



Volunteer News Update

News and information for volunteers from Home-Start Barnet and the Harrow Project

JANUARY 2017

DEAR VOLUNTEER



Happy New Year to all our wonderful volunteers. I hope everyone has had a restful break and looking forward to getting back into the swing of things.

The last couple of months have been pretty hectic with major fundraisers and funding applications. Hence I'm so thrilled to share we raised £11, 557.50 by taking part in the Big Give Christmas Challenge. A very big thank you to all our supporters, in particular to Jesus Hospital Charity, The Childhood Trust, Kaz Donald, eOne, Alyth Kindergarten, Greek Womens' Philanthropic Organisation, Corinne Comerford and Cathy Kirkman.

The fundraising committee successfully raised £1,100 by taking over Brent Cross shopping Centre on the 30th October supported by Rock Choir and N12 Choir. Absolutely brilliant effort by all those that took part. We'll be doing it all over again this year so watch this space for call of action!

We're awaiting to hear from LB Barnet and LB Harrow regarding a number of funding applications this month. So fingers crossed!

Finally I'm delighted to share the news that we are appointing Jess Keen as our part time Fundraising Manager to help support Home-Start Barnet's fundraising strategy. Jess will be joining the organisation on the 14th February. If you have any fundraising ideas that you want to explore with her then do contact the office.

Kirpal

URGENT - PREPARATION COURSE FOR VOLUNTEERS

I am now in the process of recruiting for our February preparation course which commences on Tuesday 28th February and will run for 8 weeks excluding two weeks over the Easter holidays. The venue is OneStonegrove Community Centre in Edgware, which will hopefully be convenient for both Barnet and Harrow volunteers. If you have any friends or family who you think would be interested in joining us, please ask them to give me a call in the office as soon as possible. Thanks. Luci

KEEP FIT FOR 2017

Our volunteer Diane Akers has a recommendation to share..... Jillian Michaels "30 day shred" is a 20 minute daily workout to be done at home. It costs £5 on amazon or free on You Tube....even better!

Diane has been very committed, has completed the 6 week programme and is now moving on to the next level.....looking good and hoping to get a 6 pack in 6 weeks!

A VERY BIG THANK YOU

Thank you to BT who collected Christmas gifts from staff for us to distribute amongst our families. There was great excitement from the children as our Family Coordinators delivered the presents, and for some, these were the only gifts they received this Christmas. Also a huge thank you to Jesus House Charity who delivered Christmas hampers to some of our families, providing everything they needed for a Christmas Day turkey dinner. Finally, The Greek Womens' Philanthropic Organisation donated £750 of Tesco vouchers which we were able to share amongst our most needy families. The generosity of these organisations is so very much appreciated by us all and without doubt made a huge difference to many families and children this Christmas.

VOLUNTEER CHRISTMAS LUNCH

It was lovely to see so many of you at our annual Christmas celebration, thank you so much for coming along. We said a sad farewell and thank you to Sue Batcheler who has been a Trustee with us for 6 years. She has made a huge contribution to our charity and will be very much missed.



Family Coordinator Leonie and volunteer Gavin



Sue Batcheler

HOME FROM HOME FAMILY GROUP

Cathy organised our annual Christmas celebration for families who attend the group on a Thursday and Friday. Father Christmas made a surprise visit to the delight of all the children and they were all very excited to receive a Christmas gift.



CHARITY BIKE BUILD

We were recently approached by an organisation called O3e, who organised a charity bike build as part of a team building exercise with Canada Life. They offered us 11 bikes for children of families that would really benefit from them for Christmas. We nominated 11 children, who went along to an event in Potters Bar to be presented their bikes by Father Christmas. The O3e provided refreshments and it was a fantastic well organised event. The employees of Canada Life were taken to the hall to build the bikes, not knowing that when they were finished the children and their families would come in to receive the bikes. As you can image this was a huge surprise to the staff members who were participating, it was an emotional moment and many tears were shed when they saw the reaction of the children. The parents of the children were also very

moved by such generosity. It was a really great day and thank you to all who participated.

Leonie



CEREBRA 1,000 FAMILY STUDY

We have been asked to take part in some important research – please read the information below. If either you or the family you are supporting have a child with a learning disability, Downs syndrome, autism or other genetic syndromes please take this opportunity to be a part of the study and complete the online survey:

If you are the mother, father or caregiver of children with a learning disability, this is your opportunity to inform research and policy for coming decades!

We understand that families play a vital role in their children's lives. By listening to what families tell us we are able to help families see past barriers and discover a better life together.

Together with the Cerebra Family Research Group at the University of Warwick we are exploring the experiences of family members who live with a child with a learning disability aged **4 to 11 years**. You can also take part if your child has a learning disability and other conditions such as Down syndrome, autism, or other genetic syndromes.

The study involves taking a short survey and we are really keen to hear from *at least* one person in the family. We would like to hear from fathers as well as mothers.

We want to make this the largest study ever of families of children with learning disability in the UK. The 1,000 families study will further understanding of what it is like to raise a child with a learning disability and will help shape future information and support for families and children – so please get involved.

To find out more about the study and to complete the online survey please [visit the website](#). If you prefer you can request a [paper copy](#) of the survey.

If you have any questions please email: familyresearch@warwick.ac.uk

Thank you for taking the time to consider taking part in this important family research project. We would be very grateful if you could forward this email on to anyone else you think might be interested and help us to reach 1,000 families!

We're the charity dedicated to helping families with children with brain conditions discover a better life together. It's an incredibly rewarding journey for everyone involved. Why not be part of it? You never know what we'll discover together

SAFEGUARDING TRAINING

As you know, all home-visiting volunteers are required to undergo annual safeguarding training. For those of you who did not manage to make our training day in November, the London Borough of Barnet Children's Services have put on three new dates, 30th January, 20th February and 13th March. Please follow the link below to book your place and please let me know so that I can update your training log. Thank you.

<https://www.barnet.gov.uk/wwc-home/workforce-development/learning-and-development-opportunities/interagency-training-programme/safeguarding-and-protecting-children-the-legal-framework-for-practice0.html>

For Harrow volunteers, there are four evening safeguarding trainings, 16th January, 25th January, 8th March and 6th April. Please call me for further information.

Luci

POSITIVE PARENTING TEENAGERS PROGRAMME

Home-Start Barnet together with St. Peters' Bourne (funded by London Borough of Barnet) are running the Triple P parenting programme commencing February 2017. It doesn't tell you how to be a parent, it is more a toolbox of ideas. The aim is to raise happy, confident teenagers, manage misbehaviour and improve family life, set rules and routines, take care of yourself as a parent and feel confident that you are doing the right thing. The course commences on 22nd February 2017 and will run for 7 consecutive weeks excluding school holidays followed by 3 one to one sessions with a specialist family mediator to focus on your individual needs. This course is open to all volunteers, so if you are interested please call Leonie in the office as soon as possible to secure a place.

DONATIONS FOR SYRIA

One of our volunteers Nina Haider, is collecting items on behalf of aid convoy.com for Syria. This month she is specifically looking for donations of store cupboard tins, toothbrushes and toothpaste, paracetamol, Calpol, sanitary towels, nappies and new underwear for women and children. If you would like to donate any of these items please give Nina a call on 07957 252524. As you will understand, Nina is receiving many calls so please be patient, she will return your call within a few days. Nina lives in Kingsbury and the items would need to be delivered there but if you do not drive she may be able to arrange collection.

VOLUNTEER REPRESENTATIVE WANTED

Our Management Committee Meeting meets four times a year and consists of staff and trustees. We are looking for a volunteer representative to join, so if you

would be willing represent our volunteers, please contact Luci. Thanks you so much.

Best wishes
Luci x