



Volunteer News Update

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

January 2018



Dear Volunteers,

Wishing you all a very Happy New Year. As always we would like to thank you for the commitment and support that you provide to our families and we look forward to working with you in 2018.

CHRISTMAS PARTY

We had a fantastic turn-out for our Christmas Party with 160 in attendance including families and volunteers. Thank you to all of those who were able to make it and hope you had fun!





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MONEY-SMART WORKSHOP

Hi All,

Some of you will already know me. I run the Home-Start Money-Smart Programme and support families if they are struggling to manage their finances. I am pleased to say that I have some funding to train 10 volunteers. The money management programme helps families to learn more about their finances and gain better control. It really is a fantastic programme, it is fun, relaxed, and covers subjects useful to everyone. There are six weekly workshops followed by a final 7th

session which is a family learning day where your children (if you have any) are welcome to come along and join in the activities.

The workshops cover money management, making a savings plan, using a spending diary, budgeting, credit and debt as well as communication with family and friends. It is a practical course, and is based upon discussions, group activities, and taste testing of different foods to look at branding.

The course will take place every Thursday 10 am to 12 noon From 22nd February to 5th April at OneStonegrove Community Centre. If you would like to attend, please call the office. Thanks.

Corinne

FREE TRIPLE P PARENTING PROGRAMME



Leonie will be running the Triple P Parenting Programme in Whetstone every Tuesday evening from 27th February to 27th March 7-9 p.m. The course will then be followed by 3 one to one sessions to focus on your individual needs. This is a positive parenting for teenagers programme, it doesn't tell you how to be a parent, it is a toolbox of ideas and strategies. The aim is to: raise happy, confident teenagers, manage misbehaviour and improve family life, set routines that everyone respects and follow, to encourage behaviour you like, take care of yourself as a parent and feel confident that you are doing the right thing.

If you are interested in taking part in the programme please give Leonie a call in the office.

SOCIAL MEDIA



Happy New Year everyone! Did you know Home-Start Barnet & Harrow are on 3 different Social Media platforms at the moment? If you are on them, why not give us a “like” or a “follow” to ensure that you are up-to-date with everything that is happening.

Home-Start Barnet & Harrow – Facebook

<https://www.facebook.com/HSBarnet/>

Home from Home Family Group - Facebook

<https://www.facebook.com/homefromhomefamilygroup/>

Home-Start Barnet & Harrow – Twitter

<https://twitter.com/HomeStartBarnet>

Home-Start Barnet & Harrow – Instagram

<https://www.instagram.com/homestartbarnetharrow/>

Kirsty

USEFUL LINKS

Pooky Knightsmith directs the children, young people and schools programme at the [Charlie Waller Memorial Trust](#), a charity that provides [fully-funded mental health training to schools](#). She is also the vice-chair and education lead for the Children and Young People's Mental Health Coalition, formed from over 100 UK charities working together to set the agenda for young people's mental health in the UK and beyond.

The child is always at the centre of Pooky's work where her first question is always how will this benefit children and young people and how can this be made usable, practical and relevant?

Pooky has an excellent website www.inourhands.com where she posts short videos which you may find useful, a list of the most recent are listed below:

[Eating Disorders: I think my child has an eating disorder – what should I say?](#)

This video is in response to several parents who have contacted me asking for some ideas about how to start the conversation because they're worried that their child might have an eating disorder.

[Let's mean it when we ask "How are You?"](#)

I consider the phrase 'how are you?' and the fact that it has become more of a social tic than a meaningful question - I explore how we can become a little better at asking, and answering, the question 'how are you' and why this would be beneficial.

[What is #3GoodThings and why is it worth a go?](#)

In this video, I explain the concept of [#3GoodThings](#) which is my take on the practice of taking a moment to note your gratitude each day.

[Box Breathing Technique - simple strategy to calm anxiety](#)

Box breathing is a simple way to take control of your breathing and help you to feel calmer if your anxiety is rising.

[Establishing good sleep hygiene](#)

I explore simple steps that we can take to enable us to get sleep that is better in terms of both quality and quantity.

[Self-Harm -You asked: I was clean for 12 months, then I self-harmed.. what do I do next?](#)

One of my YouTube subscribers asked what they should do as they'd managed to stop self-harming for 12 months but had recently self-harmed again. I explore next steps.

[Anxiety: How a buddy can help you challenge yourself](#)

I explore the role that a buddy or ally can play in helping you challenge yourself - especially in difficult or new social situations - if you struggle with anxiety.

[5 things it's helpful to know if your friend is depressed](#)

I explain a little bit about how depression makes us act and feel to help you understand better if you have a loved one who is struggling with depression.

[Anxiety: 6 ways to make life more manageable](#)

I explore 6 strategies that you can use to make life more manageable for a young person (or any person) who is struggling with anxiety.

Here is a link to the Barnet Government website which has some very useful fact sheets on a variety of issues including perinatal mental health, breastfeeding, social isolation and healthy eating. Please take a look and share with families if you feel it appropriate.

<https://www.barnet.gov.uk/citizen-home/public-health/make-every-contact-count.html>

This link shows all of the parks in the Borough of Barnet

https://www.barnet.gov.uk/citizen-home/directories/Directories?_pecid=373ac375-9115-4d18-8a58-ce6098691e0a&directoryId=54e3852b84ae7c2872584a62&list=true

PREPARATION COURSE FOR VOLUNTEERS

Welcome to our new volunteers who finished their training in November. The next course will start on Tuesday 20th February 2018 at OneStonegrove in Edgware – if you have any friends or family who would be interested in volunteering please let me know. Luci



FUTURE TRAINING

We have arranged for the Lullaby Trust to train volunteers on Tuesday 6th February from 10 – 12 noon at OneStonegrove Community Centre in Edgware. This training will raise awareness of sudden infant death syndrome (SIDS) and provide advice on safer sleep for babies and how to reduce the risks. If you would like to attend please call Luci to book your place.

We have also been offered some training by Dr. Ella Rachamim, a Consultant Paediatrician and mother of twins who runs post-natal training days at her home in N3. There is usually a charge for this but she has offered us a couple of free places. This will take place on Saturday 3rd February and will include sleep training from a Consultant Psychiatrist and sleep specialist, mental health from an experienced psychotherapist and training from a specialist health visitor. If you are interested please call me as soon as possible. Luci

DATES FOR YOUR DIARY

Post-Natal Training Day
February N3 Saturday 3rd

Lullaby Trust Training
February OneStonegrove, Edgware Tuesday 6th

Money Smart Workshop
April OneStonegrove, Edgware Thursday 22nd February – 5th

Prep Course for Volunteers
April OneStonegrove, Edgware Tuesday 20th February – 24th

Triple P Parenting Programme
March St. Peters Bourne, Whetstone 27th February – 27th

Best Wishes
Luci