

Home-start barnet family support

Home-Visiting Volunteer Family Support

It's been a record year for our core activity of volunteers visiting families in their own home for up to 3 hours a week to offer non judgmental practical and emotional support. Family Coordinators assessed and matched suitable volunteers to 146 families to support them with visits to the hospital, doctors, health centres, children's centres, housing, family court hearings, CAB and other general practical support such as shopping trips. Emotional support was offered on issues including domestic violence, relationship problems, children's behaviour management, health, disability and general parenting.



Young parents programme

JUST 4U our young parents group is going from strength to strength with a regular attendance of 10 children and young people. During the year the group has participated in healthy eating workshops, emotional health and wellbeing and the Happy Project. There have been outside speakers offering group and one-to-one advice on breast feeding, weaning, sexual health, money management, housing, education and training. Recently the group has focused on creative activities including designing candles, mugs, picture frames and personal jewellery. The group enjoy these activities so much that there has even been talk about developing them into a social enterprise.



GraHame park Family Group

Its been a really hectic year at the family group. Staff and volunteers have really pulled together to offer a whole array of activities throughout the year, including the six week Happy Project - aimed at promoting physical activity with the children. Each week children were encouraged using various props to dance and move around the hall and they had so much fun using fold-up scooters or even just a soft ball. It also helped to encourage hand and eye co-ordination. This was followed by a six week Emotional Well Being project exploring the children's different emotions i.e. sad, happy and angry. Children were encouraged to make different faces with art materials and talk about them and what they could do if they felt emotions such as anger. There have been the usual regular activities of craft making, music time and fruit time as well as monthly visits to the library and guest speakers from the fire brigade, CAB and Welfare Rights.



parenting programmes

Home-Start Barnet staff are trained in delivering a number of evidence-based parenting programmes including; Strengthening Families Strengthening Communities (SFSC), Solihull and Mellow Parenting. During the year we delivered the accredited skills for life parenting programme specifically for pregnant teenagers and their partners called Young Mums and Dads to Be (YMTB) and Parents with Prospects (PWP). We jointly facilitated SharePlus workshops with the Hyde School and recently SFSC at Fairways Children's Centre with Parent Support Advisors.



Think Family Sunday Project

A ten week holistic programme for the whole family based on the Think Family and Strengthening Families Strengthening Communities (SFSC) model was delivered jointly by Home-Start Barnet, GroOps and Coram as a pilot over 10 consecutive Sundays from 11am to 2pm at Fairways Children's Centre. The core of the programme was to bring the whole family together by sharing a meal, talking, listening and playing. 37 children (ranging from 2 weeks to sixteen years old) and families referred by social services were supported by ten practitioners and 12 volunteers over the ten weeks, ending with a wonderful trip to Digger Land. Some of the comments from the families:

'It was lovely to talk and discuss things and strategies with other parents.'

'Finding out more about my parenting skills in depth with a non-judgmental approach'

'Meeting people with the same problems that I have, so that I don't feel I'm alone in this situation'



'I Really enjoy having an extra pair of hands, advice and support from my volunteer'

Outings

In spite of a lack of funding the trustees took the decision to continue to offer outings - a valuable part of our service to children and families - by dipping into our reserves, but at a reduced level. Nevertheless, we managed to organise some wonderful trips to the Natural History Museum, Clown Town, Aldenham Country Park and the beach at Walton on the Naze.



Volunteering with Home-start barnet

Our volunteers are the life blood of our organisation and we are blessed with a vibrant group of responsible, enthusiastic and energetic volunteers. Many help with supporting families in their own home, regularly visiting to help them whilst they find their feet again. Their hard work was recognised this year by the borough with awards presented by the Mayoress of the London Borough of Barnet.

Volunteers enabled us to run various parent and toddler groups for families that might otherwise be difficult to reach. They helped with the children and engaged with parents so they felt included, comfortable and welcome.



They enabled families to access our trips to the National History Museum, Walton on the Naze and Aldenham Country Park, giving the children, and their parents something to look forward to in their school holidays.



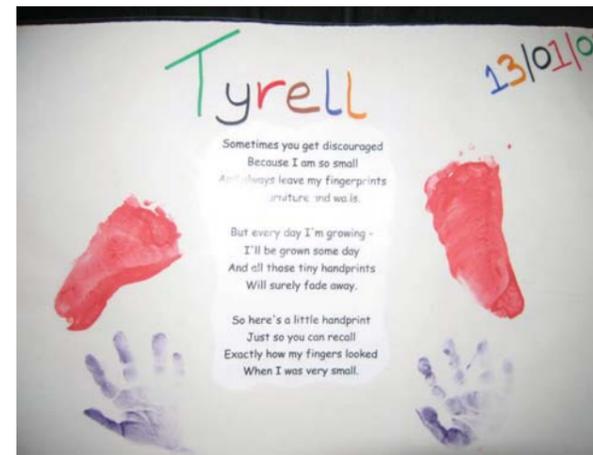
A Day in the Life of the Office Manager

Linda Sansom

Read the emails, pick up phone messages, write letters, and more letters, deal with jammed photocopier, write up minutes, prepare papers for management committee, photocopy constantly, proof documents, order stationery, check post, sign cheques, log new referrals, send out invoices, attend staff meetings, send emails, organise AGM, stamp Home-Start leaflets, more phone calls, more messages, more proofing, meeting with line manager, someone needs another letter written, the coffee's run out, the computer's crashed, we're short of stamps...

It's very much a reactive role, and although much of the above might sound ditchwater dull it is actually anything but! The staff are highly professional and a great team to be involved with; there's always time for a laugh in between the constant demands of the job, and the fact that what we are doing is so important and rewarding makes it all very worthwhile.

And if there are not enough part-time hours to get everything done... tomorrow is another day!



We held two 40-hour training courses for new volunteers, and ongoing training, supervision, support events, and recognition awards for the existing volunteers. Help from our volunteers meant that we were able to run a number of courses this year such as our 10 week Think Family Sunday project, YMTB, and our group activities.



A referrer

The volunteer was an important lifeline for one mother experiencing domestic violence whose partner was controlling her phone calls and movements. Home-Start contacted us twice with their concerns for the child and mother's welfare and the information provided by the volunteer was very important in terms of us being able to safeguard the child and support the family.'

Scheme Manager's Report

Kirpal Dhadda

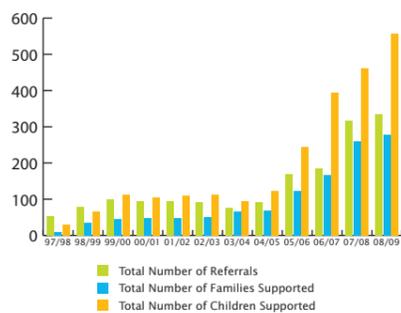
It's been another busy year for us at Home-Start Barnet with joint working being a big theme. We started the year with the successful bid to lead on delivering a multi-agency pilot called Think Family Sunday with Coram and GroOps. We supported the Hyde School in facilitating SharePlus parenting workshops and the LBB's Parenting Support Advisors with the Strengthening Families Strengthening Communities programme at Fairways. We delivered an accredited life skills parenting programme from The Old Barn specifically directed at pregnant teenage mums and dads.

Funding has been particularly tight this year with no replacement funding secured for City Bridge and for our Outing and Events budget. Hence some of our projects such as maintaining the much needed outings for our children and families have been supported from our ever decreasing reserves and some other services have had to be cut.

On a positive note BBC Children in Need will continue funding our GraHame Park Family Group for another three years, whilst the Gannett Foundation and the Triangle Trust have funded us for the replacement of much needed toys and other equipment. A very big thank you to London Borough of Barnet, John Lyons, Hadley Trust and Garfield Weston for the funding of core costs as without their support we could not deliver or even offer many of the services we have in place. Thank you also to Mirella Fiore, Julie Rowe, Kate Traynor, Hannah Shillibeer, Mal Woolford and Gilli Pettinger for all their hard work as staff and trustees. We wish them every success for the future.

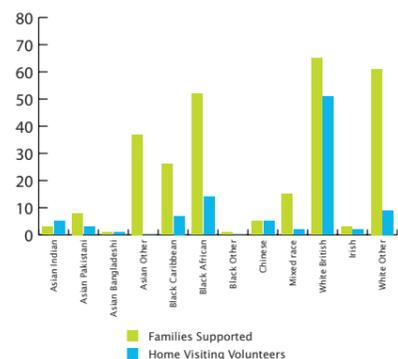
As a result of the hard work of all staff, volunteers and trustees we supported 277 families with 557 children - another record. Well done to everyone who supported this effort and here's hoping for a great year ahead.

Home-Start Barnet 1997-2009

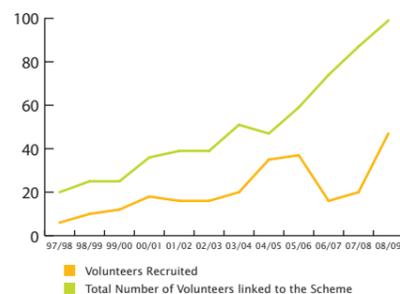


'I don't know what I would have done without my volunteer'

Home-Start Barnet Ethnicity Breakdown 2008-09



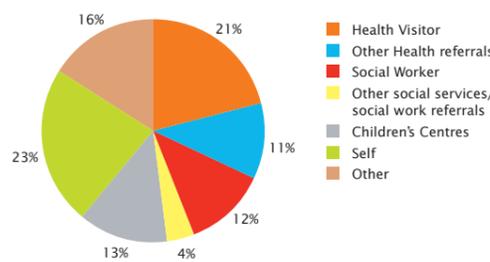
Volunteers Recruited



Annual Report

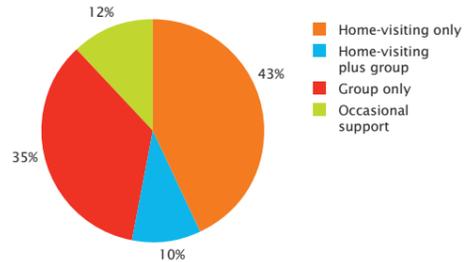
Home-Start Barnet

Breakdown of sources of referrals



'As I got help from Home-Start, I also gave my free time to someone else who is in need'

Breakdown of type of support



Chairperson's Report

Gilli Pettinger

How quickly time goes...it is a year since our last annual report. It has been a busy year. Home-Start has weathered the difficult financial times but funding is becoming harder and harder to find...and the number of families referred has continued to grow. There are more and more charities looking for funding but the funders have limited pots.

We have had a Quality Assurance assessment and passed 97% of the indicators which is reassuring as we feel that Home-Start Barnet is in good shape, with all the necessary policies and practices well in place and embedded. Our reporting to the Local Authority was acknowledged as pertinent and thorough. Hopefully this health check will tip the balance in our favour in future funding applications.

Despite the huge demands on all staff in the run up to the Quality Assessment we continued to offer our support to families, visiting them at home, arranging outings during each holiday, continuing training new volunteers, and offering training to existing volunteers. What a committed staff we have - thank you all.

I am standing down as Chair of the Trustees after two years....I am going to New Zealand for a long holiday, and am finding ever greater demands on my time which mean I have to make some choices...and I have chosen to remain a volunteer so I can continue to support a family and work directly with children - something that gives me enormous personal satisfaction.

I would like to thank everyone who has contributed to Home-Start...please don't stop working for us and with us; without your help and support Home-Start would not be the vibrant, successful organisation it is. I hope next year's challenges are fewer...but only time will tell.

Thank you all for your support of my time as Chair, and good luck for the future.

Treasurer's Report

Clive Bowman

Our revenue of £237,357 was insufficient this year to match our expenses of £256,569 which left a shortfall of £19,212. This is the first time that we have not managed to fund all our costs and have had to draw on our reserves which have been built up over the years. It cost us £926 to support each family against £626 last year. This was primarily due to the pilot Think Family Project where we led a number of agencies concentrating on a comparatively small group of families. The trustees and management committee are conscious of our financial difficulties and new income streams and funding possibilities are being pursued to close the gap this year and ensure that no services are curtailed. Many changes have taken place since the year ended and we are determined to continue with our expansive policies.

We thank a number of professionals, companies, organisations who have kindly donated their time and resources to our charity. We also take this opportunity to once again thank the Borough of Barnet as well as the other Trusts who have supported us in the past and who we hope will continue to do so over these difficult times.

Copies of the certified accounts will be lodged with the Charities Commission and Companies House. You are welcome to inspect them at our offices and can contact our Office Manager for an appointment.

Financial Summary 2007 - 2008

	2009	2008
Income	£237,357	£226,101
Expenditure	£256,569	£174,636
Net(deficit)/Surplus	£(19,212)	£51,465
Funds at year end	£119,355	£138,566



Home-Start Barnet annual report and accounts 2008/09

Home-Start Barnet
 Old Barn Community Centre, Tarling Road, London N2 8LB
 Tel. / Fax. 020 8371 0674
 Email: info@homestartbarnet.org
 Website: www.homestartbarnet.org

We would like to thank the following for supporting us financially, with donations and their time: London Borough of Barnet, Hadley Trust, City Bridge Trust, John Lyons, Barnet Youth & Connexions, BBC Children in Need, The Gannett Foundation, Triangle Trust, Garfield Weston Foundation, Barnet Exchange Grant, Pizza Express, Golders Green Community Relations Group.