



# Volunteer News Update

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

SEPTEMBER 2016

**DEAR VOLUNTEER.**

Over the summer holidays we have been keeping our families busy with trips. Gulliver's Land was a great success, there were three coaches packed with 154 adults and children. As you can see it was all a bit much for our new Perinatal Health Coordinator, Helen! We also took three coaches to Southend and fun was had by all.



For many of the families we support, Home-Start trips are the only opportunity that they have during the summer to have a day out. For those of you who have helped with

donations and fundraising, thank you so much. You can see from the photographs what a wonderful time they all had.

## **PERINATAL AND POSTNATAL MENTAL HEALTH**

The following links have a wealth of information about mental health issues both during pregnancy and following birth. Please have a read through, we are sure you will find them both informative and helpful.

<http://www.bestbeginnings.org.uk/helping-parents-with-mental-health-issues>

<https://www.nspcc.org.uk/globalassets/documents/research-reports/all-babies-count-spotlight-perinatal-mental-health.pdf>

## **THE LOFT**

As you may know the Loft has been closed over the summer period. During this time we have been making use of the space, running various workshops. Last week Suzanne and Helen ran a Perinatal Health Coaching Project question and answer session. Nursery Nurse, Michelle White from Vale Drive Clinic kindly attended and it was a good environment to share information and have a cup of tea.



We are very happy to announce that The Loft will re-open on 5<sup>th</sup> September. We are looking for some new volunteers to add to our already wonderful team in the shop, so if you or any friends or family have a few hours to spare, please let me know. Thank you.

## FUNDRAISING

### BRENT CROSS FUNDRAISING EVENT

Things are really starting to come together for our big event at Brent Cross on **30th OCTOBER**. We are ordering stickers, t-shirts and buckets, choirs are rehearsing and some of you have already volunteered to help out on the day which is absolutely brilliant.

We've got Trustees, staff and even our Patron, Martin Russell, has said he'll come along and hold a bucket for an hour. We still need more of you though. This is a big event for us and its going to be all hands on deck if we are to make it a success. So please, please, if you can spare some time on **Sunday 30th October**, let Luci or any of the team know, or contact me, Sue Batcheler, [sue@batcheler.com](mailto:sue@batcheler.com). And why not make it a family affair and rope in sons, daughters, partners, aunts and uncles!

**It's our chance to showcase the fantastic work you all do, to encourage more people to volunteer as well parting with some money so please sign up for an hour or two. We need you!**

Sue

### THE CHRISTMAS CHALLENGE

We are delighted to have been chosen to be part of the Big Give Christmas Challenge this year. From Tuesday 29<sup>th</sup> November at 12 noon to Friday 2<sup>nd</sup> December at 12 noon any donations received online will be doubled. This is a very small window of time and we have a target of £5,000 which will be doubled to £10,000. The money raised will be used to run more trips and outings for our families. We have received a pledge from Jesus Hospital Charity for £2,500 so that leaves another £2,500. If you or any of your friends and family are able to support us by making a small donation we would be very appreciative. Our families have enjoyed the trips so much it would be great if we could extend the trips to half terms and Easter holidays. We will send the donation link nearer to the date for those of you who are able to help.

### IDEAS

If you have any ideas of how else we can raise much needed funds please let us know. We are always trying to come up with new ways, so if anything comes to mind, please give us a call.

### INVESTING IN VOLUNTEERS



It is nearly three years since we were awarded the Investing in Volunteers Kitemark and are now embarking on the process to renew our accreditation. This involves a

lengthy process during which time feedback will be requested from volunteers. We will keep you updated.

### **DIARY SHEETS**

Just a gentle reminder that we need to receive your diary sheets by the end of each month, these can be completed online or given to your coordinator. We need to capture the total amount of time that you volunteer and this includes travel and supervision time. You will find this on page 3, so please remember to complete. Thank you.

### **VOLUNTEER SUPPORT GROUP**

We are changing the date of the volunteer support group from 19<sup>th</sup> September to Monday 26<sup>th</sup> September from 9.30-10.15 at Stephens House. Please drop in for a coffee and a chat. It is your opportunity to meet informally with members of our team and other volunteers to share your experiences with families. Please try and pop in, it would be good to see you.

### **MENTAL HEALTH AWARENESS TRAINING**

The training will be delivered by The Charlie Waller Memorial Trust and will include eating disorders, self harm, resilience, coping strategies and anxiety. The training will be good for all volunteers as many of our families have one or more of these problems in their lives. This will take place on Wednesday 14<sup>th</sup> September at Stephens House from 9.30 – 12.45. Please call the office to book your place.

### **PREPARATION COURSE FOR VOLUNTEERS**

Our new preparation course starts in Edgware on Tuesday 13<sup>th</sup> September and will be every Tuesday for 8 weeks. We still have a few spaces left so if you know of any friends or family who would be interested, please spread the word.

### **PEPPA PIG**

We are extremely grateful to Entertainment One, the production company who make Peppa Pig. They have donated two large deliveries of merchandise and we have distributed much of this to families. There are still clothes available, so if you would like clothes for your own children or grandchildren please give us a call in the office to arrange a time to come in and have a look . There is a donation box in the office.



A very excited Suzanne



One of the children modelling her Peppa Pig attire

## LEVEL 2 FULLY FUNDED COURSES

We have been offered the following fully-funded on line courses below. Please contact me as soon as possible if you wish to register.

You could gain extra skills and a qualification in only 12-16 weeks and they are available paper-based or fully online via an E-Learning platform Equal, it is an efficient and easy way to learn.

### Courses

NCFE Level 2 in Autism

NCFE Level 2 in Equality and Diversity

NCFE Level 2 in Nutrition and Health

NCFE Level 2 in Principles of Working with Individuals with Learning Disabilities

NCFE Level 2 in Understanding the Care and Management of Diabetes

NCFE Level 2 in Infection Control in Health Care Settings

NCFE Level 2 in Awareness Of Mental Health Problems

NCFE Level 2 in Team Leading

NCFE Level 2 in Safe Handling of Medications

NCFE Level 2 in Business and Administration

NCFE Level 2 in Dementia Care

NCFE Level 2 in Preparing to Work In Adult Health and Social Care

NCFE Level 2 in Common Health Conditions

NCFE Level 2 in Customer Service

NCFE Level 2 in Information, Advice and Guidance  
NCFE Level 2 in End of life  
NCFE Level 2 Counselling Skills  
NCFE Level 2 in Dignity and Safeguarding in Adult Health and Social Care  
NCFE Level 2 in Retail Operations  
NCFE Level 2 in introducing caring for Children and young people

#### **DATES FOR YOUR DIARY**

<b>Volunteer Preparation Course 13<sup>th</sup> September 2016</b>	<b>OneStonegrove</b>	<b>Tuesday</b>
<b>Mental Health Awareness Wednesday 14<sup>th</sup> September 2016</b>	<b>Stephens House</b>	
<b>Volunteer Support Group Monday 26<sup>th</sup> September 2016</b>	<b>Stephens House</b>	
<b>Perinatal Mental Health Awareness Training Wednesday 12<sup>th</sup> October 2016</b>	<b>Stephens House</b>	
<b>Brent Cross Fundraising Day 30<sup>th</sup> October 2016</b>	<b>Brent Cross</b>	<b>Sunday</b>

Best wishes

Luci x