

HOME START

Kirklees

**HELPING FAMILIES
WITH YOUNG CHILDREN**



ANNUAL REPORT
AND ACCOUNTS 2022-23

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Chair's Welcome

We have had an exciting year. Our move to Bates Mill in April 2022 went smoothly and we are now thoroughly enjoying the opportunities that our new space provides. We continue to offer a range of services to families and their young children, and we have supported 250 families, which is a 9% increase from the previous year. Telephone befriending is an integral part of what we offer, giving flexibility for families as well as volunteers as it complements the continued emphasis on face-to-face work which is so important for many parents.

We have taken the step of becoming a Charitable Incorporated Organisation which gives our new broader membership a say in decisions that we make. It doesn't change the fact that we continue to rely on the huge enthusiasm of volunteers to deliver support to families and the unending commitment of our staff in supporting volunteers and other stakeholders. Currently, we have 14 staff and an incredible 100 volunteers (excluding trustees).

We have faced continued challenges in securing funding to deliver our ambitious strategy but have been fortunate enough to secure funding for our Young Parents' Service, school readiness and tackling children's poverty initiatives. We continue to invest energy into fundraising and marketing, which are key elements of our future strategic development. The raising of our profile and awareness of our services, together with the focus on developing relationships across the sector is very important to us.

With the ongoing help of trustees, staff, volunteers and our funders we look to a positive future and very much appreciate all the effort that goes into making Home-Start Kirklees the unique and successful organisation it is today.

Vanessa Stirum





**“Perfect,
amazing, so
supportive
of me and my
family”**

Our Vision:

**Children will have the best start
in life. Families will be safe,
healthy and resilient**

Our Values:

- Respect - we treat families with dignity and without judgement
- Compassion - each family is different and we listen
- Relational - our support is not time limited and is bespoke to each family
- Quality - we are committed to delivering trusted, professional, high quality services
- Community - we care for local families by tackling inequalities
- Empowering - parents to have confidence, resilience and ability to self-manage

Our Mission:

- An independent local charity offering unique and bespoke support to local families in Kirklees
- A workforce of experienced volunteers recruited, trained and supervised
- Volunteer led support delivered in the family home, remotely or in the community
- Peer support for parents to develop confidence, resilience and ability to self-manage

Director's Report

In the last year, we have supported more families than ever before. Requests for support continue to rise and more families are reaching out because they are struggling with everyday family life. Parenting can be challenging and everyone needs a helping hand when times are particularly tough. We are fortunate to have an incredible workforce of dedicated volunteers and staff who work tirelessly to help families who are facing difficulties. They offer a much-needed listening ear and a wealth of information and guidance in order to help parents feel better able to cope and be more confident in their own abilities.

Our volunteers, staff and trustees remain committed to sustaining and growing our charitable work so that we are able to support more families in need when they reach out to us. Our families have faith and trust in our services, which allows our work together to achieve positive outcomes. We are passionate about ensuring that parents have the positive affirmations needed when they are feeling low and isolated, and that we help grow

their resilience and confidence to be able to independently manage and flourish without our interventions or need for statutory services.

We would like to thank our families for trusting us and welcoming us into their homes. It is always heart-warming to see them overcome their challenges and recognise their own self-beliefs.

Thank you to our funders, partners and wider stakeholders who have all contributed to our efforts this last year in making a difference for families.

And finally, thank you to our amazing volunteers who have hearts of gold and willingly give their time and share their kindness on a weekly basis because they care about their communities and want to help others.

Kerri Flanagan



“Having the support has made a massive difference to my youngest child”



Highlights for 2022/23

- A new National Lottery funded project started January 2023 to support families experiencing loneliness and isolation
- The Tackling Childrens' Poverty Fund raised £10K to help families with essential items to keep them warm and safe
- Multiple small projects successfully delivered such as school readiness and cooking on a budget
- New staff and trustees recruited to our team
- Year-end performance data evidences more families supported compared to previous years
- Increased volume of new volunteers joining Home-Start Kirklees
- Renewal of the Quality for Health Level 2 award was gained for a further 3 years. The West Yorkshire Integrated Care Partnership and the Quality for Health team paid us a visit to present our award. Debbie Winder, Deputy Director of Quality, West Yorkshire Integrated Care Board said **"We are delighted to present this award to Home-Start Kirklees and recognise the work and commitment required to achieve this important quality accreditation which acknowledges the high standard of support provided to families"**



- Our school readiness project 'Starting Well Initiative' enabled us to work with 61 families from BAME communities within Kirklees. 134 children from these communities were assisted in their most formative years to have at least four key interactions around school readiness. The project was a great success and very well received by the families we were able to support.

Business Development

It has been an exciting period of growth for the charity as we increased local knowledge of our services to help fundraise so that we can support more families. Business development continues to be a key focus for our strategic plan and through the development of a new fundraising strategy and marketing plan, we've made good progress in promoting ourselves locally.

We've established new contacts and diversified our income streams to include more donations from local businesses, trusts, individuals and community groups. Donations from these groups include cash, in-kind and pro bono support. We're proud to have once again taken part in The Big Give Christmas Challenge raising a significant amount to support families living in poverty. We have had the support of so many organisations who have joined us in helping to raise £10,000 for struggling local families. Our fundraising activities have varied and included everything from raffles and digital fundraising to traditional collection tins in shops. As we move forward, we will look to build on our successes and increase the variety of our fundraising activities.

Our fundraising successes are enhanced by the impactful, emotive stories our families share with us. Our marketing efforts focus on telling these stories to new audiences in a variety of ways, securing press coverage in the local papers and promoting our activities over our growing social media channels.

Business development is fundamental to our continued growth, and we are incredibly proud of all our supporters who share our passion for helping local families. Thanks to supporters this year: Hugh Facey Foundation, Polyseam, Reliance Precision Engineering, Wooltex, John Lewis, Yorkshire Building Society, One Community, UKH Foundation, Skipton Foundation, National Lottery Community Fund, Towngate PLC, Denby Dale Rotary, TSL, Yorkshire Freemasons, Tesco, Arnold Clark, Charities Aid Foundation, Holme Valley Lions, Longwood Engineering, Garfield Weston, Henry Smith, The Tudor Trust, Lloyds Foundation, One 17, Topinambour Trust.

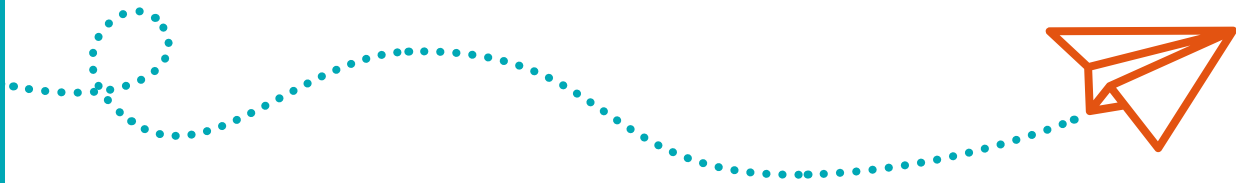
Richard Coteau



Fundraising: Tackling Child Poverty

In 2022-23 The Big Give campaign was a great success and the funds we raised have helped enormously in our activities to help families in need.

The cost-of-living crisis is a definite theme amongst referrals. More families than ever are struggling to maintain a warm home and feed and clothe themselves and their children. Foodbank referrals have escalated and our fundraising efforts have been essential in our work to enable us to help families to keep warm over the winter months.



Here are some examples of feedback we have had.

Fuel and food poverty can foster poor mental health, poor physical health, feelings of inadequacy, and feelings of depression. Families who can't make ends meet feel desperate and are often too embarrassed to ask for help.

The adverse effects of the cost of living crisis has seen families who are all staying in one room to keep warm, rationing of their food, children not being adequately dressed for cold winter weather, cold babies in cold damp houses, family pets needing to be rehomed due to the cost of keeping them and relationship breakdown due to the pressure of surviving in these conditions. Staff assessing these situations have to be hyper vigilant that safeguarding issues aren't arising or escalating as a result of a deterioration in family circumstances.

Thankfully in these stressful situations we have been able to utilise the funds raised via The Big Give to provide much needed items such as clothes, blankets, warm bedding, curtains, food, and fuel top ups.

“Thank you for the clothes...my kids have grown out of all their clothes and I couldn't afford to buy them more. It really has helped me out and I appreciate it more than you will ever know”

“Thank you for my son's mattress. He is loving his big boy bed! I feel so much happier now he is out of his cot as he learnt how to climb out of it and I was frightened he would fall. It was a big help as the mattress I had was too small for his bed so it wasn't safe in case he fell down the gap. So thank you so much for it”

“The blankets and rug have made a massive difference. I can keep my electric fire off and we all have a cosy blanket to keep us warm, and the rug has helped the room feel warmer. The food voucher has made me feel a lot of relief and less tense which has eased my anxiety. I've been able to top up my gas and eat with my kids. It's made a massive difference to me, the fact I can sit down and eat a meal with my kids and be warm is more than I could have ever asked for. Thank you”

Thank you to all those who donated to The Big Give campaign of 2022 - our families' lives have been much improved as a result.

The National Lottery Community Fund Project

Following the success of our Young Parents' Service, we identified a support need for all families who were struggling with loneliness and isolation which had been exacerbated during covid. Home-Start Kirklees were fortunate to be granted funding from The National Lottery Community Fund to support 120 families over a 3-year period. In March, we set up our very first peer support group for families.

Our weekly group sessions are run by two new members of staff who have a wealth of experience in supporting parents and early years - Maggie & Katie.

We are currently supporting families weekly in groups in Huddersfield (Bates Mill), and centrally in North Kirklees at the Howlands Centre, Dewsbury.

Our group sessions are a great opportunity for establishing peer support, making connections and accessing advice & guidance, as well as being able to receive 1:1 support from staff and volunteers.

Families have recently benefitted from a visit to their local library, swimming at the local splash park, exploring activities within the local community, as well as having practical and emotional support. Group sessions are also a great opportunity to share ideas and encourage positive parenting, interactive play ideas and share key messages with parents and carers.

Themed sessions have included budgeting, managing stress, safety in the home and oral hygiene to name but a few. Many parents feel that the information they receive in the 1:1 sessions is invaluable and they feel they are already benefitting from the support.

We look forward to welcoming more families and anticipate opening an additional group in the near future.

“

The session we did on weaning and how to deal with a choking child has given me the confidence to start using baby-led weaning and give him larger bits of food to feed himself”

“

I really didn't want to come today but I just thought about how much fun the children had last week and knew I had to come. So glad I did”

”



“The group was friendly and supportive of each other and was a nice escape from outside issues”



Volunteers and Peer Educators

On average Home-Start volunteers give us approximately 3 hours a week of their time. They assist us in working towards increasing confidence and independence of referred families by:

- **offering support, guidance and practical help**
- **visiting families in their own homes, supporting in our groups or by telephone befriending**
- **respecting and protecting the dignity and identity of each of our supported families**
- **reassuring families that difficulties in bringing up children are not unusual, emphasising the positive aspects of family life**
- **developing a trusting relationship with the family**
- **encouraging parents' strengths and emotional well-being for the ultimate benefit of their own children**
- **encouraging families to widen their network of relationships and to use services available in the local community.**

This year we were extremely pleased to welcome 41 new volunteers onto the Home-Start team. Cumulatively we have had 140 people volunteer with us in this last year. Many of our volunteers use their experience with us to move into employment or adult learning opportunities.

Home-Start Kirklees also utilises the support of Peer Educators particularly in our Young Parents' Service. Our young parents attend groups and are encouraged and supported by our Peer Educators who share their lived experience and role model positively to new group members.

All our family support volunteers attend a mandatory 6 week training course. The course covers topics such as equality and diversity, personal safety, baby brain development, school readiness, safeguarding, communication, confidentiality, boundaries & endings. We invite some of our existing volunteers along to share their first-hand experience of how volunteering is going for them and the difference they are making supporting their families.



The feedback from our training is extremely complimentary.

‘first class, really informative and encouraging’

‘another informative day, activities well done, open conversation and discussion’

‘one of the best courses I have attended’

‘the experience of attending the prep course has been priceless’



Our volunteers are the backbone of our organisation, and we are forever grateful to them for the kindness and commitment they bring. We take this opportunity to thank them all for all that they do.

Supporting Young Parents

We have had yet another busy year for the Young Parents' Service, supporting 60 families with 82 children.

There were challenges along the way due to venue renovations and securing funding. However, families continued to receive great, person-centred support.

Many of the young parents we support are often marginalised, due to the stigma of being young and having had a child. They have their own anxieties and need support with many aspects of day to day living with a focus on improving health literacy - safe relationship advice, sexual health, budgeting, healthy lifestyle choices, positive parenting, and increasing local knowledge are just a few of the issues we address.

This year, Home-Start Kirklees has continued to support parents with living independently, creating a safe and healthy home environment, and shared lots of praise and encouragement to help improve self-

esteem and confidence. Professionals from a number of different support services have visited group sessions to share important key messages. Families have also benefitted from regular in-session advice from other professionals such as Family Nurse Partnership, libraries, Community Plus and housing.

One of the highlights of the year was the Empowering Women project, funded by Home-Start UK and White Stuff. During the project we were able to support 26 families, including 36 children. This was a great opportunity to learn about healthy eating and meal preparation. Our parents also found the confidence to demonstrate their own favourite recipes. For some, this was the first opportunity to stand up in front of a group of people and share their learning. Whilst this was initially daunting, we observed parents grow hugely in confidence. Parents were encouraged to involve their children in the preparation of meals which resulted in lots of positive interactions which we know has

been maintained in the home environment. We use additional ways to support our families, listening to what parents need, and encouraging them to have a voice in contributing to planning group sessions. This ensures that we are delivering key messages on issues that are important to the families that we are supporting.



Positive parenting and play interactions are encouraged between parents and children during all outings and group sessions. We held regular sessions within local community venues such as libraries, accessing rhyme time and craft sessions and delivering our school readiness sessions.

Children enjoyed playing in the sand pit during 'picnic in the park' and 'riding the waves' at the local leisure centre. We also had lots of fun at the play gym and an amazing time at Ponderosa Zoo.

All these activities help to improve self esteem and confidence.

“Home - Start has given me more confidence as a young mum and helped me to understand my child's needs. It's been really nice to be around others and share their experiences of being a parent, listening to advice. I have really benefitted from the peer support”

- young parent

“ It was really nice sharing my recipe and actually having people eager to learn it.... even asking questions about how to adapt the recipe. It was very inspiring. I'm looking forward to some of their suggestions now ”

“ I enjoyed sharing my recipe in group as it is my daughters favourite and one she is guaranteed to eat so it felt good sharing it with other mums! ”



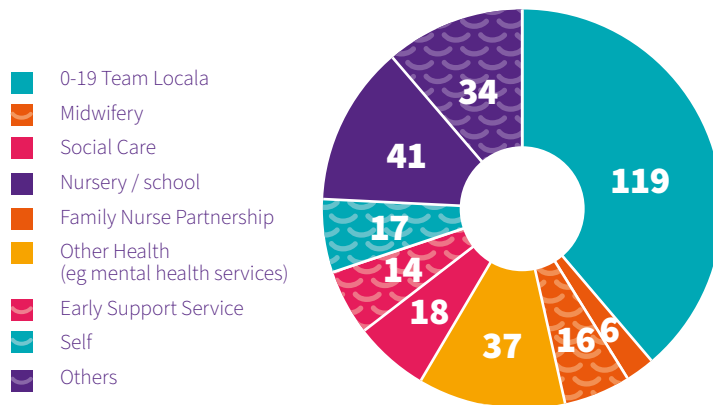
Our Impact

In the financial year 2022-23, we have **supported 250 families** in total, with **523 children**.

We carry out initial visits to assess the family's needs at referral and these were the main issues families told us they required help with:

- 92%** of parents wanted support with their own emotional wellbeing
- 91%** of parents felt isolated
- 90%** of parents wanted support with their self esteem and confidence
- 88%** wanted general parenting support
- 76%** wanted help to manage their child's behaviour
- 77%** wanted help to increase their resilience
- 69%** needed support to access local services

Source of referrals 302 families referred for support



The families we worked with this year were facing a range of challenges in their family circumstances

48%
of them were lone parents

68%
suffered with mental health issues

26%
of households had no-one in work

16%
had a disability within the family

16%
were living in unsuitable housing

We work closely with local agencies to put other appropriate support in place for families and, in the last year, **we made 280 referrals** to external organisations, including more than **50 referrals to food banks**, over **60 referrals to baby banks** for essential equipment, **23 referrals for housing support** and **30 for home safety equipment**.



We regularly review support with our families and at the end visit, feedback of family needs showed us that:

- 82%** said they felt less isolated
- 78%** of parents felt their mental health had improved
- 82%** of parents felt their child's emotional health had improved
- 78%** felt they were more resilient
- 84%** felt better equipped to manage their child's development
- 86%** felt they coped better with daily home management
- 79%** felt more confident with their general parenting
- 82%** were accessing more services



Over the course of the year, our staff and volunteers carried out almost 3000 home visits and made over 4000 phone calls to families.

Much of our work focuses on improving health outcomes for families and of the 250 families we supported:

40%

of families got advice on safe sleeping routines

20%

of families needed advice on sexual health

20%

got support with childhood immunisations

37%

of families received support with their child's emotional health

15%

of families were supported with Special Educational Needs & Disabilities

19%

were helped with oral hygiene / registering with a dentist

34%

were supported with School Readiness

13%

were supported with Reducing Parental Conflict

Family Case Study

We received a referral for a mother, father and their 2-year-old child. The family were isolated as they had moved into the area from another county. The father worked long hours and the mother who had very poor mobility was struggling to manage her son, who was becoming more mobile and needed daily stimulation and exercise (accessing the outdoors). He was also displaying some obsessive behaviours and learning development delay and had recently been referred to speech and language therapy.

Home-Start matched a volunteer with this family and after a year of support the volunteer was helping enormously by getting the mother and her child out of the house. The mother at this stage needed a mobility scooter to go out and the child was displaying behaviours associated with Autism. The volunteer provided much needed emotional and practical support to the mother and was one of a very small handful of people who the child would interact with comfortably. The support became even more necessary as the mother was becoming more and more unwell.

The child was attending some mornings at a preschool setting and the volunteer continued to visit weekly. A special agreement had been put into place to assist in taking the child out to the park to give the mother some further respite.

One year further on and the mother was diagnosed with an aggressive life limiting illness. The child's learning difficulties were such that he was unable to take up a place at a mainstream school. He would be delayed from entering into mainstream education for a further year.

Support from Home-Start underwent a huge and desperately saddening shift when the mother passed away only a few months after her illness had been diagnosed. This left a lone father with a young child to care for. The volunteer continued to visit helping to provide some stability and emotional support to the family. This support continued for another year and will soon end when the child has entered into full time education to specialist provision.

“

Fathers feedback

“The volunteer was an amazing support to me personally after my wife died. Before that, she was a great support to my wife, providing social content and help with our son”.

Volunteers comments

“The thing that I have really loved about helping this family is the connection that I have developed with the child. He is non-verbal and can be very much in his own world but he has loved our time each week and waits at the window for me. He always gives me a big grin when he sees me. Sometimes when I'm pushing him on the swings or playing with him, he'll look at me with a big smile on his face and its really rewarding to get that connection with him and to see him so happy. Dad appreciates having someone to talk to as he goes through this period of grief. It has been a privilege to support this family at what has been a really hard time for them, it feels like the one thing I do each week that really makes a difference and I have been grateful for the opportunity.”

”

Stakeholder Feedback

Feedback from stakeholders is vital to us so we can strive to continually improve our services.

Parents

“Home-Start has helped me massively, my kids loved going to the group, we learned new stuff every week. I liked meeting new people”

“I have no idea where I would have been without the support from my volunteer: I was in a bad situation and I thought there was no way out. My volunteer has made me realise that I had more options than the one that I was going to take (mum contemplated suicide). I am in a very different place now”

“The support I have received from Home-Start has been cracking! I’ve been through a lot of counselling services and nothing has ever set me on the right path before as much as this support has done. The help and guidance from Home-Start has given me push I needed to become more independent. My self-esteem, confidence and mental health has improved tenfold. Seeing my child playing with other kids has really helped with his development and the parenting advice has been great. Thank you for all your support”

“Thank you so much for helping out in these difficult times and always checking up on us. We really do appreciate it so much. Knowing someone cares makes a massive difference when you feel like you’re on your own and not got much family around you, I’m so grateful!”

Volunteers

Home-Start has given me a lot. I have gained some great experience and made some good friends. Supporting my families made me feel a great sense of achievement.

This year I am empowering mum to be more positive and to push herself into situations that last year she would not be able to do. I feel supported by Home-Start Kirklees. If I need anything, I just text or call, the help and reassurance is always there.

I have enjoyed seeing my first family through from start to finish and supporting them through their move to a new location. I have been reminded of how much energy is needed to keep up with children!

I have enjoyed watching the children develop and mum grow in confidence but have found it challenging when dad left the family and seeing the impact this has had on the children and mum.

Referrer

The parent loves you to bits, she has been singing your praises. You have done so much for her and I am so happy you are involved with the family (Family Nurse Partnership)

Treasurer's Report

We had a total income of £611,526 - an 11% rise on the previous year. The Thriving Kirklees Partnership, delivering services on behalf of Kirklees, continues to be our major funder. We have been successful in raising significant additional funds of £202,754 where specific thanks must go to the Charitable Trusts of: The Garfield Weston Foundation, The Henry Smith Charity, The Lloyds Bank Foundation, One Community, and the Tudor Trust.

Reserve Funds

Our funds are divided into three 'pots': Unrestricted, Designated and Restricted. At the end of March 2023 these 'pots' totalled £324,730 an 10% increase from last year.

Unrestricted reserves	£135,041
Designated reserves	£173,368
Restricted reserves	£16,321

Expenses

Our expenses in 2022-23 were £582,481 representing a 29% increase over 2021-22. We have been able to use the additional funds we received over the last two years to increase the level and volume of our services, and hence costs. The same level of growth may not be possible in the coming year as funding becomes more of a challenge. We will continue to monitor our forward income to ensure our expenses stay in line with income.

Retirement

After this report, I am retiring as Treasurer and handing over to Andrew Smith, a Chartered Accountant with significant experience in both the Commercial and Charity Sectors. Having been Treasurer since 2016, I am pleased I can hand over the role of Treasurer into such capable hands.

David Mason



Trustees

Vanessa Stirum (Chair), David Mason (Treasurer & Deputy Chair), Joseph Karl Yates, Barry Lee, Joanne Hardcastle, Clare Mulgan, Tracy Sheldon, Julie Grindley, Andrew Smith, Toni Gibbs (left June 2022), Paul Johnson (left March 2023)

Staff

Kerri Flanagan	Director
Michelle Steadman	Operational Manager
Richard Coteau	Fundraising Manager (left June 2023)
Emma Franks	Business Manager
Sarah Christian	Senior co-ordinator
Shabana Amin	Co-ordinator
Christie Lanquetin	Co-ordinator
Rachel Gordon	Co-ordinator
Kate Cooper	Co-ordinator
Rachael Haslam	Co-ordinator (retired Dec 2022)
Marina Taylor	Senior Group Co-ordinator
Rosanna Todd	Group Co-ordinator
Maggie Baines	Group Co-ordinator
Leeanne McGrath	Group Worker (left April 2023)
Katie McCrea	Group Worker
Amy Cooper	Family Support Worker
Heidi O'Shea	Volunteer Recruitment co-ordinator
Vicky Wilde	Administrator (left April 2023)
Heather Wilson	Admin Assistant (left Jan 2023)

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. They will be submitted to the Charity Commission following the AGM

Summary Accounts for the Year ended 31 March 2023

	2022/23	2021/22	
Incoming Resources	Statutory Agencies	413,772	507,027
	Charitable Trust Funds	172,694	26,119
	Other Donations	24,262	7,082
	Gift Aid	-	-
	Interest	798	77
	Other income	-	10,633
		611,526	550,938
Resources Expended	Salaries, NI and Pensions	455,992	356,318
	Coordinators' and Volunteers' Expenses	14,139	9,646
	Contribution to National Home-Start	10,191	8,444
	Other Charitable Expenses	21,507	21,051
	Redundancy payments to staff	-	-
	Rent	25,573	13,560
	Computer and Office Costs	47,612	34,370
Relocation Costs	7,438	7,125	
	582,451	450,515	
Net (Expenditure)/Income for the Year	29,075	100,423	
Income deferred from last year			
Resourced from previous years	295,655	195,232	
Resources at year end	324,730	295,655	
Represented by:	Fixed Assets	5,884	1,145
	Cash at bank and in hand	428,559	436,989
	Debtors	92,291	30,847
		526,734	468,981
Less	Income received in advance	190,976	162,533
	Other creditors due within one year	11,028	10,793
		202,004	173,327
	324,730	295,655	

For more information please contact:

HOME START Kirklees

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www.homestart-kirklees.org.uk

Charitable Incorporated Organisation, registered with the Charity Commission. Registered Charity Number 1099770

