



Volunteer News Update

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

JULY 2016

DEAR VOLUNTEER

As usual, we have had a busy couple of months. Our new projects have started, referrals are coming in thick and fast and we have great news regarding funding. The Henry Smith Charity have offered continued support - £100,00 over three years and this will fund our home-visiting to families with children under the age of 5. This will also enable us to employ a part-time family co-ordinator. In addition we are in the process of advertising for two positions in our charity shop 'The Loft', and details of these opportunities will be sent to you by email very soon.

MESSAGE FROM KIRPAL

What a busy start to the financial year for us all, three new contracts with London Borough Barnet, two new grant funders, one continuation funding and an online fundraising platform through the Big Summer Give to support our work with vulnerable families in the Borough's of Barnet and Harrow. However as with everything else it's never plain sailing and we have our fair share of challenges impacting on the organisation, none more so than recruiting sufficient number of volunteers particularly for our family work in Harrow and running our charity shop in East Barnet. Unfortunately for the latter we have decided to close the shop down during the summer period as there are insufficient numbers of volunteers and the footfall decreases dramatically during this period from our analysis of

the last two years. On the positive side we will use the shop space to trial a number of new family group projects during this closure period. Please remember it is a temporary closure and we aim to be back up and running by September with everyone's support.

TRAINING

We have arranged some training for you after the summer break.

The first will be delivered by The Charlie Waller Memorial Trust and is titled Mental Health Awareness in Young People, including eating disorders, self harm, resilience, coping strategies and anxiety. This will take place on Wednesday 14th September at Stephens House from 9.30 – 12.30.

The second is Perinatal Mental Health Training, delivered by a family nurse from the Central London Community Health Care Trust on Wednesday 12th October from 9.30 – 4.30, also at Stephens House. Please contact the office to book your place.

The Borough have now released their training dates for the year. If you are interested, please follow the link below and book with them direct. Do remember that if you book and fail to attend you will be charged £50 by LBB.

<https://www.barnet.gov.uk/wwc-home/workforce-development/learning-and-development-opportunities/interagency-training-programme/interagency-training-schedule.html>

ON-LINE TRAINING

Suzanne has come across this on-line training which is very good, so if you are interested just log on and get started!

<https://www.minded.org.uk/>

MindEd is suitable for all adults working with, or caring for, infants, children or teenagers; all the information provided is quality assured by experts, useful, and easy to understand. We aim to give adults who care for, or work with, young people:

- the knowledge to support their wellbeing
- the understanding to identify a child at risk of a mental health condition
- the confidence to act on their concern and, if needed, signpost to services that can [help](#)

EXPENSES

If you have not received your expenses within a month of submission, please give me a call in the office and I will chase it up. Thanks.

Kirsty

SUMMER TRIPS

Our family trips for the summer have now been organised. There will be a picnic at Stephens House on Wednesday 17th August in the afternoon and the beach trip will be the following Wednesday 24th August with coaches leaving from Grahame Park, Harrow and Stephens House. Please mention this to your families if relevant, booking forms will be available very soon.

VOLUNTEERS FOR HARROW – URGENT APPEAL

Our preparation course for new volunteers will commence on Tuesday 13th September at Onestonegrove, a brand new community centre and community church in Edgware. We are desperately seeking volunteers from Harrow so if you have any friends or family members who may be interested in becoming a home-visiting volunteer please ask them to call the office and speak to Luci for further information.

FUNDRAISING UPDATE

Chaos may be reigning in the wider world but here at Fundraising HQ we are getting organised. The list of things that needs to be done for our big day in Brent Cross on 6th November seems to be getting longer but we're on it! We're busy making sure all our leaflets and other printed stuff includes all the brilliant work that is going on in Harrow, we're sourcing balloons and badges and t shirts and we're making sure we have everything we need to ensure that everyone who helps us on the day is well prepared and knows what they're doing. We really want this to be a huge success and just because it seems like a long way off doesn't mean we mustn't get our plans together now. Watch out for an email asking for specific help for specific jobs at the end of this month, make sure 6th November is in your diary and feel free to let us know now if you are able to help or have any ideas we should be considering. You can get in touch with me directly - sue@batcheler.com or through the office.

Meanwhile, a huge thank you to everyone who participated in the Big Summer Give. We raised £1,630 and the Childhood Trust then matched these donations so our total was £3,260. This is the first time we've done this so that's a really good result. We're hoping to do it again at Christmas but we'll let you know in good time if we can. Getting match funding like this really boosts our funds so thank you again to everyone who contributed.

A BIG THANK YOU TO HUMA

A very big thank you to Huma, our volunteer and worker at the Home from Home family group who has been fundraising together with her friends and family to provide food for our vulnerable Muslim families over Ramadan. Huma purchased enough food for each family to last one month, and our family coordinators delivered them to 15 extremely grateful families. Thank you so much Huma from us all and from the families.

VOLUNTEER SUPPORT GROUP

At our recent summer lunch a number of volunteers expressed an interest in getting together with other volunteers a little more often, not only to catch up with old friends, but also to discuss families they are supporting. So, our first Volunteer Support Group will be on Monday 19th September, 10 a.m. to 11 a.m. in The Study at Stephens House. We will have coffee and cake so please come along, it would be lovely to see as many of you as possible. If you can make it, please contact Luci.

DOMESTIC ABUSE

Here is a link to Barnet young people's campaign 'Behind Closed Doors', raising awareness of domestic abuse.

Film: <https://www.youtube.com/watch?v=76YnazEIIY0>

Magazine and film <http://exposure.org.uk/2016/03/new-domestic-abuse-film-behind-closed-doors/>

DATES FOR YOUR DIARY

Picnic August 2016	Stephens House	17th
Seaside Coach Trip August 2016	Southend	24th
Volunteer Preparation Course September 2016	Onestonegrove	13th
Mental Health Awareness in Young People September 2016	Stephens House	14th
Volunteer Support Group September 2016	Stephens House	19th
Perinatal Mental Health Awareness Training October 2016	Stephens House	12th

Best wishes and enjoy the Summer, when it arrives!

Luci x