High School, AV Flooring, Wyevale Garden Centre, Syngenta, Shepley Methodist Church, Cober Hill Hotel, The Huntsman Inn, The Old Bridge Inn, Huddersfield Town Football Club, Whiteley's Garden Centre, The Refinery, Annie Dearman & Steve Harrison, One17 Architects & Interior Designers and Business in the Community.



What people say about Home-Start

We actively seek feedback from volunteers, families & referrers and all confirm the positive impact of our work:

Families

"My volunteer helped with lots of parenting advice, she helped me to get my children out to socialise"

"I now feel more confident to go to new places and meet new people"

"Having a volunteer helped me spend much needed time with each of my children individually. I have really valued having her around"

"Got me and my son out which enabled me to feel less isolated. I found this invaluable as I was in a vulnerable position when support began"

"I just want to say thanks for nearly 2 years of support and caring for me and my son"

"Thank you for the support and turning our lives around. I now have the confidence to go out on my own again and meet new people"

"The time our volunteer gave us helped us a lot as a family and sometimes would give me a much needed break so I was able to cope better when she had gone"

"The emotional support that was given has helped me a lot and I now view my volunteer as a friend"

"I looked forward to her coming each week - she was great company and helped me put things into perspective"

Referrer feedback

"Mum appears more in control and organised" (Health Visitor)

"My client reports that she found Home-Start very helpful and was happy with the support. I would say she is more confident managing her family situation now" (Health Visitor)

Volunteers

"I would certainly recommend Home-Start to others who want to volunteer"

"I loved the family I worked with and the back up from my co-ordinator was excellent"

Treasurer's Report

As shown on the summary accounts attached we were able to increase our reserves by £6,154 during the year. This was partly a deliberate attempt to retain sufficient funds to enable us to run down the service, should we be unable to secure funding, and partly because of a time lag in replacing staff during the year.

We retain sufficient to pay redundancy pay to our staff, but owe it to them, our volunteers and families, to also keep sufficient in reserve to provide a smooth handover to whatever comes next. Recently the Trustees have decided that that we should be able to cover our running costs for between 3 and 6 months.

We are very grateful to all our supporters who have raised money through numerous fundraising events during the year, and to the other organisations and charities that have supported us. We are also indebted to Kirklees Neighbourhood Housing who allow us to use their premises rent free.

Alastair Cridland

Trustees

Alan Hedgecox (Chair), Lynda Pickering (Vice Chair), Alastair Cridland (Treasurer), Anna Logue, David Verlander, Rose Bent (retired Dec 2015), Pauline Johnston (retired Jan 2016), Sally Freer (retired April 2015), Judith Wink (retired Oct 2015)

Staff



Theresa Burke	Scheme Manager (to May 2015)
Donna Craven	Scheme Leader (to Feb 2016)
Michelle Steadman	Senior Co-ordinator
Shabana Amin	Bilingual Co-ordinator
Jillian Winnard	Huddersfield Rural & The Valleys Co-ordinator
Angie Schofield	Group Co-ordinator
Emma Franks	Senior Administrator
Vicky Wilde	Admin/Finance Worker

Summary Accounts for the Year ended 31 March 2016

	2016 - £	2015 - £
Incoming Resources		
Statutory Agencies	158,579	154,928
Charitable Trust Funds	1,633	3,284
Other Donations	8,054	8,853
Gift Aid	409	709
Interest	60	119
	<u>168,735</u>	<u>167,893</u>
Resources Expended		
Salaries, NI and Pensions	117,974	122,096
Coordinators' and Volunteers' Expenses	8,442	9,975
Contribution to National Home-Start	3,022	3,299
Other Charitable Expenses	7,906	10,913
Redundancy payments to staff	-	9,763
Rent	12,850	12,640
Computer and Office Costs	12,387	12,876
	<u>162,581</u>	<u>181,562</u>
Net (Expenditure)/Income for the Year	6,154	(13,669)
Resourced from previous years	42,629	56,298
Resources at year end	<u>48,783</u>	<u>42,629</u>
Represented by:		
Fixed Assets	3,970	4,233
Cash at bank and in hand	48,804	48,968
Debtors	409	8,237
	<u>53,183</u>	<u>61,438</u>
Less		
Income received in advance	-	14,489
Other creditors due within one year	4,400	4,320
	<u>4,400</u>	<u>18,809</u>
	<u>48,783</u>	<u>42,629</u>

This is a summary of the statutory accounts which have been approved by the trustees. The full annual accounts and the Trustees Annual Report, together with the Independent Examiner's report, can be obtained from the registered office at 87 Coule Royd, Dalton, Huddersfield HD5 9RN. They will be submitted to the Charity Commission following the AGM.

"You are one of a kind and most certainly hard to find. You are the best, better than all the rest!"
- card from a child in a supported family to volunteer



For more information please contact:
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Join us on facebook - www.facebook.com/homestartkirklees

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