

SCHEMENEWS

Newsletter from **Home-Start Colchester**
2, Thomas Court, East Street, Colchester C02 3TR.

Home START

Support and friendship
for families

Date March 2014

Colchester

Dear Reader,

Home-Start Colchester sends everyone a Happy Easter wish!

The scheme has been very busy over the last few months. We have so far supported 117 families this year, including 12 sets of twins and 2 sets of triplets!

Project News

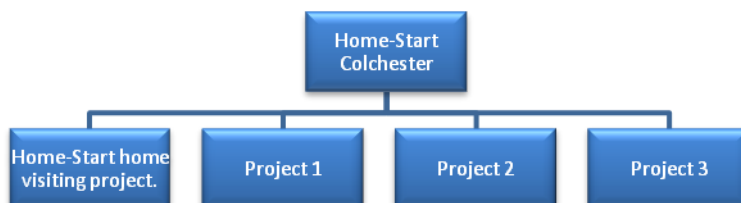
In 2012, Home-Start Colchester expanded its services to deliver individual projects to support local identified needs. Alongside our core Volunteer Home Visiting Service we received funding to deliver 2 new projects to support families with at least one child 5-11 years and an exciting project to recruit volunteers to encourage healthy eating.

- Volunteer Home visiting – Colchester only
- Side by Side- Colchester & Tendring
- “I Can Do It” - Colchester & Tendring
- Recipe4health- Colchester & Tendring



After a difficult wait after submitting further tenders we are delighted to update everyone that the scheme successfully secured further funding to deliver the above projects for a further 12 months till 2015.

Added to this good news, the scheme also secured new funds from The British Legion to deliver a bespoke project Together, to support both serving and ex serving families for 12 months.



- Fun-Start- We have recently applied to extend funding for a further 12 months and we are now waiting for the outcome.

Volunteer Home Visiting – Early Intervention Project.



Project Update



Volunteer Home-Visiting project supports families with at least one child under 5 in Colchester.

The project has now been reduced to 25% of its existing service due to funding cuts.

The CCG formerly the Primary Care Trust Fund, has committed to funding the project for the next 12 months.

55 children attended the Halloween Party at Jungle Adventure.

117 families were supported throughout the year.

The service supported 12 sets of twins and 2 sets of triplets throughout the year.



Project Co-ordinator – Ann Elson
Ann.Elson@homestartcolchester.org.uk



We would like to take this opportunity to welcome Ann Elson as Pauline's replacement for the Volunteer Home-Visiting Service. Pauline has taken early retirement.

Ann comes from working at the Ormiston Children Centre, Ipswich and brings with her 23 years of early years experience. Ann was also a Home-Start Volunteer 10 years ago with the Harwich scheme.

Volunteers matched and supporting Home-Visiting

Linda, Elizabeth, Pat, Linda, Jenny, Carol, Elizabeth, Jane, Kate, Suzanne, Kelly, Rosemary, Kelly, Melina, Melissa, Sheila, Rebecca, Molly, Jacinda, Victoria, Debs,



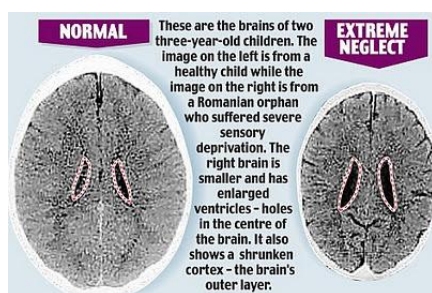
Lucy Hughes Project Co-ordinator

The Fun Start Project is a project funded by BBC Children in Need.

We have applied for an extension of funds, so fingers crossed we are successful!

Research On Play Deprivation

Brown et al (2001) state, "For young children, it is play, not direct instruction ... that positively affects brain development. Brain scans of Romanian orphans clearly show that play deprivation results in biological regression of brain development. Baylor College of Medicine reported in 1997 that children who do not play develop brains 20-30% smaller than normal for their age.



The earliest information, although only recently published, (Brown and Lomax, 1969, in Brown 1998), makes a link between play deprivation and violent and anti-social behaviour. In it Brown states that in a study of 26 young murderers, "normal play behaviour was virtually absent throughout the lives of [these] highly violent, antisocial men regardless of demography". Brown later concluded, "play deprived children are the tragic forerunners of social and personal breakdown".

Lucy.hughes@homestartcolchester.org.uk

Families have not only loved the Fun-Start project but have also fallen in love with Lucy!

Here is some recent feedback received that highlights the difference Lucy has made through the Fun-Start project.



Family Feedback:

"My child loves Lucy, My child began to speak English met a lot of fun! This service is very necessary. This help me so much, your project should serve as an example! "



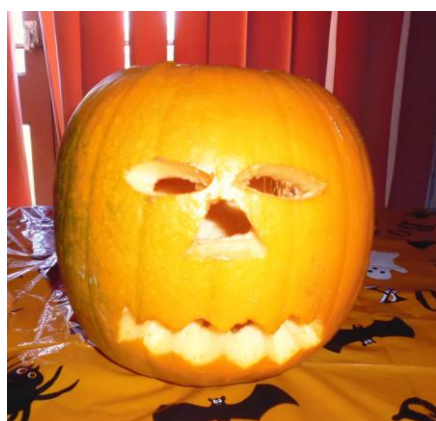
In April 2013 Home-Start Colchester was informed that our application to the **Department of Health & Social Care volunteering (HSCVF)** had been successful! Now we are already into the second year!

What we need to achieve this year:

- Organise and deliver 2 cookery workshops to children/young people during school holidays.
- Build confidence in primary school children to make changes in their own diet and develop the skills to cook healthy meals.
- Create a useful healthy menu book. Collect primary school children's favourite family menus and publish the healthier option (to include menus from a diversity of families).



On 30 October, 10) children ranging from 5 to 11 years took part in a cookery workshop at Weeley Village Hall to build confidence in healthy cooking and to promote behaviour changes around healthier eating habits.



They were given the amazing opportunity to learn some cookery skills from Ian Samuels, a chef with over 25 years' experience of working for world famous chefs like Marco Pierre White and Gary Rhodes.



The workshop took on a Halloween theme, so began with pumpkin carving, utilising the pulp for pasta sauce and pumpkin cake. The children also got to experience making home-made pasta from scratch and creating dough ball eye balls.

Volunteers who have supported this project.

**Jane, Mina, Rosemary, Liarna, Charlotte, Lucy, Pat,
Charisse, Jenny and Eeva**



“I Can Do It!” Project Update



The project supports children/young people aged 5-11 years with behaviour issues, with a focus on families where the child may be facing a communication difficulty that may be affecting behaviour.

Prior to Kate’s departure she worked so hard matching mentors so support young people.

Not knowing the funding outcomes it was really difficult time. Angela came on board to take over the project and she will deliver the service for the next 12 months.



Part of the project is to deliver peer support groups.

We delivered a craft session and everyone had great fun pumpkin carving and making clay models.



The project met its target to support 30 young people. Our

Friends of Home-Start Fund also provided two sets of school uniform for two of our supported families, a wardrobe, 2 lounge carpets and a lawnmower. We also managed to source a support grant for a bed and mattress from Buttle UK. Two families also benefited from a holiday in Clacton-on-Sea courtesy of The Celia Allen Trust



Angela Hillsley - Project Co-ordinator

Angela.Hillsley@home-startcolchester.org.uk

Mentors supporting the project:

Graham, Linda, Mina, Peter, Brenda,
Vicky, Susanne, Lynda, Heather



Ann Lindsay - Project Co-ordinator

Who is the project aimed at?

Families with children aged 5-11 (primary school age), identified within *higher* Level 2 (Additional) and Level 3 (Intensive) levels of need.

The project covers the Colchester and Tendring areas.

The Side by Side Project

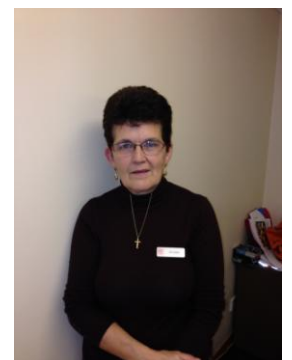
Home-Start provide a fully trained and qualified Mentor to support families in their own home side-by-side, offering support and guidance to build new skills, such as parenting skills, cooking skills, organizing skills. The Mentor has supported the parents to build resilience to cope with the stresses in life, gain better thinking and self-management skills, and improved knowledge on how to organise and manage their family.

Families who had previously been desperate due to their child's behaviour difficulties were making self-referrals to Social Care to find no services existed to support them. Now the Side by Side Project has bridged that gap and CAHMS are encouraging parents to contact the project when their child does not meet their criteria. The Family Solutions team have also praised the project and the importance of having this services that sits underneath their criteria, to offer an alternative support when criteria is not matched with Family solutions.

The project has attracted referrals from disabled parents who have been very happy to have a project able to offer practical support. The project has offered support with a flexible approach offering supporting at home, school or the community. The key has been to offer a flexible service. Demand has been high. Ann Lindsay has come over to Home-Start form supporting high level need families and brings with her a wealth of experience.

“Such shared purpose can build resilience, taking time to reflect on life is one of the most important things parents can do to gain perspective and problem-solve”. (Patricia Lester, Building Resilience).

Ann.lindsay@homestartcolchester.org.uk



Staff News



After nearly 7 years, Pauline Hillman, our Home-Visiting Co-ordinator is taking early retirement; she will be very much missed. We wish Pauline all the best for the future!

Pauline held the scheme together in 2011 when both the Scheme Senior Co-ordinator and fellow Co-ordinator left the scheme. Pauline also played a crucial part during recent challenges faced by the scheme, supporting the new strategic changes, and backing all efforts to keep the scheme open. Pauline has not only trained and supported many volunteers she has also supervised 2 placement social care students. The amount of families Pauline has benefited is vast on average 60 a year for 7 years = 350 families! She has been an excellent role model for both families and for staff, setting high standards to follow.

Feb 2013 saw Home-Start Colchester recruiting 5 members of staff at the same time! You can imagine how difficult this was!

Both Kate Wallis (I Can Do It Co-ordinator) and Charissa Debnam (Side by Side Co-ordinator) both found new employment - the uncertainty of securing further funding is always very difficult. Our Social Worker student Adrianna also completed her placement and left the scheme.

We are delighted to have employed two new coordinators to the team, Angela Hillsley as I Can Do It Co-ordinator and Ann Lindsay as Side by Side Co-ordinator. Both began employment on 3 month contracts and following the funding success we were able to offer both employees a further 12 month contract.

Angela's background is in Early Years, previous employment includes working in a nursery and pre school as a deputy manager.

Ann Lindsay back ground is working with families at high level of need. Ann has worked for Connexions and as a Prison officer and CBT facilitator.

Ann Elson has joined the team as Home-Visiting Service Co-ordinator and has been shadowing Pauline for the last 6 weeks ready for Pauline to hand over the reins.

Helen has joined the team as our Scheme Administrator, so at last we now have a full team in place. Helen is a mum of a little boy of two and therefore understands the need for a service such as Home-Start.

We have also employed Livvy Ryder and Bonnie Lee as Sessional Workers. Both Livvy and Bonnie were both Home-Visiting Volunteers prior to joining the team. Livvy has now been allocated the Recipe4health project to deliver.

Volunteer News!



Investing in Volunteers Award

Home-Start Colchester is pleased to announce that we recently achieved the Investing in Volunteers Quality Standard, recognising the excellent work with volunteers.!!!!

Home-Start Colchester was assessed against a range of best practice standards and proved to excel in all aspects of working with its volunteers.

A Big Thank You to all volunteers, for your support and kind words to support our service!



The High Sheriff Award



The Volunteer Centre Essex Award is part of the overall High Sheriffs' Awards Scheme and encourages volunteers to nominate their voluntary or community group for an award. A cash award of £1,000 is given to the organisation, which best demonstrates the use of good practice providing encouragement, support, training and supervision to volunteers.

Following a nomination from Heather Minter Ruffle, our scheme was shortlisted to be one of 6!

Results were announced on the 20/02/14 and the winner was SNAP. Home-Start Colchester is still pleased at being shortlisted from 55 to 6.

Volunteer News



We hosted a Volunteer Support Event at The Food Company, Marks Tey on Wednesday 12th March. As well as having a fantastic lunch together, volunteers provided feedback and ideas on our current services and steering ideas for the Recipe4health project.

Late Xmas Lunch



On Tuesday 18th March at 12.30pm Home-Start Colchester held a Volunteer Thank You Lunch at Food @ The Mercury and Tuesday 25th March at 5.30pm Home-Start Colchester will hold a Volunteer Mentor Meal

This is a late Christmas celebration and is held in Feb/March because prices aren't so expensive. The event is funded by ring fenced funds from friends of Home-Start. Volunteers and staff raise funds in innovative ways to create events for families and volunteers. One way is to donate eBay fees, expenses, small grants.

Volunteer Training



Preparation Course

Our latest Preparation Course which completed around Jan 2014. We welcomed to the scheme 8 new volunteers that are either newly matched or waiting to be matched to Home-Visiting Families. The number of active/available volunteers with the scheme now is an impressive 30.

New Volunteers completing preparation course: Kelly, Melissa, Melina, Sheila, Jacinda, Roz, Rebecca, Victoria



Lucy's Contribution Ideas Of Outdoor Play!

101 WAYS TO PLAY OUTDOORS

1. Play leapfrog
2. Jump rope
3. Climb a tree
4. Build a fort
5. Play hide and seek
6. Kick a ball
7. Make a rainbow with the hose
8. Pull weeds
9. Ride a bike or scooter or horse
10. Create a nature collage
11. Build a sand castle
12. Head out on a treasure hunt
13. Roll down a hill
14. Make a bug hotel
15. Balance along a wall
16. Throw a frisbee
17. Balance a bean bag on your head
18. Have an egg and spoon race
19. Hug a tree
20. Create patterns in damp sand
21. Make story stones
22. Paint a fence with water
23. Make texture rubbings with crayons
24. Swing your hips in a hula hoop
25. Make a rain gauge
26. Play tag
27. Draw something you can see
28. Jump in a puddle
29. Play hopscotch
30. Draw on the trampoline (or the footpath) with chalk
31. Read a book
32. Catch raindrops on your tongue
33. Make a set of stilts from tin cans
34. Have a game of marbles
35. Or elastics
36. Enjoy breakfast outside
37. Rake leaves
38. Set up a worm farm
39. Decorate mud pies
40. Run under the sprinkler
41. Paint the outside of a window
42. Make a daisy chain
43. Start a nature journal
44. Lie in a hammock
45. Toast marshmallows
46. Find 10 things to float in a tub of water
47. Write in the sand with a stick
48. Press flowers
49. Make a pinwheel
50. Make a stick sculpture
51. Make a pet rock
52. Try leaf printing
53. Draw around a shadow on the ground
54. Plant vegetables and herbs
55. Grow a bean or sunflower teepee
56. Take photos of what you see
57. Have a 3 legged race
58. Or a wheelbarrow race
59. Gaze at the stars
60. Set up a lemonade stand
61. Paint with feathers
62. Decorate a tree
63. Create a home for a fairy (or an elf)
64. Make a tin can telephone
65. Enjoy a teddy bears picnic
66. Make a drip castle with wet sand
67. Write a letter on a leaf
68. Fly a kite
69. Make up a new game
70. Put on a show
71. Grab a magnifying glass go bug hunting
72. Try a somersault or a handstand or a cartwheel
73. Watch a sunset
74. Spin and get dizzy
75. Start a collection
76. Float a paper boat
77. Make a cave for a dinosaur
78. Wash the dog
79. Wash the car
80. Create a small world for your favourite figurines
81. Make a sundial
82. Host a paper plane flying contest
83. Blow bubbles
84. Dance and sing
85. Make your name from sticks
86. Make a road for toy cars
87. Play torch tag
88. Build a compost bin
89. Throw water balloons
90. Make object impressions in air dry clay
91. Put on a cape and fly
92. Grow a grass head
93. Make a bird bath
94. And a bird feeder
95. Make petal perfume
96. Dig for treasure
97. Make a leaf crown
98. Hang laundry
99. Draw a map of your space
100. Set up a snail race
101. Lie back on the grass and look for shapes in the clouds

childhood101.com

Generous Donations



We have been incredibly lucky to receive some wonderful donations to Home-Start Colchester:

Donation and Christmas Presents from Layer Marney Church

We were lucky to receive a generous donation of Christmas Presents from Layer Marney Church. Shelley Henderson, Scheme Manager was presented with the gifts by Rosemary Gissler-Weber a member of the congregation at their Family Service on Sunday 1st December.

“I can not tell you how pleased we are to receive these gifts! We are supporting lots of local families with children 0-11 years and this year it has been a really difficult time for them” said Shelley at the Service.

We also received just over £50.00 from the collection made at the church that day which was used to purchase additional Christmas presents for our families.

Rotary Club



Our local Rotary Club generously gifted us with Christmas Food Bags for our families at Christmas. These contained a generous selection of festive treats, including Dundee Cake and Shortbread, Jams, Sweets, Soup and Christmas Pudding.

Home-Start staff delivered the hampers to some of the Home-Start families, everyone received them with delight! It really made Christmas that little bit brighter.



Nappies from Pampers

In celebration of the new Royal Baby, Pampers donated boxes of nappies to many Home-Starts in the country and Home-Start Colchester was one of the lucky recipients.

“Nappies are an essential item and babies and young children get through a lot of them! Some of the families we are supporting are also receiving emergency food parcels and donated nappies will really make a difference”

BT Christmas Boxes



BT Openreach ran a gift box appeal for children in Home-Start schemes this autumn/winter 2014 and we were the recipients approximately 20 boxes full of Christmas presents from our local BT Open reach centre which were distributed to many of the families that we support.

The Forrester's Fund For Children

The Forrester's Fund For Children generously donated 60 new baby gift sets which included a baby grooming kit, baby wipes, cotton buds, baby soap, nappy cream and baby toys. These packs have been extremely well received by our new and expectant mums



Celebrations

A big thank you to all who attended and supported this year's AGM and our 20th Anniversary Family Party Celebrations at Jungle Adventure.



The event brought together two Home-Start Colchester's organisers Linda Watts who managed the scheme in 1993 when funding was first secured to deliver a much needed service and Shelley Henderson representing 2013 as the present Scheme Manager (20 years of service!) Linda was quite an amazing person and worked hard to build firm foundations for the scheme to grow. It was remarkable that some of the volunteers trained by Linda were still supporting the scheme today.

Karen Ward, provided a moving speech and spoke highly of how our Volunteers at really make a difference. We also had Newtown Councilor Annie Feltham, Portfolio Holder for Communities and Services at the event and we are pleased to report that Karen's talk inspired Ann to allocate £163.00 to Home-Start Colchester to support families in Newtown.



It was also real pleasure to have the Mayor Colin Sykes and Mayoress Laura Sykes who made sure they chatted with families and children. The children were very impressed with their gold chains.

New Trustee Frankie Harrison was also proposed as a Trustee - we wish her good luck and welcome her to our team of hard-working Trustees

Home-Start UK News



Home-Start is 40 years old and to celebrate we have launched our One Million Children campaign. We would like anyone involved with Home-Start to share their own story and experiences. This could be parents, their grown up children, volunteers, staff or any supporters of Home-Start.

Chief executive of Home-Start, Rob Parkinson says: “Since Home-Start was founded 40 years ago we’ve helped over one million children by supporting their parents in difficult times. To make our 40th birthday extra special we want you to tell us - and the world - about your involvement with Home-Start so please submit your story online.”

Home-Start is needed as much now as when it was first was founded 40 years ago. Maybe dad was sad after moving to a new area and a volunteer was their first new friend. Or did mum find it difficult looking after lots of young children and just need an extra pair of hands sometimes? Perhaps you were helped through some really difficult times.

If you would like to submit a story you can do this on the Home-Start UK website <http://www.home-start.org.uk/OneMillionChildren>

Quality Standards

Home-Start Colchester

A big Thank you to everyone who has supported our work to support local families and children!

Thank you!

In memory of our fellow chairman Barry Holden



Home-Start Colchester would like to pay tribute to our fellow Chair Barry Holden. **Barry Passed away peacefully on 20th February 2014 aged 80 years.**

In 1996 Barry took over as Home-Start Colchester's chair; Barry wrote in our Annual report:

"We look forward to working together, in a spirit of care, continuity and acceptance of challenge, over the forthcoming year.

1997

"We look forward, though. With confidence- increasingly aware if the contribution Home-Start is making in strengthening families and bring friendship and support to those families with under 5's who are going through difficult times".

1998

Barry reported success as securing further Lottery funding and reported that it had been a challenging year.

In 2000 a new chair was elected, Arthur Catteral.

Barry made such a contribution to the foundations of Home-Start Colchester, volunteering his time to the benefit of the local community. He continued to support the work of Home-Start and his wife Margaret was one of the first volunteers for the scheme and continues to support our work to this day.

We are forever grateful!

On behalf of Home-Start we say a big thank you!

What families have been saying about us!

A few recent feedbacks!

“Cannot thank you enough for your support - think you know that but did want to remind you how important you are (specifically to me) and how evident the value your organisation is to people in need”.

“Thank you so much for your continued kindness. Thank you for all you have done and continue to do.”



Home-Start Colchester would like to thank all our volunteers, trustees and mentors for all that they do to support both us and local children and families!

Thank you!